

# MICROSCOPE

# NORTH 10

## A Decade of Care: Celebrating 10 Years of North Hospital



the site of North Carolina’s first standalone emergency department in 2005, to the building of the Physicians’ Office Pavilion, and the eventual addition of inpatient care.

- While initially a women’s hospital, North Hospital is now a 77-bed, full-service hospital offering a wide range of medical and surgical services to ensure comprehensive care for our patients. Some highlights from the past 10 years include:
- > The first baby was delivered at North Hospital just days after the facility opened; within two months, 100 deliveries had occurred. Last year, North Hospital delivered over 1,700 babies!
  - > In December 2022, North Hospital was honored by The Leapfrog Group with a 2022 Top Teaching Hospital Award, which is one of the most competitive awards U.S. hospitals and ambulatory surgery centers can receive for patient safety and quality.
  - > Over the years, the facility has added specialty care coverage for many areas and introduced numerous advanced diagnostic and treatment protocols, including robotic surgery. These services allow patients to receive high-quality care closer to home, while reducing the need for transfers to Raleigh Campus.
  - > The North Hospital Employee Engagement Committee has planned and hosted countless events – from cookouts to the ever-popular Trunk or Treat – to encourage camaraderie and collaboration among the North Hospital team.
  - > In July 2024, a nine-bed, state-of-the-art Intensive Care Unit opened – the only ICU in northern Wake County – bringing an even higher level of care to patients.
  - > The WakeMed North Raleigh Surgery Center opened in 2024 as the newest addition to our surgical services offerings. Located in the Physicians Office Pavilion, the facility features one operating room and three procedure rooms. The surgery center has expanded our ability to meet growing surgical demands.

“We continue to build on our remarkable history. Our future is bright – and busy!” said **Valerie Barlow**, senior vice president and Administrator, North Hospital. “Many new projects are underway for 2025 and beyond as we continue to grow and expand services and capabilities to better meet the needs of our northern Wake County communities.” Here are a few things on the horizon:

- > **New Imaging Suite & Fixed MRI:** Construction is underway on a 12,000-square-foot addition that will house a new imaging suite. The space will provide enclosed MRI studies among other services.
- > **New Rooms for a Baby Boom:** North Hospital is on target to deliver more than 2,000 babies in 2025! To support our growing families, we’re also expecting two new labor & delivery suites to open this spring.
- > **Emergency Department Expansion:** The Emergency Department at North Hospital has the second highest patient volume of our seven adult EDs systemwide, treating more than 160 patients per day. Five new beds, along with new equipment, are slated to open by late 2025.

WakeMed North Hospital is celebrating 10 years this month as northern Wake County’s only full-service hospital! The hospital opened its doors for patient care in May 2015, bringing quality, convenience and much needed emergency and inpatient care, outpatient services and physician specialties.

Our WakeMed North facility has seen many changes over the years – from originally opening as WakeMed North Heathplex in 2002, to being



**CORRIE SIMUNYU**  
PATIENT ACCESS

“I’ve been at North Hospital for 10 years and have enjoyed watching the campus grow. I love our small, family feel and it’s close to home. I’m excited to be part of our future.”



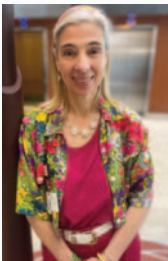
**SUSHEEL ATREE, MD**  
WAKEMED PRIMARY CARE

“It has been incredible to see the growth here since I began in 2004. Patients who have been served in this area are very appreciative of this presence here. I think it has exceeded everyone’s expectations.”



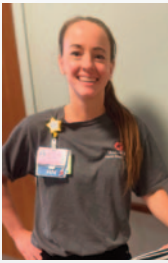
**DAVID BOYCE**  
CAPTAIN, CAMPUS POLICE & PUBLIC SAFETY

“I remember when they broke ground on North Hospital. It was such an exciting time to be part of seeing a hospital being built in this area and to watch our campus grow.”



**DIANE SKIADAS**  
PATIENT ACCESS

“I just love the atmosphere at North Hospital. It’s enriching and our culture is so amazing. I’m so proud to be part of our growth because our community needs us.”



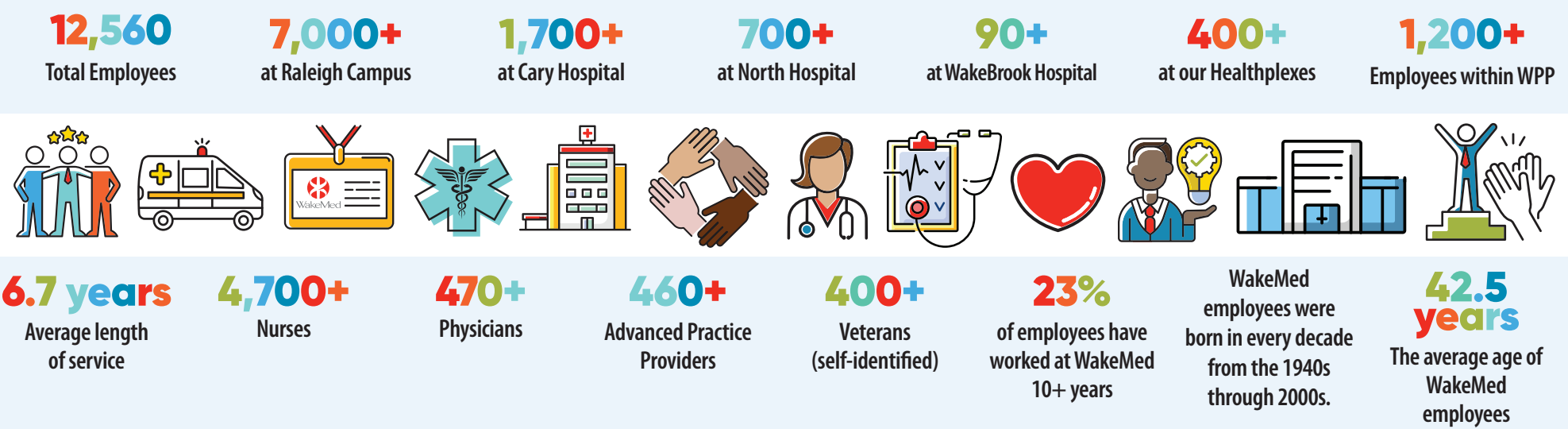
**TIFFANY SHESKIN, RN**  
MOTHER BABY

“It’s been really cool to see all the new resources that are available – we have this new ICU, we have step-down, we are getting an MRI. Being able to be a part of it has been a very special experience.”



## HAPPY EMPLOYEE APPRECIATION MONTH!

Every May, WakeMed celebrates and recognizes our amazing, dedicated and talented employees. Thank you for the ways you care for our patients, their families and one another. We are honored to have you as part of our WakeMed family and proud of the many ways you make us a better, more caring organization!







# MENTAL HEALTH MATTERS

celebrating our well-being

## WakeMed Earns National Bell Seal for Workplace Wellness



WakeMed is a 2025 Bell Seal for Workplace Mental Health recipient – a first-time honor for our health system. Bell Seal recognition is awarded by Mental Health America (MHA), the nation’s leading nonprofit that promotes mental health, well-being and illness prevention.

Only 2 in 5 employers meet the Bell Seal standards. Recognition at any level – Bronze, Silver, Gold or Platinum – means an organization prioritizes its employees’ mental health and well-being and aligns its policies, practices and benefits with topline industry best practices. WakeMed earned recognition at Platinum, the highest level. This is WakeMed’s second honor for workplace wellness. In 2024 we were named a Wellbeing First Champion by ALL IN: Wellbeing First for Healthcare for ensuring our medical staff credentialing applications are free from stigmatizing and intrusive language around mental health care and treatment.

“We are so grateful for this recognition because it helps us validate the work we are doing to support the well-being of the WakeMed family and shows us how we measure up against other U.S. health systems, companies and government entities,” says **Jeronica Goodwin**, DHA, senior vice president & Chief People Officer, who co-chairs the WakeMed Well-Being Steering Committee with **Micah Krempasky**, MD, CMO, WakeMed Mental Health & Well-Being.

Since 2019, Bell Seal recipients have evaluated and improved their policies and practices, informed by employee feedback and the certification standards, to support the mental health of 4.3 million U.S. employees.



## Happy Birthday, WakeBrook!

On May 19, the WakeMed Mental Health & Well-Being Hospital – WakeBrook team celebrated one year of providing their unique approach to inpatient mental health care – Transformative Mental Health Care. WakeBrook Manager **Julla Panneh**, RN, says it best: “The whole is greater than the sum of our parts.’ This phrase perfectly captures our philosophy. By integrating all systems and resources, we create a powerful, synergistic effect that enhances patient care.”

## Navigating Life’s Changes & Challenges

In observance of National Mental Health Awareness Month, our WakeMed LifeBalance employee mental health assistance program provider, Lyra Health, will lead four virtual workshops designed with you in mind. You can access them in Upcoming Events on the MyWakeMed home page.

As a WakeMed employee, you have access to Lyra Health online support services and resources, including six free sessions with a counselor each year. Spouses and children (under age 26) do too! Register with Lyra Health today and check out what they have to offer.

Scan the QR code visit [wakemed.lyrahealth.com](https://wakemed.lyrahealth.com) or call Lyra’s care navigator team at 833-824-9070.



LIFE BALANCE



## Kind Words Help Stop Stigma

The American Psychological Association Dictionary of Psychology includes this definition of the word ‘stigma’: *n.* the negative social attitude attached to a characteristic of an individual that may be regarded as a mental, physical, or social deficiency. A stigma implies social disapproval and can lead unfairly to discrimination against and exclusion of the individual.

A big focus for WakeMed Mental Health & Well-Being is to significantly reduce the stigma surrounding mental health throughout our entire community. A simple way we can all contribute is to be mindful about the ways we speak about mental illness.

Here are a few examples of small language changes that can make a big difference.

Instead of saying	Consider saying
A victim of mental illness	Living with mental illness
Mentally ill person	Person living with a mental illness
He’s psychotic	He is experiencing psychosis.
Normal behavior	Usual or typical behavior
Substance abuse, addict or user	Substance use disorder
“Snap out of it.”	“Do you want to talk about it?”
“Try thinking good thoughts.”	“How are you feeling today?”



## SUMMER

### WakeMed Wellness and Activity Clubs

WakeMed employees have a variety of wellness activities to participate in this summer that promote health and employee engagement. From biking adventures to educational webinars, there's something for everyone.



## Get Active with WakeMed

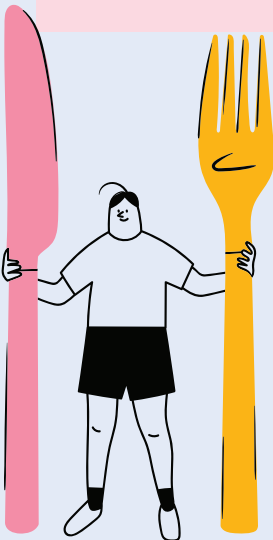
Throughout the summer, the WakeMed Cycling Club meets every other Thursday at 5:30 pm for a "Payday Ride" along the Raleigh Greenway Trail and Neuse River Trail. The group gathers at the Wake Orthopaedics location on New Bern Avenue. WakeMed’s Wellness Specialist, **Bob Nelson**, emphasizes the club's inclusive spirit: “Our cycling club is designed for all levels, ensuring no one is left behind. It’s a fantastic way to stay active and connect with colleagues.” A new WakeMed Disc Golf League also

kicked off this spring, and currently meets every Wednesday evening for a fun, casual evening of doubles disc golf. Please visit MyWakeMed’s Upcoming Events section for more details about both groups.



## Sleep Education Webinars

WakeMed Sleep Medicine is hosting a series of webinars to address common sleep disorders, which affect millions of Americans. These webinars are open to all WakeMed employees and can be used to fulfill a WakeWell Rewards Alternate Standard requirement if needed. The sessions will be held on June 25, July 31, Aug. 29 and Sept. 29. Participants will gain valuable insights into sleep health, benefiting themselves, their families and their patients. Webinar links will be provided on MyWakeMed and in the Asset Health portal.




## Scoop on Nutrition: Ultra-Processed Foods

Join a Corporate and Community Health registered dietitian for a 30-minute webinar on ultra-processed foods, a hot topic in nutrition for June. Scheduled for June 12, 17 and 19, these sessions will explore the impact of ultra-processed foods on health and debunk common misconceptions. “The Scoop on Nutrition webinars are a great way to get useful, registered dietitian-approved recommendations, tips and resources on a single nutrition topic in just 30 minutes. When planning classes, we choose topics that are trending or frequently asked by our 1:1 clients to give you the information that you’re most curious about right now,” says **Marissa Robinson**, registered dietitian. See MyWakeMed or the WakeMed Weekly for details on how to join.



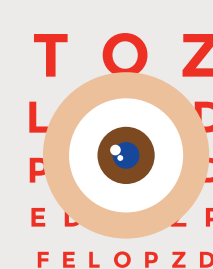
# May is STROKE Month!

Remember, if you think someone is having a stroke, BE FAST and look for these signs. When it's a stroke, time is of the essence. The quicker you can get a stroke victim to the hospital, the better the chances for recovery. If you suspect stroke, don't wait! Call 911 immediately for transport to the emergency department.



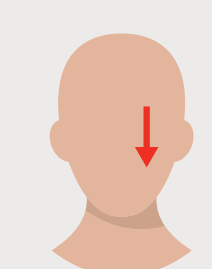
**Balance**

Is the person losing their coordination or balance? Are they having trouble walking?




**Eyes**

Is the person having trouble seeing out of one or both eyes?



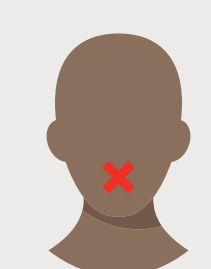
**Face**

Does the face look uneven? Ask the person to smile.




**Arm**

Do they have weakness in their arms? Ask the person to raise both arms.



**Speech**



Does their speech sound strange? Ask the person to answer a simple question.



**Time**

If you observe any of these signs, then it's time to call 9-1-1.









## SUPERHERO DAY

At WakeMed, we know that not all superheroes wear capes – but some superheroes definitely do!

WakeMed Children's Hospital patients, families and staff celebrated **Superhero Day** in April with fun activities for all. Patients had a chance to visit the Children's Hospital lobby to enjoy face painting, a photo booth, craft stations and more. A team from Scottie's Building Services got in on the action as well – dropping in to wave to our young patients from four floors up! The event ended with a Superhero Parade featuring staff and special visitors – all dressed in their superhero best.

Thank you to our Child Life team, Children's Hospital staff and others who helped make this day so memorable and fun!

## Innovative Burn Care at WakeMed

### FIRST NEXOBRID® USE IN NORTH CAROLINA



WakeMed has achieved a major milestone in advanced burn care by becoming the first facility in North Carolina to use NexoBrid®, an enzymatic product designed to assist in the care and healing of severe burns. This groundbreaking procedure was a collaborative effort between the Plastic & Reconstructive Surgery team and the Surgical Trauma Intensive Care Unit (STICU), reflecting our teams' shared commitment to innovation and patient-centered care.

NexoBrid® offers a non-surgical alternative for the removal of eschar, which can form over a wound. This treatment can potentially reduce the need for surgical excision and improve outcomes for burn patients. We are proud to bring this leading-edge treatment to our community and look forward to continued advancements in burn management at WakeMed.

## NEWS FROM WakeMed Physician Practices

### Welcome New Physician



Hanna Tesfaye, DO  
MyCare 365

### Welcome New Advanced Practice Providers

Schuyler Barraclough, NP  
Vascular Surgery

Lindsay Burns, PA  
Hospital Medicine

Elizabeth Crocker, PA  
Breast Surgery

Tania Diaz, NP  
Pediatric Pulmonology

Juliette Parks, PA  
Primary Care

Alexandria Soros, PNP  
Neonatology



# WHAT'S HAPPENING AT WakeMed

Nursing Education & Organizational Development hosted a workshop to support professional development for clinical coordinators and charge nurses in Surgical Services. Titled, “Leading Surgical Teams: A Workshop for Clinical Coordinators,” the session concluded with participants creating their “Leadership Pizza” to showcase the unique gifts that they share with our WakeMed team.



Our experts in Advanced Heart Failure, Complex Arrhythmia and Structural Heart gave the latest updates in guidelines, therapies, procedures and resources available at the the 2025 Cardiovascular Care Symposium! Thank you to the attendees for taking time to learn the latest in these cardiovascular specialties. And thank you to the staff from WakeMed Heart & Vascular, Wake AHEC and supporting departments who served on the planning committee of this successful program.

LEFT: WakeMed hosted a Title Night for the opening game of the North Carolina Courage season. Over 100 members of the WakeMed team – and their families! – came out to highlight our women’s services offerings. Several of our OB-GYN physicians kicked off the night by delivering the game ball before the game.



The annual Volunteer Appreciation Luncheon is an opportunity for WakeMed to show our gratitude to our 1,200+ volunteers for being “United in Service” and going above and beyond for our staff, patients and visitors. You truly make a difference, and we are grateful for all you do!

LEFT: On Tuesday, April 22, the WakeMed Mental Health & Well-Being Hospital – WakeBrook team welcomed their first cohort of Wake Tech nursing students to the facility. The students appreciate the hospital’s bright spaces, positive staff and healing environment.



Wool E. Bull hit a home run with a recent visit to WakeMed Children’s. The lovable Durham Bulls mascot brought joy – and baseballs – to some of our youngest patients, their families and, of course, our staff!



Over 1,200 attendees came to the “Your Treasure Awaits” career expo held at the Raleigh Convention Center. Representatives from more than 80 WakeMed departments and locations were on hand to talk with job applicants and share information about our unique culture, work environment, available positions and benefits. Participants also had a chance to have a professional headshot taken, learn about our educational partners and receive in-the-moment support with completing job applications.



## WakeMed LEADERSHIP ACADEMY

ASPIRING LEADER

The WakeMed Leadership Academy is proud to recognize the recent graduates of the Aspiring Leader Program. The 18-month leadership development program, sponsored by Organizational Development, is designed to identify and cultivate WakeMed’s future leaders with the foundational skills and tools needed to lead the Wake Way. A key component of program completion is the successful implementation of a team, department or organization improvement project, which is ultimately presented to a panel of peers. Organizational Development is proud to acknowledge several academy participants have already been promoted into leadership roles. Please join us in congratulating the Aspiring Leader Program graduates!

Visit MyWakeMed for a full list of this year’s graduates.



## PAUSE TO GIVE LIFE

We felt our mission in action during the annual Pause to Give Life events at WakeMed’s three acute care hospitals April 2. On this day, medical staff members, Critical Care staff, Surgical Services staff, administrators and more gathered for a flag raising service at 10:08 am, signifying that eight lives can be saved by a single donor. Attendees also observed a moment of silence to recognize the more than 3,000 North Carolinians awaiting a lifesaving transplant.

In 2024, Raleigh Campus had 83 tissue donors – the second highest in HonorBridge’s 79-county service area and led the HonorBridge service area for timely and vented referrals. Our hospitals collectively had 38 organ donors in 2024 – more than 115 organs were recovered for transplant and 22 went to research.

Many thanks to HonorBridge, North Carolina’s non-profit organ procurement organization, for creating the Pause for Life celebrations with participating hospitals like WakeMed throughout the state. The Donate Life flag flew at Raleigh Campus, North Hospital and Cary Hospital throughout April – National Donate Life Month.







### IHIT & ERAS: Stronger Together

Infection prevention is a team sport. While the cause of any one surgical site infection is rarely identified, utilizing best practices in all phases of a surgical patient's care journey helps optimize outcomes. That's why The I Hate Infections Team (IHIT) and Enhanced Recovery after Surgery (ERAS) leadership have come together to help ensure our procedural teams are set up for success. Let's meet the teams involved in this important work:

- **IHIT** formed in 2019 with a goal of eliminating sternal wound infections – serious, debilitating and expensive complications that can occur after cardiothoracic surgery – at WakeMed. This multidisciplinary infection control team uses evidence-based concepts to minimize patient's infection risk – from pre-op to the step-down unit and everything in between.
- **ERAS** is an evidence-based care pathway that includes a series of activities before, during and after surgery that, when combined, lead to better outcomes. WakeMed's first ERAS pathway launched in 2017 – making us the first hospital in the nation to utilize ERAS for cardiac surgery. Today we have ERAS in place for 21 different surgical specialties, which have made a tremendous impact on patient outcomes.

**Gina McConnell**, RN, ERAS coordinator, explains the close connection between the two groups: “ERAS is all about standardization and process improvement and is therefore a natural partnership with IHIT. After all, you cannot have an enhanced recovery after surgery if you develop an infection.”

The leaders of IHIT and ERAS recently came together for the first-ever IHIT/ERAS Electrophysiology Lab Summit. The session was an opportunity for stakeholders across many areas to identify opportunities to improve care, develop processes and workflows aimed at achieving ZERO infections in our EP Labs. Participants included representatives from cardiology, anesthesia, EP Lab, hospital leadership, nursing, physician and APP leadership, Pre-Anesthesia Testing, Environmental Services, Facilities, Infection Prevention, Quality and more.

“Multidisciplinary infection prevention initiatives have proven to lead to better outcomes in infections, improve overall outcomes, and, as a valuable side benefit – reduce costs,” explains IHIT lead APP **Mike Modrow**, PA-C, (Heart & Vascular). "Ensuring best practices are in place in each phase of patient care matters to infection prevention. This type of effort is most importantly a win for our patients, but also a win for the system.”

"The summit was a superb example of our teams' shared commitment to continuous quality improvement and a pleasure to see our EP team innovate for best practices," shared **Judson Williams**, MD, executive medical director of WakeMed Heart & Vascular.

The teams involved will now take some of the opportunities and challenges shared during the summit to implement improvement processes for the benefit of our patients. Keep up the great work of Chasing Zero, teams!



### WakeMed Receives As from the Leapfrog Group

We are pleased to announce that Raleigh Campus, Cary Hospital and North Hospital all received As on the latest Hospital Safety Grades, which were released May 1 by The Leapfrog Group. Raleigh Campus and Cary Hospital are also among the 346 U.S. hospitals (12%) designated as “Straight A” hospitals for sustaining an A grade for five or more consecutive grading rounds.

The Spring Leapfrog Hospital Safety Grades are based on performance against 30 measures of errors, accidents, injuries and infections, as well as the systems hospitals have in place to prevent them. All three of WakeMed's hospitals scored above the Leapfrog mean (average) in nearly all measures. According to The Leapfrog Group, only 29% of hospitals nationally received A grades on the spring 2025 scores.

The Leapfrog Group is a national nonprofit organization that works to initiate improvements in the safety, quality and affordability of health care for all citizens by promoting transparency and value-based hospital incentives. The group publishes Hospital Safety Grades twice a year based on information reported from government agencies and other sources. This program focuses exclusively on safety (accidents, injuries and errors).

### Exceptional People. Exceptional Care.



### Newsweek Names WakeMed Among Top Maternity Hospitals

For the fourth consecutive year, *Newsweek* has named Raleigh Campus, Cary Hospital and North Hospital to its list of America's Best Maternity Hospitals. The distinction recognizes WakeMed as a proven leader in providing the highest level of quality care for mothers and their babies.

Newsweek's 2025 list of America's Best Maternity Hospitals spotlights the leading 444 hospitals in the field of maternity care in the U.S. that have met evidence-based, nationally standardized metrics. Of the 444 hospitals recognized, the WakeMed health system was among the 182 hospitals to receive a five-ribbon ranking – the highest rating category.

The recognition was based on a nationwide survey of medical professionals, key performance indicators, and patient survey results. For the purposes of this ranking, North Hospital's data was incorporated into tabulations with Raleigh Campus because the two facilities operate under the same CMS license.

WakeMed delivers more babies than any other health system in Wake County – more than 9,900 new lives each year.

WakeMed celebrated Earth Day the Wake Way by once again cleaning out desks, workstations and filing cabinets to securely shred items that were no longer needed. Congratulations to Campus Police & Public Safety for recycling the most paper (by weight) – they

brought over 1,000 pounds of unneeded documents to the courtyard! Facilities Services came in second with 450+ pounds of documents shredded. Thanks to everyone who came out to help us protect patient health information while reducing our reliance on paper record keeping!

### WOW, WHAT AN EMPLOYEE!

**Savannah Horvick**, RN, (STICU) was named a 2025 Emerging Leader by the Hospice and Palliative Nurse Association.

**Shalise Davidson** (Pathology Labs – Raleigh Campus) was featured during Laboratory Professionals Week as a “Lab All Star” by the Association for the Advancement of Blood and Biotherapies (AABB).

**Kelly Thompson-Brazill**, DNP, (Heart & Vascular), co-authored the Valve Surgery and Perioperative Cardiac Surgery Nursing Evaluation chapters in *American Association of Critical Care Nurses' Cardiac Surgery Essentials for Critical Care Nursing, 4th ed.* 2025.

**Tommy Davis**, PhD, (Environmental Services – Raleigh Campus) completed his certificate of mastery in infection prevention from the American Hospital Association and has been reappointed to the 2025 Editorial Advisory Board for *Infection Control Today* magazine.

**Beth Soto** (Patient Case Management – Raleigh Campus) earned commission case management certification.

**Allison Nelson** (Patient Case Management – Raleigh Campus) earned certification as a licensed clinical social worker (LCSW).

**Sara Jones** (Organizational Development) was promoted to Executive Office Coordinator for Human Resources.

**Lisa Curasco** (Women & Children's Services Administration) was named chair of the Nursing & Clinical Support Council.

**Judson Williams**, MD, executive medical director, WakeMed Heart & Vascular, was inducted into the American Association for Thoracic Surgery (AATS), the most prestigious international society for cardiothoracic surgery.

### COMINGS & GOINGS

**Pauline Brown** (Mother-Baby – Raleigh Campus) retired after 34 years of service to WakeMed.

Imaging Nursing – Cary Hospital welcomes **Regina Ross**, RN.

**Eron Kuhlers**, RN, transitioned to 5 West Surgical & Trauma – Cary Hospital.

Mother-Baby – Raleigh Campus welcomes **Taylor Chatellier**, RN; **Morgan Babajko**, RN; **Helen Burke**, RN; **Maranda Hutta** and **Hannah Grant**.

Lactation Services – Raleigh Campus welcomes **Jessica Seitz**, RN.

6C Surgery & Trauma welcomes **Ryan Pomeroy**, RN.

Outpatient Rehab welcomes **Kristen Williams** as a speech language pathologist at the Clayton and Durant Road locations.

3B CVIC welcomes **Hannah Hines**, RN; **Brianna Barrs**, RN; and **Lashond Venable**.

MyCare 365 – University Place welcomes **Ashlyn Terry**, **Makyala Moses** and **Kyra Anderson**.

MyCare 365 – Brightleaf welcomes **Jamar Lofton** and **Kenishia Ellerbee**.

MyCare 365 – Market at Riverwood welcomes **Nandy McClain**.

Cary Case Management welcomes **Heather Hendricks**, **Klarissa Albritton**, and **Joy Holder**, RN.

**Brittany Prince** transitioned from Raleigh Campus ED to WakeMed Heart & Vascular – Cary Cardiology.

### ADDITIONS & ATTACHMENTS

**Alex Capo** and **Linhda Pham** (both of Corporate Integrity & Audit Services) got married on April 12.

### IN MEMORIAM



**Kavita Joshi** (Pathology Labs – Cary Hospital) passed away on April 13, 2025. A medical laboratory scientist at Cary Hospital for more than 20 years, Kavita is remembered as being detail-oriented and patient-focused, and her colleagues will especially miss her welcoming smile and uplifting laughter.



# 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](mailto: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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## WM-MAN COMING SOON!

WakeMed’s annual mandatory package, WM-MAN, will be assigned to all employees via WakeMedU on June 1, and must be completed by June 30. Once again this year, WM-MAN will include the required Corporate Compliance training in one curriculum package. Management staff (manager & above) are required to complete an additional conflict of interest (COI) training module that includes a review of what constitutes COI and how to disclose the arrangement and attestation to WakeMed’s policy. As a reminder, to be eligible for any potential WakeShare payout this year, all required education must be completed by the original due date. Questions? Email [wakemedu@wakemed.org](mailto:wakemedu@wakemed.org).

WakeMed

WakeMed Health & Hospitals

3000 New Bern Avenue

Raleigh, NC 27610

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## It's Ladies May

During Women’s Health Month, WakeMed Women's shares how important it is to take care of yourself. It’s never too early or late to make healthy changes that help you look and feel your best. Take control of your health and bring others in your family along for the ride! Scan to learn more.

## Follow us

TO WELLNESS!

WakeMed & WakeMed Children's

@WakeMedHospitals

@WakeMed

## CALENDAR OF EVENTS

## WAKEMED FARMERS MARKET

**TUESDAYS  
through August 26**  
**10 am to 2 pm**  
**Raleigh Campus Courtyard**  
No market on May 27 or July 1.

### UPCOMING BLOOD DRIVES

Give the gift of life! See [MyWakeMed](#) for details on registration.

**Wednesday, June 4**  
Raleigh Campus – 7:30 am to 5 pm  
Cary Hospital – 7:30 am to 5 pm  
Operations Center – 9:30 am to noon  
Garner Healthplex – 2 to 6 pm

**Thursday, June 5**  
Raleigh Campus – 7:30 am to 5 pm  
North Hospital – 8 am to noon  
Apex Healthplex – 2 to 6 pm

### PROFESSIONAL & LEADERSHIP DEVELOPMENT

**The Wake Way**  
**June 25, 8:30 am to 12:30 pm**  
This course focuses on the way in which we recruit, retain and develop dedicated, compassionate individuals who share our passion for putting others first, a drive to fulfill our mission, and the ability to live the Wake Way by putting others first and demonstrating our Wake Way Every-time Behaviors. Register in WakeMedU. For more information or questions, please email [orgdevelopment@wakemed.org](mailto:orgdevelopment@wakemed.org)



### NURSING EDUCATION

#### Chest Tubes: Troubleshooting and Maintenance

**June 11, at 11 am and noon**  
This course is designed to increase the nurse’s knowledge regarding the care of a patient with a chest tube. Topics include troubleshooting air leaks, dressing care and maintenance, how to properly apply suction, set-up and transporting a patient with a chest tube. Register via WakeMedU (search NE014-20085); future course dates are also listed in WakeMedU.

### WAKE AHEC

- > **Supporting Communication and Social Engagement in Children and Adolescents on the Autism Spectrum** – May 30
- > **Rethinking Guardianship: Exploring Less Restrictive Alternatives** – June 6
- > **Mutual Aid Recovery Supports for Tailored Care Management (TCM)** – June 17
- > **Harmonizing the Care: Explorations of Your Wellbeing as a Nurse** – June 27

For a complete list of events, please visit [www.wakeahec.org/courses-and-events](http://www.wakeahec.org/courses-and-events)