

# MICROSCOPE

## April Is Diversity & Inclusion Month

Every April, WakeMed celebrates Diversity & Inclusion Awareness month with educational opportunities and fun events! Mark your calendars for the annual food truck fair at Raleigh Campus on Thursday, April 27, and Cary Hospital on Thursday, April 20. The events will feature several food trucks with food available for purchase. Stay tuned to the WakeMed Weekly and MyWakeMed for details about all of the Diversity & Inclusion Awareness activities taking place in April.

WakeMed  
**Diversity & Inclusion**



### Did You Know?

- ▶ Memorial Hospital of Wake County opened in April 1961 with hospitals in Raleigh, Apex, Fuquay-Varina, Zebulon and Wake Forest, and is considered the first integrated hospital system in North Carolina. Over the years, WakeMed has expanded to meet the growing needs of our community and today we are proud to offer many programs that nurture a culture of respect for our patients, their families and our employees.
- ▶ WakeMed Spiritual Care includes a dedicated team of hospital chaplains who are available around the clock and offer interfaith ministry to people of all belief systems. On-site chapels and meditation rooms at all three hospitals are available to patients, families and staff. Through Tea for the Soul, Blessing of Hands and other programs, Spiritual Care also tends to the needs of our staff so they – in turn – can meet the needs of our patients.
- ▶ In any given month, WakeMed provides interpretation services for patients who speak Spanish, Arabic, French, Korean, Vietnamese, Russian, German, Burmese, Mandarin, Nepali, Farsi, Amharic, Oromo and sign language. WakeMed Interpretation Services offers a variety of resources to assist staff in providing qualified medical interpretation services in accordance with government rules and regulations.
- ▶ The Morrison Healthcare Food & Nutrition team at WakeMed works diligently to ensure that everyone has access to satisfying and nutritious meals. Whether patients keep Kosher, don't eat gluten or are vegetarians, the team works with patients and their care team to ensure that their meals meet nutritional needs. Our on-site cafeterias likewise provide diverse meals that represent a wide variety of tastes, reflecting the cultural and ethnic diversity of our staff and the community at large.
- ▶ Courageous Conversations is an ongoing education series on equity and inclusion hosted by WakeMed's Diversity & Inclusion Council in partnership with WakeMed CEO Donald Gintzig. First introduced in 2021, the video series provides an opportunity to create awareness by unveiling existing biases and providing opportunities for us to learn from one another. Past Courageous Conversations have focused on issues of race, religion, mental health and health equity.
- ▶ WakeMed supports several local organizations and events that celebrate our diverse community. These include, but are not limited to, representation on the Raleigh Chamber/Triangle Diversity & Inclusion task force; partnerships with the LGBT Center of Raleigh, Equality NC and A Better Wake; and participation in community events including OUT! Raleigh, La Fiesta del Pueblo and more.
- ▶ WakeMed has been recognized by numerous publications and organizations for our efforts around diversity, equity and inclusion, including:
  - **Triangle Business Journal** Leader in Diversity Award (2022, 2021, 2020)
  - **Newsweek**: Greatest Employers for Diversity (2023, 2021)
  - **Forbes Magazine**: Best Employers for Diversity (2022)
  - **Lown Institute**: Most Socially Responsible Hospitals – Raleigh Campus (2022)
- ▶ While we are proud of our culture of respect and dignity, WakeMed continues to listen, learn and heighten our level of social consciousness while celebrating our differences. If you have ideas or suggestions you would like to see WakeMed consider, please email [diversity@wakemed.org](mailto:diversity@wakemed.org).

### MEET THE WAKEMED DIVERSITY & INCLUSION COUNCIL

WakeMed understands the significance of having a diverse workforce to better serve our patient population and provide an inclusive environment for our team. The WakeMed Diversity & Inclusion Council works to support and advocate for employees and providers to ensure that WakeMed has an inclusive culture where all voices are heard. **Donald Gintzig**, president & CEO, and **Jeronica Goodwin**, senior vice president, Human Resources, and Chief People Officer, are executive sponsors of the group.

The council meets monthly and includes employees from across clinical and non-clinical areas who serve on several committees, including Advocacy & Policy, Education, and Events & Activities. To learn more about diversity, equity and inclusion initiatives at WakeMed, visit the Diversity & Inclusion page on MyWakeMed or email [diversity@wakemed.org](mailto:diversity@wakemed.org).

Members of the Diversity & Inclusion Council (pictured left to right): **Kirk Sears** (Talent Acquisition & Employment); **Janet Karanja**, NP (Hospital Medicine – Raleigh Campus); **Kendall Rush** (Workforce Development); **Tina Morris-Anderson** (Spiritual Care); **Sally McMurry** (Family Navigation Program); **Jennifer Jones**, director (Organizational Development); and **Phil Echols** (Organizational Development), as well as (not pictured) **Anna Batts**, RN (Patient Placement); **Jenna Beckham**, MD (OB-GYN); **Swati Bhardwaj** (SAHA); **Joy Bryant-Jones** (2C Rehab Nursing); **Ernie Buchanan** (Invasive Cardiology); **Alden Casati**, PA (General Surgery); **Stephanie Gray**, CNM (OB-GYN); **Stanley Harding** (Reimbursement); **Parul Kharod** (Outpatient Nutrition); **Candace Kravetz**, RN (Clinical Administrators); **Stacy Wilson** (Physical Therapy).



### Cary Hospital Re-certified as Advanced Primary Stroke Center

Cary Hospital has received recertification as an Advanced Primary Stroke Center from The Joint Commission. The facility welcomed a surveyor in December for a two-day review of protocols, processes, and capabilities in providing care to patients presenting with stroke symptoms.

During the survey's closing session, the surveyor noted the team's focus on quality and coordination of services in the hospital, across the system and with EMS; a strong commitment to standards and waste reduction; design of navigator/coordinator roles; our telemedicine program; and commitment to education.



# make a difference.

gift • passion • inspiration • fulfillment • purpose

Last month, exceptional employees from across the organization had an opportunity to take part in a unique WakeMed campaign called **Make a Difference**. The campaign will include TV commercials, digital ads, social media posts, web videos and more – all showcasing how rewarding and fulfilling working in health care can be.

We could think of no one better to share this message than outstanding members of our WakeMed family – selfless individuals who pursue their purpose in life and give generously of their time and talents to make a difference in the lives of our patients and improve our community.

Thank you to all of our **Make a Difference** participants! WakeMed is proud to have you on our team and honored to highlight your service while inspiring others throughout our community to do the same.

Be on the lookout for this campaign to roll out in the coming weeks and months. We hope it will remind and inspire each of us that we, too, can – and do – **Make a Difference!**

- > **Kay Alfadly** (Imaging Services – Apex Healthplex)
- > **Ernest Berry** (Mobile Critical Care Services)
- > **Cristie Boland** (Cardiology - Cary)
- > **Jay Burke** (Invasive Cardiology – Raleigh Campus)
- > **Stephanie Byrd, RN** (Special Care Nursery – North Hospital)
- > **Enoch Claude** (Pharmacy – Cary Hospital)
- > **Alexis Daye, RN** (Surgery & Trauma – Cary Hospital)
- > **Brittany DiFrancesco, RN** (Surgical Services – Raleigh Campus)
- > **Riley Dixon, RN** (Emergency Department – Raleigh Campus)

- > **Waqiah Ellis, RN** (Raleigh Campus Administration)
- > **Laura Faircloth** (Respiratory Care Services – Cary Hospital)
- > **Vin Feliciano** (Surgical Services – Raleigh Campus)
- > **Ida Fleming, RN** (Patient Case Management – Raleigh Campus)
- > **Brittini Fontenot** (Collections)
- > **John Horton** (Facility Services – Raleigh Campus)
- > **Shirley Huang, MD** (Pediatric Weight Management)
- > **Lindsay Kimbrell** (Pathology Labs – Raleigh Campus)
- > **Tiffany Mejia** (Pediatric Endocrinology)

- > **Tyreke Michael, RN** (Med/Surg – North Hospital)
- > **Renee Tahtinen** (Laundry & Linen Services)
- > **Jacque Seago** (Respiratory Care Services – Cary Hospital)
- > **Anjali Shelke** (Outpatient Rehabilitation – Cary)
- > **Ajaydeep Sidhu, MD** (Urology)
- > **Francis Silvestre** (Campus Police & Public Safety – North Hospital)
- > **Sterling Simcox** (Information Services)
- > **Chris Smith, RN** (MICU)
- > **Bailey Underhill, PA** (Pulmonary & Critical Care Medicine)

## MAY is 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 proud to have you as part of our WakeMed family and grateful for the many ways you **Make a Difference** each and every day!



### Ice Cream Socials

Saying thank you just isn't enough, so WakeMed is treating employees, volunteers and physicians across the system to ice cream socials during the month of May. Join the fun and let us show you our appreciation for your commitment to WakeMed!

- > Raleigh Campus – **Wednesday, May 3**
- > Cary Hospital – **Tuesday, May 16**
- > North Hospital – **Thursday, May 18**
- > Other Facilities – **Check MyWakeMed!**



### Also celebrating in May

#### National Nurses Week May 6 – 12

Celebrate our WakeMed nurses and show your appreciation for all that they do for our patients as well as our entire health care system!

#### National Hospital Week May 7 – 13

A time to celebrate all staff, physicians and volunteers throughout our system and the important roles they play for our patients and for our community.



The I Hate Infections Team (IHIT) recently celebrated two outstanding team members for their contributions to preventing sternal wound infections.

Cardiothoracic surgeon **Judson Williams, MD**, observed **Chandler Petibone** (Environmental Services – Raleigh Campus) doing an exceptional job during Surgical Services' terminal cleaning phase of the day - cleaning the base and

underside of the OR table. "The attention to detail witnessed in terminally cleaning the cardiac OR's was really an uplifting sight to see in the middle of the night. These extra efforts directly improve clinical outcomes for patients and we are all grateful," commented Dr. Williams. The EVS team has consistently achieved 100% UV light usage during terminal cleaning of OR rooms, which provides our surgical teams and patients with clean OR environments to start their day.

Next was **Dennis Williams, CRNA**, a cardiac nurse anesthetist with American Anesthesia/NAPA, who has instrumental in IHIT infection reviews (pictured above). He has also helped the cardiac surgery team identify opportunities to improve. Williams has been described as a "force for good" in relation to our infection prevention initiatives in the anesthesia work environment. The entire anesthesia team has also been integral to limiting OR traffic -- known risk factor for surgical site infections.

## NEWS FROM WakeMed Physician Practices

### Welcome New Advanced Practice Providers

**Sarah Butler, PA**  
Heart & Vascular

**Anna Sidoti, PA**  
MyCare 365

**Janelle Dabrowski, PA**  
Heart & Vascular

**Sarah Song, PA**  
MyCare 365

**Samantha Freeman, PA**  
Wake Orthopaedics

**Andrea Wehrle, PA**  
Wake Orthopaedics

**Jordan Meaton, PA**  
Gastroenterology

**Lindsey Williams, NP**  
OB-GYN

**Rachel Rice, NP**  
Psychiatry

### New Phone Number

**WakeMed — Western Wake Surgical**, a general surgery practice that specializes in colon and rectal surgery, now has a new phone number. The new number is 919-235-6526.

# WAKEMED CHILDREN'S INTRODUCES UPDATED STRATEGIC PLAN



Over the past year, leaders and stakeholders from across WakeMed Children's have been busy updating and refreshing the strategic plan for our comprehensive inpatient and outpatient pediatric services. The new plan has now been shared with executive leaders and staff across the service line and will be used to guide growth and key initiatives in the coming years.

Developing the plan was a collaborative effort, involving feedback and engagement from numerous groups and specialty areas in pediatric inpatient and outpatient environments. A steering committee used this information, along with market data provided by Corporate Planning, to create a refined vision and updated goals. "There was tremendous excitement and engagement throughout this process, and we are grateful to everyone who participated. Across the many groups we spoke with, several common themes arose, including pride in the work we do, a strong commitment to our mission and alignment in the goals we are hoping to achieve," said **Karen Chilton**, MD, system SVP & Chief Quality Officer and Chief Medical Officer, WakeMed Children's.

The strategic planning process offered an opportunity to formalize those shared ideas into a clear vision and actionable goals that support WakeMed's strategic plan, while addressing the unique needs of pediatric patients and their families. With the plan now introduced, work teams are being established to evaluate each goal's impact to different areas and clinical settings.

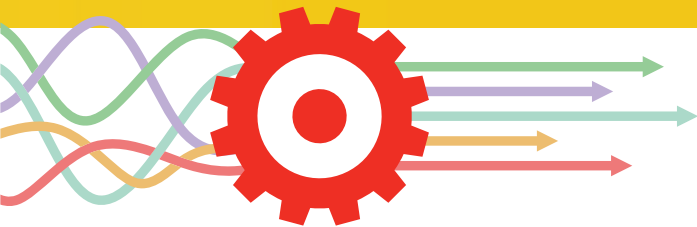
"Establishing a common vision empowers ownership and engagement, and I am excited to see how we will continue building on the great work already underway in WakeMed Children's. This plan is not intended to be a static document – it is really a framework to guide our decision making and help us better meet the needs of our patients and community," commented **Jeff Langdon**, executive director, Women's & Children's Services.

## WAKEMED CHILDREN'S STRATEGIC PLAN

**OUR VISION** WakeMed Children's will be the community's trusted leader in health and wellness through our exceptional family of caregivers, dedication to clinical excellence, and passion for helping all children enjoy life to their fullest potential.

### OUR GOALS

- ▶ **Optimize Conditions for Care Teams & Families:** Increased focus on recruitment and retention of an exceptional team while actively partnering with children and families to provide a positive, healing experience.
- ▶ **Advance Children's Quality & Safety:** Enhance quality and safety infrastructure to create a culture of continuous quality improvement.
- ▶ **Strengthen Clinical Program Offerings & Access:** Assess and support clinical program offerings to support patient needs while further improving access to care.
- ▶ **Create a Pediatric-Focused Experience Through the Care Continuum:** Ensure a consistent experience for children and families with pediatric focused facilities, optimized internal branding, wayfinding and external communications to promote continuum of services and outstanding patient care.
- ▶ **Foster Community Partnerships to Improve Children's Health:** Collaborate and strengthen partnerships and relationships across the community to improve the health and well-being of children.



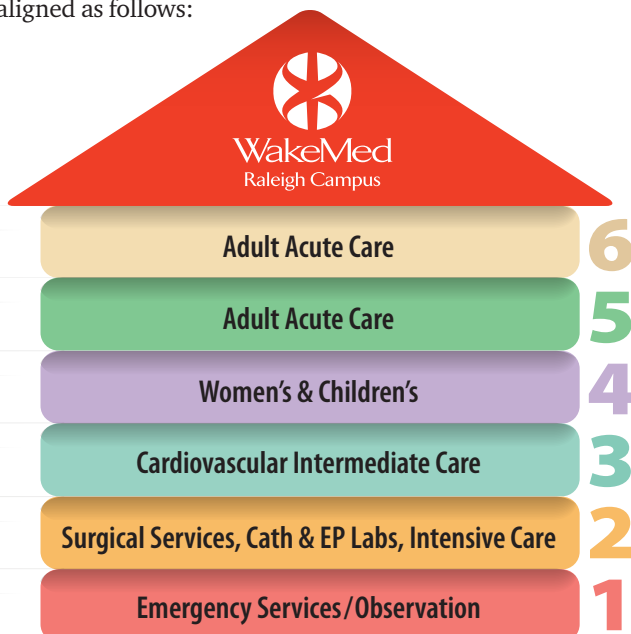
## UPCOMING RALEIGH CAMPUS REALIGNMENT

In an effort to meet the changing needs of our patient population, improve patient cohorting and flow, and enhance our care environment, several Raleigh Campus units will be moving to new locations and/or changing names in the coming months.

As our patient population has changed over time, many Raleigh Campus units now regularly care for patients outside of their specialty area (for example, med/surg patients in a unit intended for cardiac care). While our patients receive excellent care no matter where they are, there is opportunity to better match our services and staff expertise to our current patient populations.

"These moves will bring our critical care, heart & vascular and acute care nursing areas into better alignment – matching the number of beds in each area to the number of patients typically cared for," explains **Becky Andrews**, senior vice president & Administrator, Raleigh Campus. "These changes should also support staff and provider satisfaction by giving team members more opportunities to care for the patient populations they chose to work with and enhanced professional growth opportunities."

When these moves are complete, patient populations in the main hospital (excluding the Heart Center and Rehab Hospital) will be aligned as follows:



An overview of these changes include:

- ▶ **Units Moving or Expanding:** CVICU, CTICU, Neuro Intensive Care, STICU, MICU
- ▶ **Name Changes:**
  - 5C Medicine becoming 5C Medical-Surgical Intermediate Care (5C MSIC)
  - 3B Cardiovascular Surgery Intermediate Care becoming 3B Cardiovascular Intermediate Care (3B CVIC)
- ▶ **Other Changes:**
  - CICU name is being sunset; patients will be cared for on 2E CVICU; space will be occupied by MICU
  - 6A CVIC: Patient population moving to 3B; unit will close temporarily

All other units remain the same.

"The teamwork and planning involved in this realignment project has been remarkable. The multidisciplinary planning team has carefully evaluated many factors to make this a positive change for all involved," explains **Waqiah Ellis**, RN, VP of Nursing, Raleigh Campus. Staff and leaders on impacted units have been given the opportunity to stay with their patient population or transition to another team.

The first phase of this realignment will begin this summer. More details will be shared soon.

## WOW, WHAT AN EMPLOYEE!

**Kelly Thompson-Brazill**, NP, (Heart and Vascular) was the lead author of the Cardiovascular Surgery and Thoracic Surgery chapters in the first edition of *Textbook for Adult-Gerontology Acute Care Nurse Practitioners Evidence-Based Standards of Practice*.

**Ursula Adams**, MD, (Trauma Research Resident), recently presented a WakeMed study at the Southeastern Surgical Congress (SESC) in Savannah, GA. The manuscript for the study, "The Effect of Area Social Deprivation on Health Behavior and Health Care Utilization in an Adult Trauma Population," was also accepted for publication in *The American Surgeon*.

**Eron Kuhlers**, RN, (6C Surgery & Trauma) progressed from a nurse tech to a registered nurse.

**Jean Klingenberg** (Risk Management) received her Certified Professional in Health Care Risk Management (CPHRM) Certification.

**Morgan Evans** (Financial Counseling) received her Epic Certification in Patient Access Curriculum.

**Ariel Remes** (Neurodiagnostic Services) was promoted to supervisor.

**Laycee Boughton**, BSN, RN, (4C Mother-Baby) and **Pam Smith**, BSN, RN, (6C Surgery & Trauma) were promoted to Clinical Educators/Supervisors.

**Robert Way** (Emergency Communications) was promoted to team leader.

**Jeremy Gilmore**, director (Spiritual Care Services) earned a PhD in educational leadership, policy and human development.

## COMINGS & GOINGS

Campus Police & Public Safety at Cary Hospital wishes a happy retirement to **Tom Gustafson** after 25 years of service to WakeMed.

Hospital Coding would like to congratulate **Janice Southworth** on her retirement. She has been an Inpatient Coder at WakeMed for 19 years.

4C Mother-Baby welcomes **Jasmine Lytle**, RN; **Hadley Coleman**, RN; **Brittney Cook**, RN; **Chris Schlachter**, RN; **Adrie Leonardo**, RN; and **Micaela Adams**.

5C Medicine welcomes **Samantha Gonzales**, **Queen Agraan**, RN; and nurse residents **Michael Jensen**, RN; **Kausila Acharya**, RN; **Ashley Barr**, RN; and **Precious Onyeabo**, RN.

6C Surgery & Trauma welcomes **Brooke Smith**, **Emilie LaPorte**, **Destenie Rios**, **Carla Salgado**, **Grace Horne**, **Alison Garner**, RN; **Madison Lineberry**, RN; **Rylee Bruno**, RN; and **Elizabeth Belardo**, RN.

CICU would like to welcome **Adriana Rosendo Villa**, BSN, RN; **Latasia Bowman**, BSN, RN; and **Alexis Nwamu**, BSN, RN.

Marketing & Communications welcomes **Samantha Boyette**.

Neurodiagnostic Services says goodbye to **Carlos Zamarripa** after 12 years of service at WakeMed and welcomes **Tami Punte**.

Organizational Development welcomes **Phillip Echols**.

Outpatient Rehab welcomes **Ann Pearce**, **Kim Bader** and **Derek Fanto**.

Patient Transport welcomes **Mikia Pitt**, **Jana Davis**, **Tyler Crockett**, **Danielle Dyer**, **Aminah Muhammad-Curtis**, **Ricky Hernandez**, **Evelyn Gaines**, **Keeyon Dowd**, **Lisa La Rue** and **Chaz Fried**.

**Kelli Brecht** transitioned to Rehab Administration from Nursing Education.

Urgent Care – Kildaire welcomes **Chloe Guevara**.

## IN MEMORIAM

The WakeMed family mourns the recent passing of two members of our team. We send our condolences to their families, loved ones and friends during this difficult time.



**Edgar Acosta** (Surgical Services – Cary Hospital), passed away on February 6. Edgar initially joined the WakeMed family in 1996 before departing in 2010; he rejoined the Surgical Services team in 2021. Edgar – who was known to some as "Garth" – is remembered as always being helpful, kind, caring, good hearted and generous.



**Anne (Annie) Concra**, RN, (Staffing Resources) lost her battle with cancer on February 19. Annie started at WakeMed in December 2003 and touched many lives over the past 20 years. She was nominated for multiple DAISY awards throughout her career and will be missed.

# Pain Collaborative Fosters Healing, Comfort

For many, pain is an expected, if unpleasant, part of a hospital stay. For the interdisciplinary WakeMed Pain Collaborative, helping patients find effective ways to manage their pain is a priority. The team, which includes providers, nurses, pharmacists and others, has established four focus areas for 2023:

- ▶ Facilitating compliance with The Joint Commission pain standards
- ▶ Increasing use of alternative pain relief (nonpharmacological and multimodal therapies)
- ▶ Increasing resources to improve pain assessment and safe opioid practice
- ▶ Improving identification, education and treatment of patients at high risk for adverse outcomes from traditional pain management therapies



The team is also partnering with Wake AHEC to offer a pain conference later this year.

To support these goals, the team takes a multifaceted approach to exploring as many touchpoints as possible, which includes new and enhanced services, changes to policies and implementing evidence-based practices. Here are just a few of the initiatives the group has supported or expanded recently:

## Geriatric Hip Fracture Pathway

WakeMed sees around 700 geriatric (age 65+) hip fracture patients each year – a condition that increases one-year mortality by 36% or more. Typically, these patients are treated with IV pain medication and may wait days for surgery. A collaboration between our emergency department, anesthesia, hospital medicine, orthopaedic and physical therapy teams resulted in a Clinical Excellence Bundle pathway to improve treatment and pain management for geriatric hip fractures. Today, patients are administered a pain block in the ED, put on an accelerated timeline for surgery and supported with ERAS components to enhance recovery. Since its introduction last May, the pathway has contributed to a decrease in length of stay and pain medication rates (as measured by morphine milligram equivalents, or MME).

“We worked for over a year developing this protocol to specifically serve WakeMed’s patients. As anesthesiologists and emergency physicians, we have reduced opioids by offering new interventional pain procedures. Our surgeons, internal medicine providers, physical therapists and nurses are working to improve outcomes with this protocol and improving the lives of our patients,” commented **Alicia Warlick, MD**, anesthesiologist and chief of perioperative medicine at WakeMed.

## Pain Consult Team

The Pain Consult Team was established in 2021 to support pain management for surgical patients. Today, the team – which includes Jairon Downs, MD, and Tana Royal, NP, as well as other psychiatry providers from Carolina Rehabilitation – provides one-on-one consults and offers individualized recommendations for any inpatient with difficult to manage acute and/or chronic pain at Raleigh Campus and North Hospital (via telemedicine). In addition to supporting patients during their hospital stay, they use a holistic approach to assisting with discharge planning and long-term pain management. To date, over 430 consults have been completed – with a tremendous positive impact on our patients! Over 70% of patients seen reduced their opioid pain medication (as measured by MME) following the consult – by an average of 35%. The team hopes to expand services to Cary in the future.

## Opioid Reduction Efforts

Numerous efforts are underway to reduce misuse of opioids, including providing Narcan kits in the ED (with support from the WakeMed Foundation) and adding a narcotics risk assessment (NARC score) to the Epic storyboard for improved visibility and awareness. The team is also exploring opportunities to expand pain management medication options for patients experiencing substance use disorders.

## Sleep Apnea Screening

Sleep apnea is a common – and under-identified – condition that impacts pain management decision-making. In June 2022, WakeMed began screening all scheduled surgical patients using the STOP-BANG assessment. This simple tool screens for sleep apnea risk factors – and to date, nearly 17% of those screened were found to be at high risk. Armed with this knowledge, providers can use safer, more appropriate pain management strategies for their patients. Patients also receive education and information to help manage sleep apnea moving forward.

Thank you to this dedicated and knowledgeable team for all your hard work to ensure WakeMed provides the best possible pain management strategies for each individual patient. We appreciate your efforts!

### DID YOU KNOW?

Aromatherapy is a useful tool to help manage pain, nausea and more. WakeMed has many staff who are certified to provide aromatherapy – and you can join their ranks! A self-guided aromatherapy training module is available in WakeMedU.

Exceptional People. Exceptional Care.

# Congratulations

## HEALTH CARE LEADERSHIP AWARD WINNERS

We are pleased to recognize two members of the WakeMed care team who recently received Health Care Leadership Awards from the *Triangle Business Journal*. **Micah Krempasky, MD**, chief medical officer of WakeMed Mental Health & Well-Being, and **Satish Mathan, MD**, president of Raleigh Radiology, our imaging services partner, were two of the 14 Triangle-area leaders recognized for their significant impact on the health and well-being of our patients, team and the community.



Since joining WakeMed in February 2021, Dr. Krempasky has led the charge to build and expand a continuum of mental health care services to meet the needs of our patients and families and to support a healthier community. As a psychiatrist, Dr. Krempasky understands the role psychological stress can play in chronic disease and she has worked tirelessly to reduce stigma surrounding mental health, shifting mental health struggles from a silent epidemic to an ongoing, needed conversation that impacts every life. Dr. Krempasky’s leadership has helped WakeMed enhance services to address critical needs, like equity and access to mental health services, with the introduction of innovative care models for patients in crisis and the proposal of a new 150-bed mental health hospital.



Dr. Mathan was recognized for his leadership in improving access to high-quality imaging services across our state, as well as within Wake County. Under his leadership, Raleigh Radiology has seen tremendous growth over the past year in both physical locations and support of hospitals in rural areas of North Carolina and Virginia. Dr. Mathan’s vision has also supported innovation in the care delivery model and the expansion of interventional radiology services to outpatient settings – allowing for better access in a more cost-effective manner.

Congratulations to Dr. Krempasky and Dr. Mathan – we are proud to have your support and leadership as we work to fulfill our mission to the community!

## NATIONAL HEALTH CARE VOLUNTEER WEEK APRIL 16 – 22

During National Health Care Volunteer Week we would like to recognize all WakeMed volunteers for their countless hours of service and endless smiles they have provided to WakeMed. Thank you, volunteers for your contributions to the WakeMed mission and our community.

This past year our program returned in full force after operating on limited volunteers throughout the pandemic. Our volunteers continue to go above and beyond for our staff and the community we serve. We are so fortunate to have them as members of the WakeMed family.

Thank you to all our volunteers for everything you do and for sharing your time with us! Your hard work and commitment do not go unnoticed by our staff, patients, family members and the community. You are very important to this health system and community.

We simply could not do what we do without you! Many thanks for all you do.

98  
DEPARTMENTS  
SERVED

ADULTS  
COLLEGE STUDENTS  
HIGH SCHOOL TEENS

WE  
OUR  
VOLUNTEERS!



1,340  
VOLUNTEERS  
Over 205,000  
SERVICE HOURS

## Need a Volunteer in Your Department?

After certain programs were suspended during the pandemic, our volunteers are back and able to support departments with special project requests. Departments can request help for up to 90 days to assist with non-patient contact duties to include mailings, collation projects, filing, data entry, phone calls and other office-related projects. To request volunteer assistance for short-term special projects, please visit the Volunteer Services department page on MyWakeMed.



The Spring 2023 cohort of Nurse Residents joined the WakeMed family in February. At 98-residents strong, this cohort is the largest ever since the program began in 2005!



With the support of team members across WakeMed, team We be-LUNG Together raised \$6,835 for the Lung Cancer Initiative in the 2023 Triangle LUNGe Forward 5K Run, Walk & Celebration in March. WakeMed was the second highest fundraising team. Thank you to everyone who supported this year's event – your passion for those affected by lung cancer makes an impact on our community.



WakeMed Apex Healthplex was a proud sponsor of the first Run the Peak 5K/10K Race through downtown Apex. More than 75 kids enjoyed a kids run lead by **Dan Menday**, PT, (Wake Orthopaedics) and **Twinkle**, the WakeMed Children's mascot. Thank you to everyone from Corporate & Community Health, WakeMed Children's, Rehab, Cancer Care and Wake Orthopaedics who participated in the Health Fair during the event.



The Nursing Night Shift Council hosted a ribbon cutting ceremony for the first WakeMed Blessing Box, located by the Center for Community Health and Alliance Medical Ministry, in early March. The Blessing Box includes clothes, shoes, nonperishable foods and hygiene items and has been used regularly since opening.



Cary Hospital administration and leaders wore their best greens on Friday, March 17, to celebrate St. Patrick's Day!



Above: The Raleigh Campus Surgical-Trauma Intensive Care (STICU) team recently reunited with a special patient. Scott Trimble, who lives in Ohio, was in North Carolina in May 2022 when he experienced an accident that changed his life. An unexpected crash landing during a skydiving competition resulted in a fractured nose, a traumatic brain injury, a shattered right leg and a fractured left knee. Scott was rushed to WakeMed where he spent several days in a medically induced coma in the STICU and underwent nearly a dozen surgeries. As his recovery progressed, Scott was moved to 6C Surgery & Trauma before being transported back home to Ohio for further care. Today, Scott is doing much better and made a special trip to Raleigh to thank the STICU staff for the expert care they provided during the most difficult health journey of his life.



Fourteen physical therapists from across WakeMed Rehab participated in a two-day course entitled "Assessment and Treatment of Dizziness/Vertigo: Clinical Skills for the Vestibular Physical Therapist," organized and taught by **Dana Thomas** (Physical Therapy).

Bottom right: In February WakeMed hosted several physicians from Ukraine for a day of sharing experiences, best practices and knowledge. The group had an opportunity to learn about and tour our cardiology, emergency medicine, OB-GYN, rehab and cancer care areas. It was an educational and informational day for all, centered around a shared passion for providing the best health care possible, no matter the circumstances.



# 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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## Kickball Tournament Registration is Now Open!

Registration is now open for the 2023 Kick It 4 Kids Kickball Tournament. The tournament will be held on Saturday, May 20, at Wake Stone Athletic Park in Knightdale. The annual tournament includes both spirit and competitive brackets with 100% of dollars raised through registration benefiting WakeMed Children's. With questions, contact Ashley Simpson at [ashsimpson@wakemed.org](mailto:ashsimpson@wakemed.org). The deadline to register is 5 pm on Friday, April 21.



### FUNDING OPPORTUNITY

#### WakeMed Foundation Clinical Investigator Award

The WakeMed Clinical Research Institute is accepting applications for the WakeMed Foundation Clinical Investigator Award. The application deadline is April 30. The goal of the program is to provide funding for interested investigators to conduct small-scale pilot trials that will address important clinical and/or quality questions. The application process is competitive; up to two awards of up to \$10,000 will be made during this application cycle. See additional details on MyWakeMed. With questions, email [research@wakemed.org](mailto:research@wakemed.org).

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WakeMed Health & Hospitals  
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Raleigh, NC 27610

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WakeMed & WakeMed Children's

## CALENDAR OF EVENTS

### Corporate & Community Health Offerings

#### Monthly Health Classes

These monthly Webex classes are led by a registered dietitian and cover a variety of topics related to nutrition and health. These classes are open and complimentary to all WakeMed employees. Visit MyWakeMed or the WakeMed Weekly for details on how to join.

- **Maintaining Wellness on a Busy Schedule** – April 19
- **Performance Nutrition for the Everyday Athlete** – May 4, 10, 16



#### Virtual Meditation Classes

##### April 12 & May 10

These 30-minute guided meditation classes will leave you feeling relaxed and refreshed. The instructor will lead you through gentle chair stretches, a deep breathing technique, and a calming meditation. Visit MyWakeMed or the WakeMed Weekly for details on how to join.

#### Cyber Security Awareness & Phishing Training

##### April 12 & May 3

This training will help staff members identify key elements of questionable emails and offer guidance when confronted in similar situations. The session will also cover general cybersecurity advice to help keep individuals safe both here at WakeMed and in their personal lives. Register on WakeMedU.

### Verbal De-escalation Program – Surviving Verbal Conflict

#### April 12 & May 3, 9 am to noon, Conference Dining

Learn skills to recognize, address and respond to escalating behaviors and verbal conflict. Two NPDP leadership hours are awarded for attendance. Visit MyWakeMed for more details and register on WakeMedU.

#### Cary Hospital Education Fair • Tuesday, May 2, 11:30 am to 2 pm, Conference Center

Sponsored by Workforce Development and Nursing Education, this event will bring representatives from local colleges and universities to Cary Hospital to answer questions about degree programs and admission requirements.

#### Macy's In-Store Shopping Event • Sunday, May 7, 8 am to 4 pm, Crabtree Valley Mall

The Volunteers at WakeMed Raleigh Campus and Cary Hospital invite you to join the Macy's In-Store Shopping Event, just in time for Mother's Day. A percentage of sales will be donated to the Volunteers to support programs and services at WakeMed. For more information, please visit MyWakeMed.

#### Crohn's & Colitis Triangle Take Steps Walk • Saturday, May 20

WakeMed is sponsoring the Crohn's & Colitis Triangle Take Steps Walk on May 20 at Wake Technical Community College – North at 9:30 am. Join the WakeMed team and walk for a cause. Stay tuned to the WakeMed Weekly for more information.

### Wake AHEC Events

- **Tar Heel Boot Camp** – April 13-14
- **Health Disparities Among Older Adults** – April 13
- **Tobacco and E-Cigarette Use: Evidence-Based Treatment and Prevention** – April 17
- **A Difficult Duo: Domestic Violence and Substance Use Disorders** – April 18
- **The Art of Promoting Culturally Sensitive Practices in Clinical Supervision** – April 28
- **Core Stabilization Interventions & Taping Techniques for the UE & LE** – May 6

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

