

MICROSCOPE

WAKEMED SHINES IN JOINT COMMISSION SURVEY!

In February we welcomed a team of surveyors from The Joint Commission for our triannual survey of the Raleigh Campus license, which includes Raleigh Campus, North Hospital, WakeBrook Hospital, Brier Creek Healthplex, Garner Healthplex, Wendell Healthplex, Home Health and numerous hospital outpatient (HOPD) departments.

The survey team spent five days touring our facilities, speaking with staff and reviewing documentation. Throughout the week, our WakeMed team rose to the occasion, demonstrating your knowledge, understanding and passion for outstanding patient care.

Surveyors spoke very highly of our staff, physicians and leadership – particularly when talking about our patient care practices and our culture. They cited numerous best practices they had observed and noted how well-run our clinical care areas are. As with any comprehensive survey of this type, there were several findings and areas identified where we can continue to improve.

“This must be a very satisfying place to work.”

“I was thoroughly impressed by staff and leadership – in all roles and at all levels.”

“This has been an amazing survey and have enjoyed everyone I encountered.”

“The culture is palpable. You are doing an amazing job.”

“Your facilities are well-run, and your nursing units are calm and quiet.”

“Everyone I spoke with was very engaged and very knowledgeable.”



“I am very impressed with the number of certified nurses at WakeMed.”

Many of these findings were limited in scope and impact to patient care, though there were two areas that they will return to re-assess and validate. Within the two areas of focus, surveyors will be checking compliance with pain medication matching the ordered indication, titratable infusion administration matching the ordered start rate, and infection control practices like hand hygiene and maintaining sterile instruments.

“We are an organization who is – and should remain – very proud of who we are, what we do and who we serve. The surveyors recognized and commended us on this as they toured our facilities and spoke with staff. They identified numerous best practices that they will be sharing with other organizations, including our Pyramid, our Center for Community Health, Clinical Excellence Bundles and others. I am incredibly proud of the way our entire WakeMed family demonstrated our commitment to patient care,” commented **Donald Gintzig**, president & CEO. “This was a successful survey for an organization of our size and complexity and we have come away with a better understanding of what we can do better. We will take what we have learned and put it into practice as we strive to improve the health and well-being of the communities we serve.”

We are extremely grateful to everyone who participated in this survey – including all the staff members who spoke with surveyors, those who served as guides and scribes, and everyone who provided additional information and documentation that was requested by the surveyors. Thanks to all for demonstrating your dedication to our patients and our mission in all interactions with the survey teams. You are the Wake Way!



On February 12, Cary Hospital caregivers took time during their morning huddle to celebrate 400+ days with no central line-associated blood infections (CLABSI)! This achievement is just one example of the outstanding quality care our teams provide to patients.

Karen Chilton, MD, senior vice president & Chief Quality Officer, and **Doug Trocinski**, MD, Chief Medical Officer – Cary Hospital, shared their gratitude with the team and sent team members back to their units with the Chasing Zero trophy and sweet treats for their colleagues.

Congratulations to all members of our Cary Hospital team on this incredible Chasing Zero achievement! Keep up the great work!

Cary Hospital is 400+ Days CLABSI-free!



CELEBRATING OUR PHYSICIAN AND ADVANCED PRACTICE PROVIDER PARTNERS

National Doctors’ Day March 30
WakeMed APP Appreciation Week March 2–8

We are honored to celebrate the outstanding physicians and advanced practice providers who partner with us to improve the health and well-being of our community.

EXCEPTIONAL PEOPLE, EXCEPTIONAL CARE



Jennifer
McLucas-
Ingold Honored
with Women in
Business Award

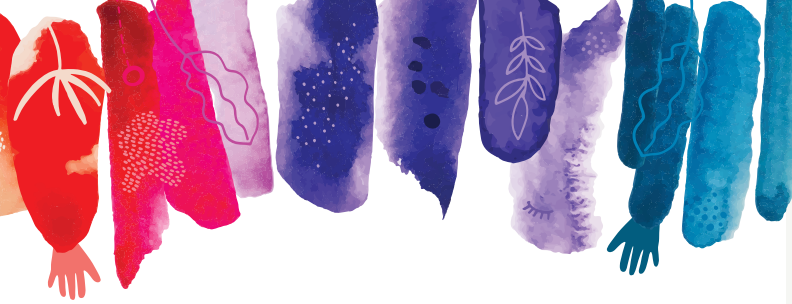


Jennifer McLucas-Ingold, executive director of Home Health and Community Case Management, has been named one of 27 recipients for the *Triangle Business Journal’s* 2025 Women in Business Award, which recognizes the business or community service accomplishments of women in the Triangle. McLucas-Ingold was honored in the Behind-the-Scenes category, which highlights women who are a driving force behind their employer’s success.

McLucas-Ingold is responsible for developing and managing programs supporting collaborative, community-based care for WakeMed patients. She has been pivotal in launching WakeMed’s Violence Recovery Program, the first of its kind in Wake County, aimed at supporting survivors of violence-related injuries. Under her leadership, the program has provided critical services such as advocacy, crisis intervention and peer support to patients since its inception in February 2024.

In addition to her work with the Violence Recovery Program, McLucas-Ingold has spearheaded initiatives like WakeMed’s Hospital at Your Home program, which received the Highsmith Award for Innovation from the North Carolina Healthcare Association in 2022. Her efforts have significantly expanded patient care options outside of the hospital, including enhanced home health services. McLucas-Ingold’s commitment to community involvement is evident through her volunteer work with the Mental Health Buddies program, the North Carolina Gambling Provider Network and as an active member of the Association for Home & Hospice Care of North Carolina. She also played a fundamental role as a 2024 WakeMed Gives ambassador, contributing to the success of the annual employee giving campaign.

Congratulations to Jennifer and all the other deserving Women in Business award recipients!



VIOLENCE RECOVERY PROGRAM TURNS 1

Every day in America, 120 people are shot and killed, more than 200 are shot and wounded, and countless others experience the trauma of gun violence. Unfortunately, our community is not immune.

Our trauma team and care providers throughout the health system help heal the physical wounds associated with violence-related injuries. What we were lacking was the right program and resource to help patients cope with the emotional trauma of a violence-related injury.

A little more than a year ago, Community Case Management – with the support of General Surgery & Trauma – launched the WakeMed Violence Recovery Program (VRP) – in-hospital support for survivors of gun violence or other violence involving a penetrating weapon. Its aim is to reduce re-injury and retaliatory violence and foster well-being post injury. Participation is voluntary.



The program’s lone employee is **Asia Hight**, LCSWA, a case manager who visits with survivors of violence-related injuries while they are healing in the hospital. She advocates for patients, working with clinical staff to ensure the patient’s mental health needs are addressed, follows up with patients for up to 12 months post-discharge and much more.

In 2024, Hight successfully engaged 122 patients in the VRP – the primary goal: safety screening and planning. She notes that financial assistance is patients’ primary social determinants of health (SDOH) need. Hight and Community Case Management leadership are also working with Boots on the Ground to strengthen community violence intervention and address our patients’ SDOH.

What has Hight learned? “We can’t underestimate the power and importance of community to victims of violence,” she says. Hight is so pleased that clinical staff know about the VRP and actively seek her out when they have a patient whom they feel can benefit from the program’s services. She and program leadership look forward to more community collaboration to support people who have sustained violence-related injuries in 2025 and beyond.

The program is made possible by a grant from the Governor’s Commission on Crime. Violence intervention programs are recommended for all American College of Surgeons verified trauma centers. WakeMed is currently the only health system in Wake County to offer the program.



CLINICAL RESEARCH UPDATES



TEAMS TRIAL AIMS TO REDUCE BLEEDING DURING HEART SURGERY

Sternal bleeding remains an unsolved problem for cardiac surgery teams - costing operative time, blood loss and distraction from the critical operative field. As such, investigators **Judson Williams**, MD, and **Trevor Upham**, MD, (both of WakeMed Heart & Vascular - Cardiovascular Surgery), and **Rhonda Norton** (Clinical Research), in collaboration with the WakeMed Clinical Research Institute, have initiated a clinical trial called TEAMS to determine whether the application of a topical hemostatic agent reduces sternal bleeding during cardiac surgery using sternotomy approach.

This trial evaluates the use of HEMOBLAST™ Bellows, which is an FDA-approved powder used to control bleeding as an adjunct to hemostasis when control of minimal, mild and moderate bleeding by conventional procedures is ineffective or impractical. This randomized trial will include 60 participants. “The TEAMS Trial represents another opportunity for our patients to receive leading-edge treatments thanks to the WakeMed Clinical Research Institute,” comments Dr. Williams, who will serve as principal investigator. “The trial is investigator-led, designed by our own team for the benefit of heart patients here and across the country.”



EASI-HF TRIAL FOR PATIENTS WITH CHRONIC HEART FAILURE

EASi-HF is a clinical trial, led by **Kishan Parikh**, MD, and **Stuart Russell**, MD, (both of WakeMed Heart & Vascular – Advanced Heart Failure) that is investigating a new potential medication for heart failure patients that would be used in combination with the medications that patients are already taking for certain symptoms. This randomized trial is for patients who have a left ventricular ejection fraction, or LVEF, of 40% or higher. The goal of the study is to improve the symptoms and quality of life of patients with heart failure.



As part of our commitment to inspiring and educating the next generation of health care heroes, Workforce Development is hosting a series of informational sessions highlighting different health care careers.

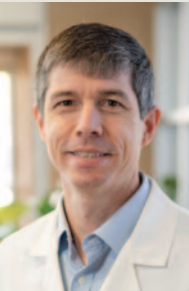
The first session took place in February and highlighted the Operating Room. More than 50 high school students and community members attended the event, where they learned how our skilled surgical services teams work together to deliver high-quality patient care. Participants heard from team members about what it’s like to work in the operating room and even had a chance to try their hand at different skills and technology used at WakeMed.

Thank you to everyone who made this event such a success! We are already looking forward to our next session in April, which will focus on Critical Care Services. If you know of someone who might like to attend one of these events, encourage them to visit our website to learn more.

INSPIRING FUTURE HEALTH CARE TRAILBLAZERS

NEWS FROM WakeMed Physician Practices

Welcome New Physicians



Pace Johnston, MD
Pediatric Cardiology



Lauren Lange Smith, MD
Pediatric Primary Care

NOW OPEN!

MyCare 365 – University Place
237 S. Estes Drive, Suite 101
Chapel Hill 27514
Weekdays – 8 am to 8 pm
Weekends – 8 am to 4 pm

New at Fuquay-Varina Medical Park
2400 N. Main Street
➤ OB-GYN: Suite 220
➤ Pediatric Cardiology: Suite 230
➤ WakeMed Heart & Vascular, Vascular Surgery: Suite 210

WakeMed Heart & Vascular – Cary Cardiology - Morrisville
Morrisville Medical Park
101 Holly Creek Road
Suite 104
Morrisville 27560

Welcome New Advanced Practice Providers

Dallas Banner, NP
Urology
Chelsea Boyd, PNP
Neonatology
Sean Childress, PA
Wake Orthopaedics

Nicole Cort, PA
Heart & Vascular
Amanda Dombrowski, PA
Wake Orthopaedics

Erin Ely, PA
Gastroenterology
Julie Heriot, NP
Heart & Vascular
Ashley Hoover, PA
Hospital Medicine

Kasy Nagy, PA
OB-GYN
Violet Zoldak, NP
Hospital Medicine

GROWING WITH OUR COMMUNITY Expanding WakeMed Children’s Pediatric Primary Care

The demand for pediatric primary care in our area has never been greater, and WakeMed Children’s is excited to expand our services and locations alongside our growing community. We now proudly serve families in Wake Forest, Fuquay-Varina, Clayton, Cary and Morrisville. From birth to 18 years old, we make sure every child receives the highest quality care, and their families have the attention and support they need to thrive. With the support of WakeMed Children’s specialty providers and our dedicated Children’s Emergency Department, we’re here to keep our young patients healthy and happy. Visit us online at wakemed.org to explore all we have to offer, meet our providers and book an appointment today. Together, we’re building a healthier future for our kids and our community.



HAVE AN IDEA FOR A WELL-BEING BOOST?

Seek Funding!

The WakeMed Foundation has made funding available to employees, leaders and departments to support a team’s mental health & well-being initiatives (for example, a relaxation space). A committee reviews requests, develops recommendations for fund allocations and vets recommendations with WakeMed Executive Leadership and Foundation Leadership.

To access the application, visit the WakeMed Foundation page on MyWakeMed and click the “Enterprise Led Education & Small Awards and Mental Health Mini-Grants” quick link. Questions? Contact Ashley Simpson at ashsimpson@wakemed.org.

NURSE MENTORS NEEDED

If you are an experienced nurse looking for a new way to contribute to WakeMed Nursing in 2025, consider being a mentor. Mentors are beacons to both new graduates and experienced nurses who are new to WakeMed. They are guides who support, assist and oversee new hires with the transition into their new roles.

Nurses who are interested in being mentors must attend The Wake Way to Mentoring & Coaching Clinical Nurses program. 2.75 contact hours will be awarded. Registration and additional details can be found in WakeMedU. For more information, call ext. 08024.

Nursing Education Department at WakeMed is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.



2025 ALTERNATE STANDARDS

Just because you’re outside the range for one, or more, of the Biometric Standards, it doesn’t mean you can’t qualify for the WakeWell Rewards Healthy Reward Account (HRA) contribution in 2026. You can make up the difference by participating in one of the following Alternate Standards.

Alternate Standards are available to medical plan members at no cost unless otherwise noted. Eligibility requirements may vary; see MyWakeMed for more details about each program. Alternate Standards must be completed and submitted to Asset Health by September 30, 2025.



- **Physical Examination** – with your primary care provider
- **RD Nutrition Counseling** – provided by WakeMed registered dietitians
- **WakeMed Diabetes Education** – provided by WakeMed Diabetes Education
- **Lyra Health Course** – offered by Lyra Health, our LifeBalance (EAP) vendor
- **Sleep Education Webinar** – offered by WakeMed Sleep Medicine
- **WakeMed Health Coaching** – provided by WakeMed Corporate & Community Health
- **WakeMed Tobacco Cessation** – provided by WakeMed Corporate & Community Health
- **WakeMed Remote Patient Monitoring** – provided by WakeMed Corporate & Community Health
- **LiveWell** – a Healthworks offering
- **WKCC Care Management** – offered by WakeMed Key Community Care
- **Contigo Health Case Management** – provided by Contigo Health

Pregnant/Postpartum Requirements

Employees who are pregnant or gave birth on or after July 1, 2024, do not need to schedule or attend a biometric screening. These participants should complete the Asset Health Online Health Assessment AND submit a completed Pregnancy Physician Statement Form to Asset Health by September 30, 2025. For more information, visit the Asset Health wellness portal or the *WakeWell* page on MyWakeMed.






PEAK REHABILITATION HOSPITAL OPENS IN APEX

Peak Rehabilitation Hospital – a tri-venture among WakeMed, Duke & LifePoint Health – opened to patients in late February. Located in Apex (1401 Zeno Road, across from the Apex Healthplex), the 52-bed, free-standing, inpatient rehabilitation hospital serves individuals who have had stroke, non-traumatic spinal cord or brain injury, orthopedic conditions, and generalized debility.

This state-of-the art facility will improve access and bring high-quality inpatient rehabilitation services closer to home for individuals living in western Wake, Chatham and Lee counties.

“We have long discussed ways to expand access to high-quality, compassionate inpatient rehab care by utilizing our combined expertise and resources to help patients recover, regain their independence and rejoin the community after a serious illness or injury,” said **Donald Gintzig**, president & CEO. “This joint venture with Duke Health and Lifepoint illustrates our commitment to meeting the growing needs of our community while carrying out our mission to strengthen the health of our community.”

The WakeMed Rehabilitation Hospital, located at Raleigh Campus, will continue to maintain current operations with 73 private beds. It remains the only provider in the region with specialty expertise and accreditation in traumatic spinal cord, traumatic brain injury, traumatic amputations, and complicated strokes.



FOUR-STAR BREASTFEEDING FRIENDLY DESIGNATION

Raleigh Campus and North Hospital have earned four-stars from the NC Maternity Center Breastfeeding-Friendly Designation Program, administered by the NC Department of Health & Human Services. The designation was developed to honor maternity centers that promote, protect and support breastfeeding. One star is awarded for every two steps of the “Ten Steps to Successful Breastfeeding” implemented. Raleigh Campus and North Hospital have successfully implemented the following steps:

- > Have a written breastfeeding policy that is routinely communicated to all health care staff.
- > Train all health care staff in the skills necessary to implement this policy.
- > Inform all pregnant women about the benefits and management of breastfeeding.
- > Help mothers initiate breastfeeding within one hour of birth.
- > Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants.
- > Practice rooming-in – allow mothers and infants to remain together 24 hours a day.
- > Encourage breastfeeding on demand.
- > Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital.



AWARDS & ACCOLADES



PEDIATRIC SEDATION CENTER OF EXCELLENCE

WakeMed Pediatric Sedation Services was recently designated a Center of Excellence in Pediatric Sedation by the Society for Pediatric Sedation. This designation recognizes health care facilities that provide high-quality sedation services to pediatric patients outside of the operating room.

To become a Center of Excellence, facilities must complete a comprehensive application process highlighting ongoing quality and safety initiatives. WakeMed’s Center of Excellence in Pediatric Sedation designation is active for four years, from May 2025 through April 2029.

WakeMed’s pediatric sedation program is part of WakeMed Children’s and is staffed by Pediatric Intensivists, nurses and additional support staff. Congratulations to this multidisciplinary team on this outstanding achievement!

Pictured are members of the Pediatric Sedation Services team (left to right), **Lindsay Marrow**, RN; **Jennifer West**, RN; **Bridget Donnel**, MD; **Danielle Salyerds**, RN; and **Erica King**, RN (not pictured: **Melinda Carr**, RN, and **Michelle King**)



RALEIGH CAMPUS COPD PROGRAM RE-CERTIFIED

Raleigh Campus recently received re-certification for our chronic obstructive pulmonary disease (COPD) program from The Joint Commission. This achievement recognizes the high-quality COPD care available at Raleigh Campus and the program’s exceptional efforts to improve long-term patient outcomes. COPD affects more than 14 million American adults and is the sixth leading cause of death in the United States, according to the CDC.

Established in 2007, Joint Commission COPD Certification recognizes organizations that make exceptional efforts to foster better outcomes for COPD patients. Raleigh Campus initially earned certification in 2021, becoming only the second hospital in the state to do so.

CONGRATULATIONS, WRAL VOTERS’ CHOICE AWARD WINNERS

In late January, WRAL announced the winners of its **2024 Voters’ Choice Awards** – which celebrates the best of local businesses. WakeMed proudly took home top honors in six categories. Congratulations, and keep up the great work!

- > **Best Ear Nose & Throat:** WakeMed ENT - Head & Neck Surgery
- > **Best Family Practice:** WakeMed Primary Care
- > **Best Hospital:** Raleigh Campus; North Hospital was a finalist
- > **Best OB/GYN:** WakeMed OB/GYN
- > **Best Orthopedics:** Wake Orthopaedics
- > **Best Urgent Care:** WakeMed Urgent Care

Exceptional People.
Exceptional Care.



NEURODIAGNOSTICS RECEIVES INTRAOPERATIVE MONITORING ACCREDITATION

WakeMed Neurodiagnostics has received accreditation for our Intraoperative Monitoring (IONM) program from the Neurophysiologic Intraoperative Monitoring Laboratory Accreditation Board of ABRET. WakeMed is one of only 33 facilities nationwide and one of just two in North Carolina to achieve this distinction.

IONM is a technique used during surgeries to monitor the nervous system in real-time. This continuous feedback technique helps surgeons avoid damaging important nerves, the spinal cord, or parts of the brain, which can lead to serious complications such as paralysis or loss of function. WakeMed has developed a team of technologists dedicated to IONM, who contribute to exceptional patient care by helping surgeons avoid damaging critical nerves during surgery.

The accreditation process includes an independent review of program elements and procedures to ensure NIOM labs meet technical standards and demonstrate quality. The Evaluation focuses on standards, policies and lab management.

WOW, WHAT AN EMPLOYEE!

Kelly Thompson-Brazill, DNP, (Heart & Vascular) was recently appointed as chairperson of the Society of Critical Care Medicine's (SCCM) Nursing Section.

Jeronica Goodwin was reappointed for a second term as commissioner for the Bicycle & Pedestrian Advisory Commission of Raleigh and was also appointed to the Raleigh Chamber of Commerce Board of Directors.

Congratulations to the most recent recipients of the WakeMed APP Spotlight Award. The award was established by the WakeMed APPreciation Committee to highlight and recognize the role our APPs play in providing exceptional patient care. **Danielle Jones**, PNP, (Neonatology – Raleigh Campus) received the award in January 2025 and **Leslie Suchar**, PA-C, (General Surgery) was recognized in February.

Susan Bruce, MSN, RN, was promoted to the role of nurse manager for 6A Oncology.

Lindsey Hollis (Workforce Development) was recently promoted to senior workforce development specialist.

Josh Hostetter (Organizational Development) was recently promoted to senior organizational development specialist.

Jennifer Lahiff, BSN, RN, (Heart Center Administration) was recently promoted to clinical educator/supervisor.

Allison Strickland, BSN, RN, (Heart Failure Program) was recently promoted to patient navigator.

Liz Buenger, BSN, RN (AMI Chest Pain Program) was recently promoted to patient navigator.

COMINGS & GOINGS

The Heart Failure Program congratulates **Juanita Murray**, BSN, RN, on her retirement after 42 years of dedicated service to WakeMed.

Information Services wishes **Eric Rosengaft** a happy retirement after nearly 14 years of service at WakeMed.

Surgical Services – Cary Hospital welcomes **Sherry Lantz**, MSN, RN, as the nursing manager for the operating room.

3B CICU welcomes **Alicia Williams**, RN; **Catherine Comis**, RN; **Laura Majchrowski**, RN; **Eunice Muturi**, RN; **Stephanie Michel Canario**, RN Resident; **Alexis Deal**, RN Resident; **Desiree Krigger**; **Paige Vader**; **Sarah Mehdaova**; and **Megan Smith**.

Mother-Baby – Raleigh Campus welcomes **Ariel Mitchell**, RN and **Annalyse Katsimagles**, RN.

2E CVICU welcomes **Cassie Martin**, RN.

5C MSIC welcomes **Sherry Marussich**, RN, BSN, and **Nidhi Patel**, RN, BSN.

MyCare 365 – Market at Riverwood welcomes **Kristi Blankenship**, RN, as their new practice manager.

5West Surgery & Trauma – Cary Hospital welcomes **Caitlyn Bao**, **Mia Obie**, and **Riley Lawrence**, RN.

Invasive Cardiology welcomes **Rob Tyson**, RN, and congratulates **Jade Galati** on her new team lead position.

Home Health welcomes **Tiffany Fields**, RN.

The eICU welcomes **Jennifer Whaley**, BSN, RN, who transitioned from MICU.

IN MEMORIAM



James (Jim) Field passed away on Tuesday, February 4. Jim joined WakeMed in 2001 and was a buyer in Strategic Sourcing. He will be remembered for his wonderful sense of humor

and for his dedication to operations and excellent customer service. He was a shining example of operational support for our patients and their families. Please join us in keeping his family, loved ones and colleagues in our thoughts during this difficult time.

WITH APPRECIATION!

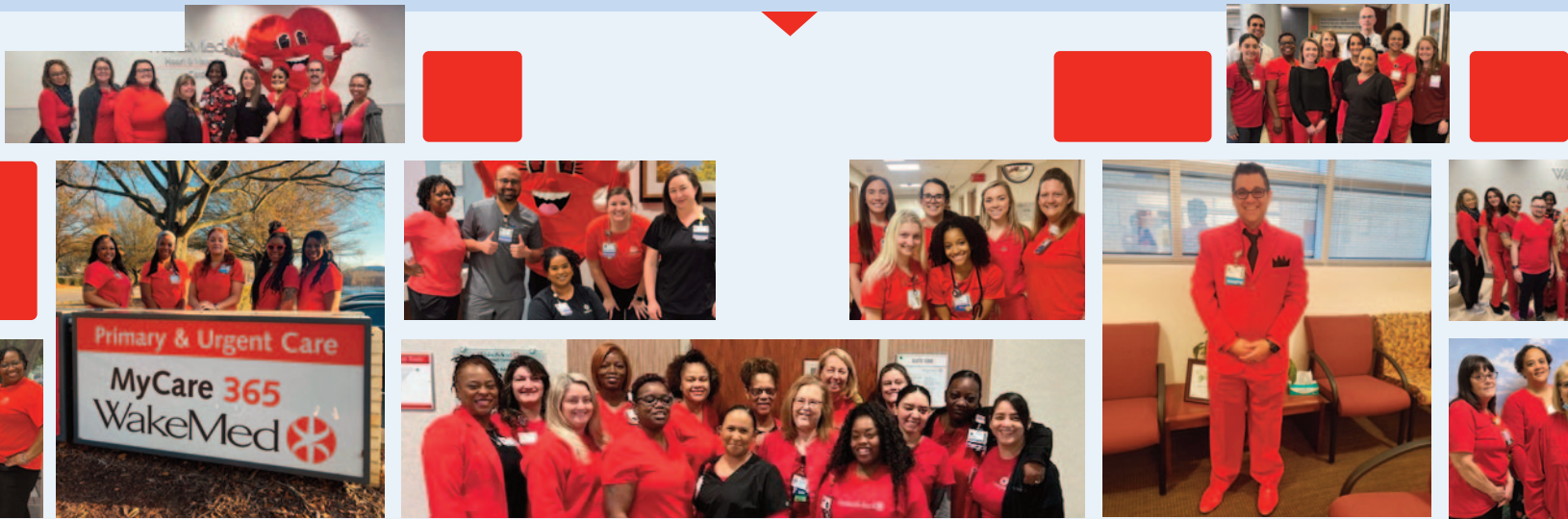
Thank you to our amazing team of clinical and support staff for all you have done to care for our community this winter!

Between a very challenging respiratory illness season, ever-increasing patient volumes and three winter weather events, this winter is one that will not soon be forgotten. Whether it meant staying late, coming in early or sleeping over on air mattresses in conference rooms, our team truly went above and beyond to ensure that our community receives the care and caring they need.

We are grateful for our WakeMed family and everything you do to support our mission – and here’s hoping for warmer days ahead!



WHAT'S HAPPENING AT WakeMed



Employees from across the system donned their best reds on Friday, February 7, for Go Red Day! Part of American Heart Month, this annual event is a way to help raise awareness of cardiovascular disease and its impact on everyone. It's also a great way to recognize our WakeMed team who provides compassionate care and service to our heart patients and their families.



WakeMed employees across the health system enjoyed sweet treats as a gesture of love and appreciation in honor of Valentine's Day. Thank you to our incredible team for all you do to care for our patients and families!

Team WakeMed once again had a strong presence at the annual Kay Yow Cancer Fund Celebration Run/Walk. The race is an opportunity to raise awareness and celebrate all the women courageously fighting cancer. Thank you to everyone who came out to support this great cause.



The Clinical Nurse Council (CNC) hosted a service project to support ongoing Hurricane Helene recovery in Western North Carolina. CNC representatives from many different units helped sort and box-up winter supplies – including scarves, gloves, hats, coats and more – to be sent to communities in need.



Please join us in extending a warm WakeMed welcome to our Spiritual Care Clinical Pastoral Education (CPE) residents (left to right): **Langley Hoyt, Victoria Blount, Rachel West, Mike Lang, Jeff Allred, and Mary Melton.** WakeMed's CPE program has been accredited since 1975 and provides experiential and process orientated education to a diverse group of theological students, clergy and laypersons.



Members of the WakeMed Government Affairs and Business Development teams attended the annual Apex State of the Town event, presented by Mayor Jacques Gilbert.

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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COMING SOON

Every April, WakeMed takes time to learn about and recognize the many aspects of culture, belief and heritage that make us unique, with a goal of enhancing understanding and demonstrating respect for people. Below are some highlights. Stay tuned to the WakeMed Weekly for additional details about activities taking place in April to celebrate the diversity within and around WakeMed!

Cultural Food Fair

- > Cary Hospital – Thursday, April 3, 11 am to 2 pm; behind Points West Cafe Patio
- > Raleigh Campus – Thursday, April 17, 11 am to 2 pm; Courtyard

Caregiver Network Connection Group Event

- > Wednesday, April 23, 11 am to 12:30 pm; Andrews Center

Read the Wake Way Book Study: Better Allies by Karen Catlin

- > Raleigh Campus – April 29, 11:30 am to 1 pm
- > Virtual Session – May 15, 4 to 5:30 pm

Unconscious Bias Training

- > Wednesday, April 9 – 1 to 4:30 pm, Raleigh Campus



Tuesday, April 22
11:30 am to 2 pm
Raleigh Campus Courtyard

Clean out your desks, nursing stations and file cabinets and bring any documents that can be destroyed down to the shredding truck in the courtyard. The department that brings the most documents (by weight) will win a pizza party!

FOLLOW US TO WELLNESS!

WakeMed & WakeMed Children's @WakeMedHospitals @WakeMed

CALENDAR OF EVENTS



Please join us for WakeMed's Annual National Walk Day Celebration Walk on Tuesday, April 1 at noon. Walks will take place at five WakeMed locations, lasting about 20 minutes at a comfortable, conversational pace. Raffle prizes and information about upcoming wellness opportunities will be available. Please mark your calendar to join us at one of the walk sites:

- > Raleigh Campus – Courtyard
- > Cary Campus – Main entrance
- > North Hospital – Outside the Falls Café
- > Operations Center – Main entrance
- > Corporate Center – Main entrance

EMPLOYEE WELL-BEING

The Scoop on Nutrition: Pack In the Protein

April 9, 15 & 24

Join a Corporate and Community Health registered dietitian each month for a 30-minute detailed dive into a wide variety of nutrition topics. In April's class, we'll talk about protein. You might already know that you need more protein, but how do you fit enough in? In this class we'll review the benefits of getting more protein and tips and tricks to get more of it.

See MyWakeMed or the WakeMed Weekly for details on how to join.



Nursing Education

The Impact of Giving & Receiving Feedback

March 26, 9 to 10:30 am

- > Nursing Education Classroom C
- > Register via WakeMedU (NE014-21020)
- > 1.5 Nursing Contact Hours and leadership hours awarded upon completion



Wake AHEC Events

- > UNC REX NC Surgery - Women's Health: Surgical Considerations, March 15
- > Tar Heel Boot Camp, March 29
- > Person Centered Thinking and Planning Review, April 10
- > SPICE North Carolina Infection Control Course: Outpatient Healthcare Setting, April 11
- > WakeMed Heart & Vascular Cardiovascular Care Symposium 2025: Evolution and Advances, April 17

For a complete list of events, please visit wakeahec.org/courses-and-events.