Coming Soon! WakeMed Mobile Health

WakeMed is pleased to announce a new mobile health program – Health Lives Here – featuring a customized truck. The vehicle, which features two private exam rooms and space for customized services, will allow us to bring needed medical services and screenings to the community.

The Health Lives Here vehicle will be used collaboratively by our Corporate & Community Health and WakeMed Physician Practices to provide corporate wellness, occupational health screenings, on-site clinic services and educational programming. It will also be incorporated into community events and programs that WakeMed is already involved in. “Finding space for medical screenings or exams is often difficult and can limit the services that we are able to provide. The flexibility of this mobile health program will allow us to provide a range of services – from on-site clinics to corporate wellness screenings – for organizations of various sizes so we can meet their diverse health care needs,” commented Linda Barrett, director (Corporate & Community Health).

Health Lives Here will officially launch on May 31 with an unveiling event at the Longview House. Look for the truck to make appearances throughout the summer at locations such as the Raleigh Campus Farmers’ Market, WakeMed Soccer Park, community outreach events and more. The vehicle was made possible by generous donations from the WakeMed Foundation. “As WakeMed’s philanthropic partner, the WakeMed Foundation is excited to be a part of this impactful project,” said Brad Davis, executive director (WakeMed Foundation). “Growing our ability to bring excellent health care outside of our four walls helps our whole community. One of the priorities for our region is better access to care. This is a great step towards meeting that goal.”

Raleigh Campus First to Receive V3 Advanced Heart Failure Accreditation

Raleigh Campus has become the first hospital in the nation to achieve the designation of Heart Failure Version 3 Advanced Heart Failure Accreditation, due in part to our Heart Care Plus + collaboration with Duke Health. The accreditation, from the American College of Cardiology’s (ACC) Accreditation Services recognizes organizations for consistent demonstration of expertise and commitment to excellence in caring for patients with heart failure. The Heart Failure V3 Accreditation cycle is the first to offer the opportunity to obtain distinction in Advanced Heart Failure. Earning this designation represents the highest-level accreditation an organization can achieve.

“This accomplishment further demonstrates the dedication and truly collaborative care provided by the many disciplines involved in the care of heart failure patients,” commented Marian Uy, Heart Failure Program Coordinator. ACC completed a survey at Raleigh Campus in April and submitted our recommendation for accreditation at that time, making WakeMed the first hospital in the country to be recommended for Version 3 accreditation.

“As health care providers, our focus is on providing a safe and healing environment. Reducing our rates of hospital-acquired infections, falls with injury and other preventable harm events is a priority for us and something we will continue focusing on in a coordinated way in the coming months,” commented Jonnie Simmons, executive director (Heart & Vascular Services). “Special thanks to everyone at WakeMed who works closely with our heart failure patients and their family members – your hard work and outstanding care was evidenced as together we achieved this special accreditation designation.”

Cary Hospital Reaccredited as Comprehensive Bariatric Surgery Center

Cary Hospital has been reaccredited as a Comprehensive Center for bariatric surgery by the American College of Surgeons Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, in partnership with the American Society for Metabolic and Bariatric Surgery. The accreditation recognizes Cary Hospital’s commitment to providing and supporting quality improvement and patient safety efforts for metabolic and bariatric surgery patients.

New LEAPFROG Scores Announced

Raleigh Campus Receives B; Cary Hospital Receives C

Raleigh Campus received a ‘B’ and Cary Hospital a ‘C’ in the latest round of scores released by The Leapfrog Group, a national nonprofit organization that works to improve improvements in the safety, quality and affordability of health care for all citizens by promoting transparency and value-based hospital incentives. WakeMed uses The Leapfrog Group’s Hospital Safety Score as one of the metrics for our aspirational goal related to Quality and we have incorporated the scores into our WakeShare formula (see below for details about this year’s WakeShare policy).

The Leapfrog Group publishes hospital safety scores twice a year based on 27 metrics – 12 of which are related to processes and 15 related to outcomes. In the latest scores, both hospitals continued to excel in the metrics related to processes, which indicates that we have a strong culture of safety and procedures that engage staff and leaders. However, we have the opportunity to improve our outcomes, particularly in areas related to infections (specifically, CAUTI, CLABSI and C. Difficile), communication and patient safety indicators.

“As health care providers, our focus is on providing a safe and healing environment. Reducing our rates of hospital-acquired infections, falls with injury and other preventable harm events is a priority for us and something we will continue focusing on in a coordinated way in the coming months,” commented West Paul, MD, PhD, senior vice president, Chief Quality & Medical Staff Officer. “Our goal is to achieve straight ‘A’s. It’s no easy task and it will take all of us working together to get there.”

Leapfrog and the 2018 WakeShare Policy

For FY 2018, there are two targets for the Quality goal in our WakeShare policy. Twenty-five percent of the potential WakeShare Payout Pool will be funded based on Leapfrog grades; the other half will be based on the Leapfrog survey score, which will be released in June. We will have another opportunity to earn two ‘A’s when the fall grades are published in October. GOAL: Financial Health: One target

- Net operating income exceeds budget target (earns up to 50% of pool; 3% of base pay)*

GOAL: Quality: Two targets

- Leapfrog grade of A for Raleigh Campus and Cary Hospital (earns up to 25% of pool; 1.5% of base pay)

- New Leapfrog survey score of 72% or higher (earns up to 25% of pool; 1.5% of base pay)

* Remember – if net operating income is at or below budget, there is no WakeShare.

GOAL: Financial Health: One target

- Net operating income exceeds budget target (earns up to 50% of pool; 3% of base pay)*

GOAL: Quality: Two targets

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* Remember – if net operating income is at or below budget, there is no WakeShare.

While our scores are below our aspirational goal of straight ‘A’s, we received a ‘B’ for Raleigh Campus and a ‘C’ for Cary Hospital.

Cary Hospital Set to Grow following CON Approval

WakeMed has received provisional Certificate of Need (CON) approval from the N.C. Division of Health & Human Services to add 30 licensed acute-care beds and one operating room to Cary Hospital. However, the initial approval has been appealed. WakeMed’s Legal Affairs team is evaluating next steps and we are optimistic that the original decision will prevail. If the approval stands, a two-story addition will be constructed over the existing West wing, creating a fourth and fifth floor. The 30 acute beds will be housed on the fourth floor, while the fifth floor will be used for additional clinical support spaces, conference/meeting space and medical equipment storage.

“This expansion aligns with WakeMed’s mission and our commitment to bring needed, accessible health care resources closer to home; resources that will benefit residents, growing families and a growing senior population for years to come,” commented Donald Ginzburg, WakeMed president & CEO. “We look forward to getting underway on this project to meet the health care needs of our growing patient populations.”

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WHAT’S HAPPENING AT WAKEMED

DIVERSITY & INCLUSION AWARENESS MONTH
In April, WakeMed celebrated Diversity & Inclusion Awareness Month with educational opportunities, guest speakers and more. Many departments held pot lucks where team members brought in food representing different cultures. Hundreds of employees enjoyed spring weather at the Food Truck Fairs. This was the second year that food trucks visited Raleigh Campus and North Hospital – and the first year for Cary Hospital. At the Raleigh Campus Food Truck Fair, attendees shared what they are #ProudToBe!

NATIONAL WALKING MONTH
Employees from across WakeMed kicked off National Walking Month with group walks during the first week of April. To make it easy for employees and visitors to ‘get their steps’, WakeMed has marked FitWalk walking trails at all three of our hospitals.

FOUNDATION GALA
The annual WakeMed Foundation Appreciation Gala was held on Saturday, April 14. More than 1,000 donors and guests learned more about how the WakeMed Foundation supports our patients, families and staff – and danced the night away during a performance by KC and the Sunshine Band.

NICU REUNION
Squeals of laughter could be heard on April 21 as hundreds of children took over the Raleigh Campus courtyard for the NICU reunion. The event, which was held at Raleigh Campus for the first time, attracted more than 800 people and was an opportunity for current and former patients from our NICU and Special Care Nurseries, along with their families, to reconnect with each other and the physicians and staff who cared for their children.

YOU ARE WAKEMED!

VOLUNTEER APPRECIATION LUNCHEON
In April, WakeMed recognized and honored our many outstanding volunteers during National Health Care Volunteer Week, April 15 through 21. The annual Volunteer Appreciation Luncheon was held on Thursday, April 19, providing an opportunity for volunteers to come together and celebrate the good work they do.

“The fact that so many of our volunteers have completed long careers and yet choose to give of themselves to WakeMed is humbling and inspiring. They help make our mission possible, and I am so grateful for their dedication,” commented Donald Gintzig, WakeMed president & CEO. Here’s a look at some of the contributions of our volunteers over the past year:

• 144,476 hours of service to patients, families & staff, benefiting 138 departments.
• The Volunteers at WakeMed Raleigh Campus and The Volunteers at WakeMed Cary Hospital raised $75,736.
• 27 Hospitality Pet teams spread smiles during their 4,711 patient visits.
• Sewing volunteers contributed 74,517 hours to creating baby caps and blankets, plush toys for patient comfort, and other items.
• Tea for the Soul, Reach out and Read, Heart Failure Scales and the Rehab Clothing Closet are just a few of the initiatives made possible by The Volunteers.

Gayle Dworkin (Guest Services), pictured bottom, center, was surprised with the Unsung Hero Award at the recent WakeMed Volunteer Appreciation Luncheon.

WakeMed Around the World!
If your plans this summer include a family vacation, mission trip or other adventure, we want you to share it with us!
Take a picture of yourself wearing some WakeMed gear (t-shirt, sweatshirt, umbrella, etc.) or holding an issue of Microscope and send it to microscope@wakemed.org for an opportunity to be featured in a future issue of the newsletter. Be sure to include a sentence or two about your trip.
No matter where your summer takes you – from Asheville to Antarctica or from Carolina Beach to Costa Rica – we wish you safe travels!

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Nurse First Decreases Door to Doctor Time

One of the most stressful aspects of working in an emergency department is the fear that a critical patient will not be treated quickly enough to optimize their recovery. The Nurse First and Pivot Nurse approaches place a nurse as the patient’s first point of contact to leverage their ability to visually identify a patient’s distress level and assess their medical needs. Four of WakeMed’s seven emergency departments use a version of this approach and consider it best practice.

The Raleigh Campus Adult and Children’s Emergency Departments have had Nurse First for years, while Cary and North hospitals have added it more recently. Some EDs have an additional position, the Pivot Nurse, who helps prioritize patient care by doing a rapid assessment and escalating them to the appropriate area. Over time, each ED has customized their approach to better meet patient needs. Cary Hospital and Raleigh Campus have found added success by placing a nurse tech in the lobby with the nurse to collect vital signs, specimens and assist with EKGs. In March of 2018, metrics show door-to-doctor median times of 27 minutes for discharged patients and 17 minutes for admitted patients.

According to Jenn Holley, BSN, RN, who helped implement the program at North Hospital, the biggest benefit to patients (and staff) is the nurses’ ability to accurately prioritize patient care. “A patient with a STEMI can be complaining of left shoulder pain. To a receptionist, this symptom would not trigger the need for an urgent EKG because they wouldn’t necessarily associate shoulder pain with a heart issue. In this case, immediate help was needed, and while no one knew what a few minutes could have meant, a delayed medical response can lead to long-term issues or even death. Chest pain is a trigger the receptionist would likely catch - but not shoulder pain,” explains Holley.

At the Children’s ED, staff adjust the procedure for their young patients by using the Pediatric Assessment Triangle (PAT). “Every patient who comes into the emergency department is sick, but the PAT tells us who is sick, sicker, and the sickest. Nurses are able to perform this rapid visual assessment and use their judgment, experience, and critical thinking skills to determine how soon the patient needs to be seen,” explains Rachael Park, BSN, RN.

Critical patients are not the only patients who benefit from having a nurse involved early in the admission process. The patients in the waiting area are consistently visually assessed. If there is an open bed, the nurse takes them directly there instead of waiting in the lobby, even if they don’t have red flag symptoms. Danika Davis, BSN, RN, (Emergency Department - Raleigh Campus) puts speed of the process into context, saying, “It’s not all about just moving the patients through or making their care fast. It’s about treating their health needs immediately on arrival and providing the best treatment for their situation. The fact that it speeds up the process is an added bonus!”

WakeMed expands OB services

WakeMed delivers more than 7,500 babies a year, and we are pleased to offer several new services to expectant mothers and their growing families.

See You Now

The first few weeks of pregnancy can be an exciting and emotional time. While most OB-GYNs schedule initial appointments 8 to 12 weeks into a pregnancy – that can feel like a long wait for someone who has just gotten a positive pregnancy test. That’s why we’re offering a new, WakeMed Nurse appointment that offers an Early Pregnancy Visit for women who are (estimated) less than 8 weeks pregnant. At these visits, patients receive a confirmation pregnancy test and can ask questions and discuss prenatal care, including nutrition, medications, and follow-up care.

“These visits create an opportunity for expectant mothers to connect with our providers earlier on. We discuss what to expect during the prenatal visits and address general questions regarding pregnancy,” commented Karen Bash, MD, medical director for WakeMed Physician Practices – OB-GYN at North and Cary and chief medical officer, North Hospital. “A healthy baby starts with a healthy pregnancy, and we want to support our expectant mothers every step of the way.”

08 Emergency Department

Pregnant women who experience obstetrical complaints or concerns now have a dedicated place to receive emergency care – no matter the hour. Located on the fourth floor of Raleigh Campus, the WakeMed OB-ED is an extension of our regular emergency department and provides expectant mothers with a gestational age of 20 weeks or more receive timely, specialized care in a dedicated OB environment. Plans are underway to expand the service to Cary Hospital in the coming months.

New OB practices

WakeMed Physician Practices – OB-GYN opened a new practice in Suite 300 of Raleigh Medical Park in April. Employees and members of the community are welcome as patients. Providers at this location will deliver babies at Raleigh Campus and include D. Michael Armstrong, MD, Jenna Beckham, MD, Darlene Esper, MD and Marilli Witt, MD.

The Cary OB-GYN practice has relocated their office to 1110 SE Cary Parkway. This move will allow them to further expand their services offered to their patients and the growing Cary community.

Welcome New Physicians

Judy Kuhn, MD Pulmonology & Critical Care Medicine
James Fogarotie, MD Vascular Surgery
Steven Kagan, MD Vascular Surgery
Kira Vurlicer, MD Primary Care - Downtown Raleigh

www.wakemedphysicians.com

MYCHART CLEAR THE PATH FOR DIRECT COMMUNICATION

Patients of WakeMed Physician Practices – Pediatric Endocrinology are finding it easier to communicate with their doctor’s office with MyChart. Patients are saving time by taking advantage of its features such as tracking blood sugar numbers and completing medical histories and required forms online prior to their appointments.

“MyChart increases timeliness, efficiency and accuracy in communication with my patients. I often respond to questions in the few minutes between seeing my daily patients using MyChart’s secure messaging system. And, patients can pay bills and request all medical records through MyChart for free - no more fees,” explains Hillary Lockemer, MD.

WakeMed MyChart provides patients with a written record of the correspondence so they no longer have to rely solely on their memory for important health information. Type 1 diabetic patients can share important health information like blood sugar numbers with their providers directly and privately via MyChart. The system also automatically generates their individual School Care Plan, which provides a safeguard for a diabetic child while they are apart from their parents.

Many patients are also using MyChart instead of calling to schedule appointments. “If a family moves to the area from Massachusetts and they have a diabetic child, they can use MyChart’s Direct Scheduling to set an appointment without having to go through the referral process,” adds Bill Lagarde, MD.

MyChart’s speed of sharing test results is impressive – allowing patients to get their bloodwork results within just a few hours. “This allows for any medication dosage adjustment to be handled quickly and efficiently which helps us to fulfill our mission of delivering compassionate care to improve our patients’ wellness,” explains Dr. Lagarde.

In May, Dr. Lockemer is excited that “Happy Together” will be available to WakeMed patients, which will allow them to see a combined view of their healthcare appointments and records.

“If a patient also sees a doctor who works in the UNC or Novant systems, the information from those providers – including appointments, messages and lab-results – can be seen all together, in one place, with one MyChart login,” adds Dr. Lockemer.

DR. SANDHU RECEIVES 2018 DASCOMB AWARD

On April 30, Ritu Sandhu, MD, (WakeMed Physician Practices – OB/GYN) was awarded the prestigious Harry E. Dascomb, MD, Award. Award. WakeMed’s highest teaching honor, the Dascomb Award is presented annually to a physician who demonstrates excellence in teaching and patient care. Dr. Sandhu was nominated by her peers and selected by the Dascomb Award committee, which includes doctors from WakeMed and the community.

She has practiced at WakeMed for 19 years and was recognized for her ongoing commitment to excellence and compassion.

Harry Dascomb, MD, was an infectious disease physician at WakeMed who was recognized for his bedside, clinical teaching and skills and for his ability to provide compassionate patient care. The Harry E. Dascomb, MD, Award for Excellence in Clinical Teaching and Care was established in his honor. Recipients must have three or more years of clinical experience and exhibit leadership in establishing, maintaining and supporting clinical teaching programs at WakeMed.

This year, the award was presented by Thad McDonald, MD, past director of WakeMed OB-GYN, and two members of Dr. Dascomb’s family – daughter Wendy Dascomb Bryan, and granddaughter, Millie Long, MD – were in attendance.

NEWS FROM WAKEMED PHYSICIAN PRACTICES

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STOP THE BLEED
Severe blood loss is one of the leading causes of preventable death – and this summer WakeMed’s Trauma Services and the CapRAC are teaching the community how to Stop the Bleed. “Injuries that result in serious bleeding can happen anywhere. Although events such as mass shootings get everyone’s attention, an injury with serious bleeding that occurs at home or work can also be fatal,” explained Dale Hill, manager (Emergency Services Institute). “The goal of the Stop the Bleed program is to teach anyone – even those who do not have any medical experience – how to recognize and control life-threatening bleeding.”

The Stop the Bleed program is a national campaign supported by FEMA, the American College of Surgeons and the National Association of EMTs (NAEMT). Participants in the free, hour-long course are taught to recognize serious bleeding and several techniques to control that bleeding until first responders arrive. Registration information can be found at www.wakemed.org/stop-the-bleed.

Smart Market Comes to Cary Hospital

Food and Nutrition Services at Cary Hospital is making it easier for patients, families and staff to make healthy choices on the go. Smart Market is a vending machine concept that goes beyond traditional vending to include fresh food and healthy options – providing fast access to delicious food, 24 hours a day.

The Cary Hospital Smart Market is located in the Emergency Department and offers diverse, healthy, and portion-sized snack and meal options on a rotating, seasonal basis. Some of the offerings include: western omelet wraps, grilled chicken Caesar wraps, KIND bars, turkey and goat cheese salad, Greek yogurt and more. “Cary Hospital is very fortunate to have this new and inviting grab & go option available,” comments Leo Jolly, director (Food & Nutrition Services – Cary Hospital). “One of the advantages of this new concept is the changing food menu to offer new items for our valued customers. We know customers want to make ‘better for you’ food choices, and vending should not be an exception.”

The Smart Market only accepts debit/credit cards and has real-time inventory and data analysis software so customers never have to worry that their favorite foods will be out stock.

BREATHE EASIER
with New Pulmonary Rehab & Cardiopulmonary Therapy

WakeMed Pulmonary Rehab & Cardiopulmonary Therapy – why the long name? Because our program is for patients with any breathing issue for any reason – not just chronic obstructive pulmonary disease (COPD).

The goal of WakeMed Rehab’s program is to help patients be more independent and active without getting short of breath. Many participants enjoy losing a little weight, too. WakeMed Pulmonary Rehab & Cardiopulmonary Therapy includes:

• Clarity-oriented exercise
• Breathing exercises and strategies
• Nutritional information
• Tips on saving your energy to do the things you want to do
• Educational sessions to help you understand and manage your health

The program is led by a specially-trained physical therapist and a team of respiratory therapists and clinical aides who design a plan that meets each patient’s specific abilities and goals. A referral is required, call 919-350-6386 to learn more.

2018 Workplace Assessment and Engagement Survey
June 5 through 19

The annual Workplace Assessment & Engagement Survey is an opportunity to share our opinions about what makes WakeMed a great place to work – and where we can improve! As in past years, there will be two surveys: one for employed physicians and advanced practice providers and one for all other staff. By completing the survey, you can help drive workplace improvements, benefits enhancements and overall changes to make WakeMed an even better place to work.

Things to remember:
• Completely Anonymous: An outside company, Success Profiles, Inc., receives survey responses and tabulates the results.
• Convenient: You can complete the online survey at work or at home in about 15 minutes.
• Impactful! Over the past year, we have been working to address several areas identified as opportunities for improvement. Some examples include improving staffing ratios, merit increases, pay range adjustments, Operation Tidy, boosting retention rates and enhanced benefits for staff.

Questions? Contact Susan McFarland, manager (Human Resources) at smcfarland@wakemed.org or ext. 06325.

Stop the Bleed.
Ten members of the Raleigh Campus Environmental Services team earned national American Hospital Association. Pictured are (front row) Gloria Garrison (instructor), Daryl Cook, Alberto Martinez, Coleen Athey (instructor); (back row) Carla Longden, Vernice Oates, Angelica Peralta, Carolina Rose, Marta Lopez, Erika Mills, Ashley Scott, Vivian Simpson.

Pam Daughtry, RN, (WakeMed Heart & Vascular Physicians) earned a master's degree in nursing (MSN) from Grand Canyon University.

Lindsay Smith, RN, (Emergency Department – Brier Creek Healthplex); Dot McFadden, RN, and Jennifer Dye, RN, (Emergency Department – Apex Healthplex) and Lesley Taylor, BSN, RN, (Emergency Department – North Hospital) earned certification in emergency nursing (CEN).

Rhonda Norton (Clinical Research Institute) became a certified electronic health record specialist through the National Healthcarer Association.

Nicole Porter (Patient & Family Experience) became a board certified patient advocate.

Summer Groff, RN, was promoted to manager of 3E CVIC.

Andrey Zorin, RN, (STICU) earned critical care nursing certification (CCRN).

Mallory Halsey, RN, (Surgical Services – North Hospital) and Nina Casserly, RN (Staffing Resources) earned bachelor's degrees in nursing (BSN).

Vernice Oates, BSN, RN, (Labor & Delivery – Raleigh Campus) earned inpatient OB certification.

Tiffany Hiller, BSN, RN, (Labor & Delivery – Raleigh Campus) earned inpatient OB certification.

Jeisy Coro, BSN, RN, (ENT – Head & Neck Surgery) graduated from East Carolina University with a degree in healthcare management.

Jason DeFreitas, BSN, RN, (2 West CVIC – Cary Hospital) earned a dual master’s degree in healthcare and nursing (MA/MSN) degree from the University of Phoenix.

Beth Fitzsimmons, RN, (Patient Case Management – Cary Hospital) became a certified case manager.

COINGS & GOINGS

eCU welcomes Tracy Fillingame, BSN, RN, who transitioned from 2E CVICU and Suzanne Best, RN, who transitioned from Neuro ICU.

Neuro ICU welcomes Alex Matthews, RN, BSN.

1 East Clinical Evaluation area – Cary Hospital welcomes Christina Murphy, RN.

Case Management welcomes Kelli Byrd.

SA/MC welcomes Yasinda Kelly, RN.

3B welcomes new nurse fellows Gabby Brickhouse, RN; Jessica Ennis, RN; and Kristin Iqbal, RN; Wesley LeRoy, Aslyln Cencelewlski, James Tannen and Benson Osunde.

Emergency Department – North Hospital welcomes Timothy Hause, BSN, RN; Barbara Chorney, BSN, RN; Sheneka Marcano, BSN, RN; Sarah Ipock, RN; and Darlene Coello, RN.

The NICU and Newborn Nursery – Raleigh Campus welcomes Jenna Privette, RN; Ashley Hood, BSN; Becca Heine, RN; Laura Podolak, RN; Samantha Henke, RN; Tara Gramham, RN; Katrina Canipe, RN; Renata Marcele-Pinheiro, RN; Aly Soros, RN; Erin Brown, RN; and Samantha Webb, RN.

Home Health welcomes Hope McCullough, manager, and Rona Cudal.

Emergency Department – Apex Healthplex welcomes Jennifer Nicholas, RN, and Morgan Rosser, BSN, RN.

STICU welcomes Colleen Cronin, RN; Jessica Parris, RN; Tayla Ricks, RN; Alex Smith, RN; and Haley Upchurch, RN.

Wound Ostomy Nursing welcomes Meredith Sharp, BSN, RN.

Pathology Transfusion Services welcomes Michael Rupert.

Primary Care – Brier Creek welcomes Twanda Battle, Deidre Cock, and Keia Harvey.

Financial Planning welcomes Kathy Kyle and Kristi Patterson.

Emergency Department – Raleigh Campus welcomes Katie Mobley.

WakeMed Urgent Care welcomes Toni Kenion, RN, and Vivian Ellis.

Emergency Department – Brier Creek Healthplex welcomes Whitney Walker, BSN, RN, and Donnie Puckett.

Labor & Delivery – Raleigh Campus welcomes Julie Adams, RN; Casey Cruz, RN; Cynthia Harris, BSN, RN; and Melissa Fearn, RN.

CICU welcomes Stacy Webb, RN.

Urology – Cary welcomes Jennifer Skaggs, RN.

6C Surgery & Trauma welcomes Nateefah Evans and Alexis Dunston.

Imaging Nursing welcomes Barbara Hansen, BSN, RN, and Diane Rehkopf, BSN, RN.

SC Medicine welcomes Julia McNulty, BSN, RN; Lindsey Perez, BSN, RN; Benesha Cole, BSN, RN; and Chona Libag, BSN, RN.

WakeMed Physician Practices – Administration welcomes Megan Awon and Amber Owens, who transitioned from Information Services.

Stroke Team Saving More Lives

Armed with new technology and revised guidelines about which patients qualify for some treatments, the WakeMed Stroke Team is poised to save more lives than ever.

The American Heart Association/American Stroke Association (AHA/ASA) has released new guidelines that state certain patients are eligible for a stroke-stopping procedure up to 24 hours after symptoms begin – the previous recommendations had only a six hour window. “Two recent trials provided the evidence that led to new recommendations for ischemic stroke guidelines,” explains Kimberly Elks, RN, (Stroke Coordinator).

The procedure used in the trials is mechanical thrombectomy, which involves threading a catheter through an artery to the clot and deploying a special device to remove the clot, immediately restoring blood flow to the brain.

Andrey Belalayev, MD, (Raleigh Neurosurgical Associates) performs mechanical thrombectomy procedures at Raleigh Campus. One key component to determining if a patient is a candidate for the procedure is the ratio of brain tissue that can potentially be saved to unavoidable brain tissue. In the past, the process to do this was complex and time consuming, and time is precious when treating stroke.

To speed to time to treatment, WakeMed now uses advanced perfusion imaging and RAPID software technology that quickly and effectively help the stroke team determine how much brain tissue can still be saved “The RAPID software has an automated process to facilitate perfusion calculations, which aids in the interpretation of the study,” says Holly Brooker, executive director (Imaging Services). “By implementing RAPID, we are using the same technology to select patients that is recommended in the new AHA/ASA stroke guidelines,” adds Elks.

The new AHA/ASA guidelines also “relax” the rigid criteria used to determine if a stroke patient is eligible for alteplase – a TPA medication that can dissolve blood clots. “Now, more patients, such as those who have had milder strokes or a recent surgery, may qualify for TPA, which will help us save more lives and preserve more patients’ mobility, speech and cognitive skills,” says Susan Glenn, MD, (Raleigh Neurology Associates, PA) the WakeMed Stroke Program medical director.

While these guidelines offer benefits, Dr. Glenn offers this important reminder: “It is still critical to call 911 and get to the hospital as soon as possible after you experience stroke symptoms. The fact remains: The faster you receive treatment, the better your chances of a complete recovery.”

May is Stroke Month Know these warning signs of a stroke to save your life or the lives of others.

THINK FAST

T Space Is the person’s speech slurred?

Time Call 911 immediately if you recognize one or all of these symptoms in yourself or another person.

Thank You, RAINBOW Child Care!

WakeMed recently honored the New Bern Avenue location of Rainbow Child Care (formerly Little Paws Academy) for their ongoing partnership and dependability in service to families of our employees. Since 2002, Rainbow Child Care has continued to provide discounted assistance and outstanding care for the children of WakeMed employees in a manner consistent with the Wake Way.

“Rainbow Child Care director, Ajeenah Foureau, and her staff, have been wonderful partners - going above and beyond to meet the challenge of serving a population of workers who themselves are serving our community,” commented Jeanene Martin, senior vice president (Human Resources). “We thank them for all they have done, especially to support our employees, even without our asking.”

WakeMed employees can receive discounts at several Rainbow Child Care locations throughout the Triangle area. For more information about WakeMed’s benefit programs, visit the WakeMedWeb.
CALENDAR OF EVENTS

May is Employee Appreciation Month
Thank you for all you do for WakeMed and our community!

Spring Blood Drives
Raleigh Campus
June 28, Conference Center
North Hospital
June 27, Conference Center
Business Center
June 19, Bloodmobile
Operations Center
June 21, Bloodmobile

Volunteer Sales Professional
Shoe Sale
Cary Hospital
Wednesday June 13
7 am to 4 pm
Conference Center
Raleigh Campus
Thursday, June 14
7 am to 4 pm
Andrews Center

Capital Medical Reserve Corps
Training
For the following classes, email
NITHORPE@WakeMed.org for registration information
- NC Football Club and NC Courage Stretch 5 Team Training – Friday, May 11; 6 to 8 pm, Garner
- Until Help Arrives – Tuesday, May 15, 6 to 8 pm, Garner
- Orientation – Thursday, June 7; 6 to 9 pm, Garner
For the following classes, email
Janis@Brown@WakeMed.org for registration information
- G191: Incident Command System/Emergency Operations Center Interface – Thursday, May 17; 8:30 am to 4:30 pm, Garner
- Critical Incident Stress Management: Assisting Individuals in Crisis and Group Crisis Intervention – Monday, June 25 through Wednesday, June 27; 8:30 am to 5 pm; Andrews Center
- State Medical Assistance Team 800 – Initial Training Course – Wednesday, June 27 – Thursday, June 28; 8:30am-5pm, Garner; email
SRHARRISON@WakeMed.org for registration information
- The Gluten-Free Diet: What’s New & What’s Not
May 16, 7 to 8:30 pm
Andrews Center
WakeMed Celiac and Food Allergy Support Group is proud to host Shelley Case, RD, a leading international nutrition expert on celiac disease and the gluten-free diet.

WAKE AHEC
Exploring Evidence-Based Treatment Interventions for Children and Adolescents – May 18, The McKimmon Conference Center
Working Together: Defining Roles of a Multidisciplinary Team Approach in the Comprehensive Treatment of Avoidant/Restrictive Food Intake Disorder (ARFID) – May 18, The McKimmon Conference Center
Do You Understand Me? Effective Communication and Cultural Competence in Working with Individuals who are Deaf – May 25, Andrews Center
Commercial Driver Medical Examiner Training Course – June 1, Cary Hospital
CBT and Relapse Prevention – June 4, Andrews Center
Adult Physical Assessment for Nurses: The Basics – June 5-6, Hyatt Place Raleigh-Durham Airport

OSHA and North Carolina Infection Control Methods: Annual Update – June 5, The McKimmon Conference Center
Neuroplasty, Rewiring Recovery, and Ethical Guidelines for Clinical Practice – June 7, Center
Accelerating the Pace: Clinical Strategies, Research Advances and Advocacy Efforts in Dementia – June 8, One Eleven Place – Cary
From Surviving to Thriving: Mind/Body Approaches for Addressing Trauma – June 8, Andrews Center
Swimming in the Same Pond: Strategies for Managing Conflict in the Workplace – June 13, Live Webinar
Substance Use and Ethical Considerations – June 19, Andrews Center

Certified Aromatherapist - Level One
August 17 – 19
Cary Hospital
This three-day course explores healing tradition using essential oils from ancient cultures. $800 all-inclusive package.
For more information, contact Diane Cox at 919-749-8320.

Buy One Get One Free
2016 Koka 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 09-30-18
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!

Coming Soon!
Fri June 8 | Wonder Woman (PG-13) 2017
Fri June 15 | Jumanji: Welcome to the Jungle (PG-13) 2017
Fri June 22 | Despicable Me 3 (PG) 2017
Fri June 29 | Paddington 2 (PG) 2017
Fri July 13 | Star Wars: The Last Jedi (PG-13) 2017
Fri July 20 | Cars 3 (G) 2017

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