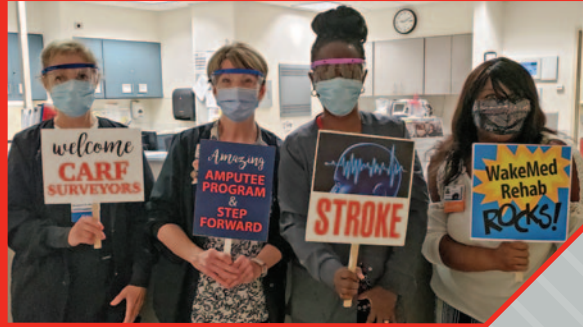


MICROSCOPE

WakeMed Rehabilitation Celebrates a Successful CARF Survey

In November, the WakeMed Rehabilitation team hosted four surveyors – virtually – for our latest Commission on Accreditation for Rehabilitation Facilities (CARF) International survey. Congratulations to the entire team of providers, leaders, nurses, clinical case managers, therapists, speech/language pathologists, fitness specialists and recreation therapists (including our canine friend Pistachio!) on another outstanding survey.

The four surveyors spent three days virtually visiting our rehab gyms, rehab units and acute care units where team members help restore quality of life for children and adults who are recovering from often traumatic injury or illness. They were very complimentary about the seamless care provided throughout the pandemic, the way staff research and choose technology that offers the most benefit to patients, advocate for patients and families, and passionately deliver expert care.



“Attaining CARF accreditation sends a strong message to our patients, physicians, referral sources and community that they can have a high level of trust and confidence that we provide the highest level quality and experience in WakeMed Rehab. It is also a source of pride for the Rehab staff and the entire system that reflects our commitment to the WakeMed Mission, Vision, Values and Aspirational Goals,” commented **Elaine Rohlik, PhD**, executive director, Rehab & Trauma Services. “I have the highest admiration and appreciation for the Rehab team members and leaders who deliver on this work each and every day.”

The surveyors have compiled their report and submitted it to CARF International. We expect a report, including a formal three-year accreditation, in the near future.

Watson Health

50 Top Cardiovascular Hospitals 2021

WakeMed Named a Top Cardiovascular Hospital

WakeMed was once again named one of the nation's 50 Top Cardiovascular Hospitals by IBM Watson Health and *Fortune*. The annual study spotlights top-performing cardiovascular hospitals in the U.S. that are setting the standard for high quality, efficient, patient-centric care for heart disease. In addition to being on this year's 50 Top Cardiovascular Hospitals list, WakeMed is the only hospital in the Triangle to achieve the additional distinction of meeting the criteria established by the American Heart Association's Get With The Guidelines® programs, which promote evidence-based guidelines and improved patient care and outcomes.

Kudos for Clinical Engineering



WakeMed Clinical Engineering has been selected as the North Carolina Biomedical Association (NCBA) 2020 Kevin Scoggin Shop of the Year. Shops are nominated throughout the year and chosen by the NCBA Board of Directors. Our

Clinical Engineering is the first shop in North Carolina to win this award twice – the first was in 2014. Congratulations to a great team!

Capital City Surgery Center Named Best in the State



Capital City Surgery Center is one of the nation's best ambulatory surgery centers – and the best in North Carolina – according to a recent ranking by *Newsweek*. This distinction, based on data from Statista, spotlights the 400 best

centers in the 25 states that have the most ambulatory surgery centers. The distinction recognizes these facilities – and Capital City Surgery Center – as proven leaders in providing the highest level of ambulatory surgery center care.

Recognition from Healthgrades

Healthgrades, a leading resource connecting consumers, physicians and health systems, recently released its 2021 analysis of top-performing hospitals for specialty care, as well as the recipients of the Healthgrades 2021 Specialty Excellence Awards, which recognize hospitals with superior performance in 16 specific specialty lines and specialty focus areas.

Raleigh Campus and Cary Hospital were recognized for Stroke Care and are also among America's 100 Best Hospitals for that specialty. In addition, Raleigh Campus was recognized for Cardiac Surgery, Neurosciences and Pulmonary Care; Cary Hospital was recognized for Pulmonary Care.

Congratulations to these specialty services for their outstanding work.

Exceptional People. Exceptional Care.

Congrats, Top Docs!

Thirteen WakeMed physicians were recognized by their peers in this month's issue of *Business NC Magazine* as the state's best in their fields. Congratulations to these outstanding providers:

- **Matthew Alleman, MD**, General Surgery
- **Nathan Calloway, MD**, ENT - Head & Neck Surgery
- **Michael Ferguson, MD**, ENT - Head & Neck Surgery
- **Charles D. Harr, MD**, WakeMed Heart & Vascular
- **Samareh Hill, MD**, Pediatric Weight Management
- **Carmin Kalorin, MD**, Urology
- **John S. Kelley, MD**, WakeMed Heart & Vascular
- **Diana Spahlinger McCarthy, MD**, OB-GYN
- **Chelsea Ngongang, MD**, WakeMed Heart & Vascular
- **Stuart D. Russell, MD**, *Heart Care Plus+*
- **John R. Sinden, MD**, WakeMed Heart & Vascular
- **Michael Soboeiro, MD**, Primary Care
- **Judson Williams, MD**, WakeMed Heart & Vascular

WakeMed Foundation Establishes Children's Hospital Endowment

The WakeMed Foundation recently announced a \$2 million endowment for the WakeMed Children's Hospital, thanks to a generous gift from Larry and Diane Barbour and North State Bank. The endowment will fund the continued delivery of innovative pediatric programs and services at WakeMed Children's for generations to come, starting in 2021.

Larry Barbour, president & CEO of North State Bank, is a long-time WakeMed Board member who has served nearly 12 years in support of WakeMed's mission. This donation is made in honor and memory of his son, Zachary Carlyle Taylor, who was diagnosed with a cancerous brain tumor at age five. The Children's



LARRY BARBOUR

Emergency Department will be dedicated in Zachary's honor and memory this month.

“We are incredibly grateful for North State Bank's generosity in helping establish this important endowment and for Larry's continued leadership on our board and throughout the community,” explains **Donald Gintzig**, WakeMed president & CEO. “This investment in the future of pediatric care in Wake County will help WakeMed achieve its mission of improving the health and well-being of this community.”

“This endowment is a transformational and powerful gift for WakeMed Children's and for this community,” explains **Karen Chilton**, MD, systemwide associate chief quality officer and chief medical officer, WakeMed Children's. “Not only does it provide funds for us in the short-term to enhance the care we're delivering to



pediatric patients today, it allows us to look toward the future and aim even higher to bring exceptional and innovative care to children for generations to come.”

WakeMed Children's has a longstanding history of providing key pediatric health care services that our community needs and provides crucial care for more than 100,000 children in our community each year.

“We're honored and humbled to support WakeMed – an incredible health system committed to improving the health and well-being of this community. I hope this gift will raise awareness for WakeMed Children's and that it will inspire others to join us in supporting this worthy cause.”

2021 BENEFITS CHANGES

With the new year around the corner, employees should be aware that there are several changes to our benefits plans for 2021. Here are some highlights:

Medical & Prescription Drug Changes

- **New Medical Plan Administrator:** Effective January 1, 2021, the medical plan will be administered by Contigo Health.
- **New ID Cards:** The ID cards for medical insurance (Contigo) and prescription drug coverage (OptumRx) will be combined for 2021. Cards will be mailed to employee home addresses (as listed in Lawson) in late December.
- **Medical Plan Networks:** The medical plan will include four levels of coverage. You can verify the network your providers are in by going to wakemed.contigohealth.com. Effective January 1, 2021, specific covered services not available at WakeMed (“gap” services) are available through contracted MedCost providers at the Partners Plus Network rates. Please note that this only applies to identified services – see the Benefits page on MyWakeMed for a full list.
- **Prescription Drug Changes:** New in 2021, when over-the-counter forms of a medication are available, the plan will not cover filling them as prescription medication. Additionally, unless otherwise indicated, the plan will automatically substitute generic equivalents for name-brand medications. Exceptions may be subject to additional cost; overrides are available for medical necessity. See the handbook for details.
- **Spousal Surcharge:** Effective 2021, WakeMed will apply a surcharge for employees who choose to cover their spouses as dependents under the WakeMed medical plan, when the spouse is eligible for coverage through their employer.
- **Have Questions?** If you have questions about your coverage or need assistance determining which network a provider is in, call 833-569-0319.

Flexible Spending Accounts

Unused amounts from your 2020 Health Care FSA between \$5 and \$550 will be carried over to be used in 2021. All unused funds under \$5 and over \$550 will be forfeited. All unused Dependent Care Spending Account funds will be forfeited.

ATTENTION WAKEMED EMPLOYEES

REFER & EARN

Do you know someone who would be a great addition to our WakeMed family? Invite them to apply - and if they list you as a referral, you could earn a bonus! To reward employees who assist with the recruitment of select positions, WakeMed will offer a referral bonus for the qualified positions listed below to any employee who refers a candidate that is subsequently offered and accepts employment with a start date between December 1, 2020, and March 30, 2021.

Eligible referring employee receives a taxable \$1,500 bonus for referring candidates who accept a full-time position (0.75 FTE or higher). Employees qualify for the bonus by notifying the applicant to enter their name on the online application. Applicants must include the referral information as part of their application. For more details, see MyWakeMed!

Qualifying Positions:

- Registered Nurses (any position)
- Nursing Assistants (NA1 or NA2)
- Mental Health Technicians
- Pharmacy Technicians
- Medical Assistants
- Cardiovascular Specialists
- Respiratory Therapists
- Surgical Technicians
- Sterile Processing Technicians

NEWS FROM WakeMed Physician Practices

Welcome New Physicians



Scott Bartkoski, MD
Primary Care



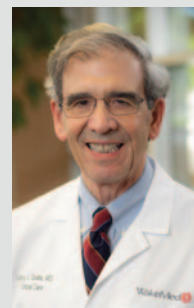
Sean Bush, MD
Primary Care



Uma Darji, MD



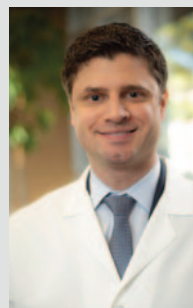
David Michel, MD
Rheumatology



Larry Quate, MD
Critical Care



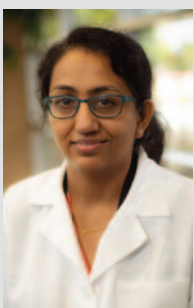
Erin Reis, MD
Urgent Care



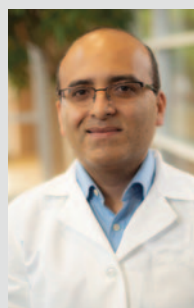
Roberto Rucpich, MD
Primary Care



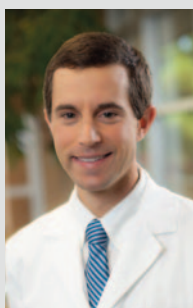
Shiraz Sandhu, MD
Hospital Medicine



Rujuta Saraiya, MD
Rheumatology



Syed Tasleem, MD
Hospital Medicine



Michael Williford, MD
Surgery/Trauma

Welcome New Advanced Practice Providers

Andrew Apicella, PA
Orthopaedics

Stephanie Balkman, PA
Hospital Medicine

Doug Bitzer, PA
Hospital Medicine

Megan Brown, PA
Urology

Bethany Flinchum, PA
Urgent Care & Primary Care

Raquel Hendershot, PA
Surgery

Georgina Ishak, PA
MyCare 365

Austin Lehmann, PA
MyCare 365

Sarah Morton, PA
Neonatology

Sabrina Neill, NP
OB-GYN

Lindsay Overton, NP
OB-GYN

Alejandro Ramirez Lopez, PA
Surgery

Kyle Reynolds, PA
Orthopaedics

Kevin Rooney, PA
Surgery

Lauren Scarfo, PA
Cardiovascular & Thoracic Surgery

Meredith Shillinglaw, PA
Pulmonology/Critical Care

Josh Turner, PA
Orthopaedics

Jon Verceles, PA
Orthopaedics

Andrew Yoon, PA
Cardiovascular & Thoracic Surgery

Now Open!

Primary Care – Oberlin

601 Oberlin Road
919-235-6566

Hours:

- Monday – Thursday: 8 am to 5 pm
- Friday: 7 am to 3 pm

Providers

- John Tanner, MD
- Hannah Balogh, FNP-C

Urgent Care – Oberlin

601 Oberlin Road
919-789-4322
Open daily: 8 am to 8 pm

General Surgery – Clayton

900 South Lombard Street
Suite 103
Clayton, NC 27520

We've Moved!

Several practices recently moved into the Medical Park of Cary, located at 210 Ashville Avenue:

- Heart & Vascular – Cardiology – Cary
- General Surgery – Cary
- Heart & Vascular – Thoracic Surgery & Vascular Surgery
- Maternal Fetal Medicine – Cary Medical Park
- Urology – Cary
- Urogynecology – Cary
- OB-GYN – Cary

Navigating the Holidays During COVID-19

This holiday season will look different due to the pandemic. After a long, hard year, many of us won't be able to enjoy the typical traditions we look forward to or celebrate with loved ones in the way we normally do. How do we make the most – or even just enjoy – this time? We asked **Jessica Tomasula**, PhD, manager, Children's Behavioral Health, and **Jeremy Gilmore**, director, Spiritual Care, to share some tips and suggestions for managing this unusual season:

- Give yourself a break from such high expectations. Consider what is doable for you and your family this year and recognize that it won't look like past holidays.
- Make sure you – and your family – get rest. Make sleep (the right amount) a consistent priority for the whole family.
- Read works that inspire you, such as religious texts, poetry or even your favorite books.
- Create and protect a time and space for family communication and emotional expression. Let each person talk about their high and low points of the day as well as their gratitude or improvement interests.
- Embrace your holiday traditions like cooking favorite meals and sending cards. Consider adding a virtual element to engage others – try virtual caroling (record videos to send to loved ones) or a virtual game night.
- Make time for yourself to reflect through meditation, journaling or prayer. Deep breathing techniques – like square breathing (see image, right) – are helpful when you are feeling overwhelmed or stressed.
- Donate to help those in need.
- Get out in nature. Bundle up and go for a walk in a park or greenway. Gather the family for an overnight camping trip. Enjoy a day on the water fishing or boating.
- Move your body – this releases tension and endorphins. Walk, run, exercise, stretch. Whatever it takes to engage your body!



Researchers at WakeMed are proud to partner with Wake Forest Baptist Health in a COVID-19 Community Research Partnership – a research study to better understand how to fight this virus and protect the community we serve. The purpose of this research is to collect information about our community's coronavirus exposures, symptoms and health care visits due to the virus. **We need your help!**

By studying who has been exposed and possibly infected, better identifying the timing and circumstances of exposure, and where infection patterns of COVID-19 are advancing, researchers can help the medical community better understand the pandemic and develop strategies and treatments to contain and possibly eliminate it.

The goal of this study is to collect information about the community's COVID-19 exposures, symptoms and health care visits due to the disease. If you are a health care worker, the study will collect information on your use of personal protective equipment (PPE).

There is no cost for participating. Participation is easy. It can be done from the comfort of your home – **in less than 30 seconds a day**. Participants will answer short online questions about possible exposures, symptoms and recent health care visits. Some participants may be asked to complete an in-home test kit for COVID-19 antibodies. The information collected about you is for research purposes **ONLY** and **will not impact your employment in any way**. This information will not be used to guide your medical care. Your doctor or health care provider will not have access to this information. This research study cannot provide medical care or COVID-19 testing if you become sick. The questionnaires and at-home testing are for research purposes only.

You can learn more about the study, or sign up if you're ready to join us, by visiting the WakeMed COVID-19 Community Research Partnership website at www.wakemed.org/covid19communitystudy.

Our WakeMed family members have shared a few creative ways they are celebrating the holidays while limiting the spread of COVID-19. Whether you are planning an outdoor Christmas gathering, a quiet Hanukkah at home or Zooming into the New Year, we wish you a happy, healthy holiday season!

"Since we weren't able to have an in-person gathering, Home Health had a virtual party!"

(shown right)

Jennifer McLucas-Ingold (Home Health)

"Our family had a Zoom Thanksgiving, so we could see everyone, eat and chat together without gathering across the miles."

Natasha Moore (Marketing & Communications)

"We will be adding another component to our Advent preparations by blessing others with either virtual gift cards (for teachers) or store-bought goodies and notes to community members (i.e. Emergency Services, law enforcement, skilled nursing facilities), or reaching out to local community members (those under quarantine or elderly neighbors) to see if there is anything we can drop off or deliver to the food bank. This will help my children remember what the Advent season is about."

Bethany Fox, RN (Emergency Department – Cary Hospital)

"When my extended family gets together for Thanksgiving, after a day of cooking, eating, and cleaning up, we play our favorite game – a rousing tournament we call The Hat Game. We have so much fun playing this game every year, and everyone, from the youngest niece all the way up to Gramps, can play. Unfortunately, we weren't able to gather together, so this year we played The Hat Game on Zoom!"

Sara Doering, RN (Special Care Nursery – North Hospital)



1 East Clinical Evaluation Area – Cary Hospital



Raleigh Campus Labor & Delivery



Children's Emergency Department

We had the opportunity to recognize several departments for outstanding Chasing Zero accomplishments this fall. Kudos to these teams and keep up the great work!

1 East Clinical Evaluation Area – Cary Hospital has crossed the threshold of over 200 days with zero falls and over 450 days with zero falls with injury! Falls have been a focus during twice daily huddles for the last two and a half years. The team identifies and discusses high risk patients and lists those room numbers on their assignment board in the nurse's station to raise awareness for all staff. The unit also has a designated champion from the nurse techs and nurses to advocate for their patients and to hold their peers accountable.

Congratulations to the **Raleigh Campus Labor & Delivery** team for achieving over 553 days without a fall with injury! To reach this impressive goal, the team outlined numerous best practices – and strives to ensure that they are followed at all times. Their practices include small things, like ensuring bed brakes are on and encouraging non-slip footwear, and more time-intensive tasks, such as educating patients about falls risks and ensuring a 1-to-1 nurse to patient ratio for the first two hours following delivery. The effort has paid off in keeping new moms safe!

Congratulations to the **Children's Emergency Department** team on reaching over 480 days without falls with injuries! After having multiple falls with injury in 2018 and 2019, the Children's ED team took ownership and began evaluating their processes to find better ways to engage families and keep them safe. By focusing on communication – with patient and families, team members and essential partners – and identifying high-risk patients, they have been able to keep falls prevention top of mind and make a positive impact on patient safety.

Congratulations
**Chasing
ZERO
HEROES**

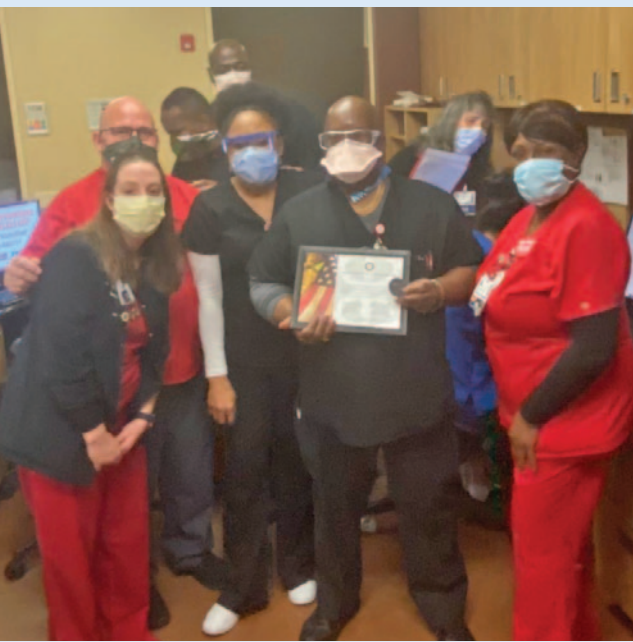
In November, the WakeMed Heart Center introduced the new ARTIS Icono Biplane imaging equipment that is used for cardiovascular and neurovascular interventions. This new technology, made by Siemens Healthineers, will allow us to establish a world-class hybrid procedure room that provides care teams with the tools and ability to diagnose and treat life-threatening conditions with precise imaging, accuracy and speed. It will also provide a significant reduction in scan times and radiation exposure for patients and staff.



WAKEMED HAPPENINGS



The WakeMed Bariatric Surgery & Medical Weight Loss team became the first in the world to do a SADI procedure (the newest ASBMS approved bariatric procedure) with the new Titan SGS single fire stapler. The stapler will be released worldwide next spring and is expected to revolutionize sleeve gastrectomy and other bariatric procedures.



Raleigh Campus Administrators **Becky Andrews** and **Charles Harr, MD**, had the opportunity to visit with a very special patient in October. During WWII, Anna McClintock joined the Women's Auxiliary Army Corp, which later was incorporated into the general army and became the Women's Army Corp. At 100 years young, Anna is the last surviving female veteran of the WWII Army Corp. Thank you, Anna, for your service and for sharing your story with us!



We were unable to host our traditional in-person events due to COVID-19, but Veterans among the WakeMed family were recognized by their department leadership. Above are members of 1C Clinical Evaluation Area with veteran **James McIntyre, RN**. Thank you to the 500+ veterans who are members of our team!

WakeMed's Corporate & Community Health team provided more than 7,000 flu shots at companies all over the Triangle this fall. The team used creative thinking and implemented new processes to allow employers to safely hold flu vaccine clinics, including mobile clinics.



Congratulations to the Clinical & Support Services team for winning this year's Cybersecurity Escape Room event. This annual event is a fun way to build awareness of cybersecurity risks and how to protect WakeMed's sensitive information. Congratulations also to **Lou Tapanes** (Information Services) who won the iPhone drawing.

WakeMed MyChart

YOUR HEALTH IN YOUR HANDS.



MOVING BEYOND ACTIVATION Getting the Most from WakeMed MyChart

Ensuring our patients have access to the care and information they need to improve their health is critical to our mission. One important way we can do this is by leveraging WakeMed MyChart, our patient portal. We have done an incredible job of improving MyChart activation over the past few years, but creating an account is just the first step: patients also have to know how to use this powerful tool.

Every employee who interacts with patients has a role in helping patients become proficient MyChart users. It is important for staff to know how to use MyChart so we can show patients how to access the tools they need – whether it is finding patient education, scheduling an appointment, starting a video visit, accessing test results or paying a bill. **We are all MyChart advocates and educators!**

A Tool for All

For several years, MyChart was most useful for outpatients, but that has changed with the addition of discharge instructions, patient education and other important resources. The discharge process is often overwhelming for patients– and their loved ones – so having this information in MyChart means it is easily accessible from home or on a mobile device when questions come up. Inpatient clinical staff should help promote MyChart as a useful tool throughout a patient's entire hospital stay.

Recent Changes & Features

Open Notes & Immediate Release Results: In accordance with the Cures Act, this fall we implemented Open Notes and Immediate Release Results for all MyChart users. This means patients now have access to all notes and results (including labs, radiology and pathology) immediately in MyChart.

Telehealth: This spring we dramatically increased our ability to offer telehealth visits via MyChart. With COVID continuing to spread and flu season upon us, we are finding ways to use telehealth to evaluate patients for respiratory illness and direct them to the appropriate testing resource for their needs.

eCheckin: eCheckin allows patients to check in for their upcoming outpatient appointment up to three days in advance. The eCheckin feature can save a tremendous amount of time for Patient Account Representatives (PAR) and can help reduce the amount of time patients spend in waiting areas filling out paper forms.

Coming Soon!

Eliminating Paper Billing: We're kicking off 2021 the environmentally friendly way by eliminating paper billing statements for WakeMed MyChart users. As of January 1, 2021, all WakeMed MyChart users will receive their billing statements in their online MyChart accounts. Users will receive an email from WakeMed MyChart when they have a statement ready to view. Paying bills through MyChart is easy, too – no stamps, no paper statements, less trash, no fuss, no muss. Patients who prefer to receive paper statements by mail can opt out of paperless billing beginning January 1.

Streamlined Communications: A team is working on streamlining the MyChart communication process to ensure that messages sent to patients are timely, relevant and valuable. The goal of this work is to reduce redundant messages and ensure that all patients receive clear, consistent messages that are truly related to their health care needs.

We will continue to add features and enhancements to MyChart. If you have an idea that would help make MyChart more valuable for our patients, send it to hmonackey@wakemed.org.

WOW, WHAT AN EMPLOYEE!

George Reed, director (Clinical Engineering), spoke at the Siemens National North America meeting in November.

Frances Wood, MD, (Heart & Vascular) was selected as part of the American College of Cardiology – Women in Cardiology #ChooseCardiology campaign.

Janet Rippel, PA, (General Surgery – Raleigh Campus) has been elected as APP Leadership Council (APPLC) Chair for 2021 with **Koreen Morgan**, PA, (Imaging Services – Raleigh Campus) as co-chair.

Kelly Thompson-Brazill, NP, (WakeMed Heart & Vascular) was recently appointed to the Board of Trustees of the North Carolina Foundation for Nursing.

Meagan Coker, BSN, RN, (Emergency Department – Raleigh Campus) received trauma certification (TCRN).

Kassie Felts, BSN, RN; **Larry Fontana**, RN; **Gigi Lasher**, RN; **Mallory Belanger**, RN; **Katie Denner**, BSN, RN; and **Kristen Bagley**, BSN, RN, (all of Emergency Department - Raleigh Campus) earned emergency nurse certification (CEN).

Cindy Barham, RN, (4C Mother-Baby) earned certification in maternal newborn nursing.

Kelly Pflaum, NP, (Corporate & Community Health) became board certified by the American College of Lifestyle Medicine.

Marc Schlachter, RN, (6A CVIC); and **Krista Johnson**, RN, (WakeMed Heart & Vascular); received cardiac-vascular nursing certifications.

Mary Elizabeth Armstrong, RN; **Logan Ayscue**, RN; **Becca Carpenter**, RN; **Samantha Henke**, RN; **Olivia Knowles**, RN; **Kristi Neal**, RN; **Brittany Odom**, RN; **Leigh Richardson**, RN; and **Samantha Webb**, RN, (all of NICU) received neonatal intensive care nursing certification (RNC-NIC).

Markita Becton and **Sarah Ondus** (both of Cardiology – Raleigh Campus) achieved scribe certification.

Rhonda Norton (Clinical Research) became a certified clinical research coordinator.

Irina Gomez (Patient Relations) achieved board certification as a patient advocate.

Lynn Hammer (Home Health) earned Epic certification.

Chanda Carter (Cardiology – Cary) passed the vascular ultrasound board.

Kay Varney, RN; and **Amanda Rivenbark**, RN, (both of Home Health) received OASIS certification.

Angel Hodges, RN, (Labor & Delivery – North Hospital) earned inpatient obstetric nursing certification.

David Brock (Campus Police & Public Safety) has been promoted to director and Chief of Police.

Candace Kravetz, MSN, BSN, RN, was promoted to manager of the Clinical Administrators.

Lisa Chamberlain is a new manager of Outpatient Rehab.

Teri Sauls (Cardiology – Raleigh Campus) was promoted to lead medical assistant.

Cam Milioni, BSN, RN, (5C Medicine) was promoted to supervisor/educator.

Lisa Teodor (Imaging Services — North Hospital) was promoted to team leader.

Margo Morales, BSN, RN, (2E CVICU) was named supervisor/educator.

LEADERSHIP NEWS



WakeMed Welcomes Two New Vice Presidents

In late November, WakeMed welcomed **Jeronica Goodwin**, DHA, (shown, top left) as senior vice president, Human Resources & Chief People Officer, and **Waqiah Ellis**, MSN, RN, NE-BC, (shown, middle left) as vice president, Nursing, Community Hospitals.

Stepping into the role currently held by **Jeanene Martin**, Goodwin will be responsible for the overall leadership of Human Resources at WakeMed as well as several areas that support WakeMed employees. Goodwin started her professional career at WakeMed and spent a decade here before going on to work for several other health care organizations, including, most recently, Unity Health Care in Washington, D.C.

As vice president, Nursing, Community Hospitals, Ellis will work to ensure consistency in the nursing practice at Cary Hospital and North Hospital. She will have responsibility for planning, facilitating and evaluating nursing care services with an ultimate goal of enhancing overall quality, safety, and the patient and family experience. Ellis comes to WakeMed from Cone Health System in Greensboro.



Beth Fifield Named Executive Director, Nursing, Women's & Children's Services

Beth Fifield, MSN, BSN, NE-BC, has been named executive director, Women's & Children's Services, after serving in the interim role since July. In this role, she has direct oversight for Raleigh Campus Women's & Children's service areas, with a matrixed relationship for the system. Fifield joined WakeMed in 2015 and has had leadership roles for Mother-Baby, Birth & Family Education and the NICU.



INTRODUCING WAKEMED'S TOBACCO CESSATION PROGRAM



On December 1, WakeMed Primary Care launched a new Tobacco Cessation Program called Quit With WakeMed. This program was developed as part of our *Cancer Care Plus+* collaboration with Duke Health and modeled after Duke Health's nationally-renowned Quit at Duke program, which has been proven to be approximately 10 times more effective than when a patient tries quitting on their own.

Quit With WakeMed is led by **Stacy Thiedeman**, PA-C, a certified Tobacco Cessation Specialist, with physician supervision from **Samuel Wesonga**, MD, and support from **Alesia Gilmore**, a behavioral health counselor. Together, the team will work with each patient to develop a personalized treatment plan including medication and counseling, and offer the tools, therapies and support needed to kick the habit for good.

"Quitting tobacco is hard – but Quit With WakeMed offers a supportive, individualized approach to help set our patients up for success. Thanks to our *Cancer Care Plus+* collaboration, we were able to leverage the successful Quit at Duke program model and quickly create a research-backed program to meet this need within our community," commented Thiedeman.

To start, the program is 100% virtual and only open to WakeMed Primary Care patients. If you are a WakeMed Primary Care patient and want more information, hope to reduce your use of tobacco, or want to quit altogether, call (919) 350-QUIT (7848) or visit wakemed.org/quit.

COMINGS & GOINGS



The Neurodiagnostic Services – Raleigh Campus team wishes a very happy retirement to **Audrey Perry**, pictured, after 43 years of service to WakeMed!

Denise Warren, Executive VP & Chief Operating Officer, will retire from WakeMed on December 31. Best wishes for a happy retirement!

Campus Police & Public Safety wishes a happy retirement to Chief of Police, **David Ng**.

Mobile Critical Care Services wishes a happy retirement to **Cathy Gerald**, RN.

Cardiovascular & Thoracic Surgery would like to wish **Barbara Burey** a happy retirement.

1A Clinical Evaluation Area welcomes **Nikkita Royster**, RN; **Alice Ngigi**, RN; **Marsha Becker**, RN; **Claire Chai**, RN; **Bobbi Riley**, RN; **Mary Jackson**, **Amy Futch**, **Amira Leftwich**, **Nadia Espinosa Cruz**, **Guadalupe Pineda**, **Lindsay Gilchrist**, **Cordeja Thomas** and **Natalee Artibe**.

1C Clinical Evaluation Area welcomes **Denise Betts**, RN; **Anne Payne**, RN; **Rebecca Moses**, RN; **Bethlehem Dolicho**, RN; **Erica Dixon**, **Pa Darboe** and **Alice Wekesa**.

3A CVIC welcomes **Ramila KC**, BSN, RN; and **Niyah Simmons**, RN.

5C Medicine welcomes **Christie Madamba**, RN, and **Maxine Williams**, RN.

6A CVIC welcomes **Courtney Harris** and **Sydney Patterson**.

WakeMed Innovations welcomes **Casey Granack**.

CICU welcomes **Laura Breese**, BSN, RN; **Laura Finley**, BSN, RN; and **Justin Bunn**.

Construction and Design welcomes **Daniel Meyer**.

Surgical Services – Cary Hospital welcomes **David Vollenweider**, BSN, RN as manager.

Heart & Vascular – Cary welcomes **Brittany George** and **Jesse Warren**.

Cardiology – Raleigh Campus welcomes **Nicole Salinas** and **Quanytta Johnson**, RN.

The Pediatric Outpatient Minor Procedure team welcomes **Michelle King**.

Special Care Nursery – North Hospital welcomes **Nicole Carter**, BSN, RN.

NICU welcomes **Mary Scott George**, RN; **Portia Holloman**, RN; **Jordan Janicki**, RN; **Kristina Johnson**, RN; **Ashley Reid**, RN; **Kelly Sanford**, RN; **Megan Shores**, RN; **Hannah Thompson**, RN; **Andrew Zarick**, RN; and **Vanessa Castillo**.

4C Mother-Baby welcomes **Misty May**, RN; **Meghan Roche**, RN; **Bella Bautista**, RN; **Katie Hendershott**, RN; **Maura Devlin**, RN; and **Lauren Mathews**.

Clinical Nursing Resource Services welcomes **Dina Hood**, MSN, RN; and **Erica Cook**, MSN, RN.

Labor & Delivery – Raleigh Campus welcomes **Jalleah Chapman**, BSN, RN; **Leslie Gregory** and **Katie Davenport**.

ADDITIONS + ATTACHMENTS

Taylor Abbott (Mobile Critical Care Services) got married in September 2020.

Sarah Mastronardi, PA, (General Surgery – Raleigh Campus); married **Kyle Reynolds**, PA, (Wake Orthopaedics) on October 10, 2020.

Paige Fuller, PA, (MyCare 365 – Wake Forest) married **Wes Luck** on December 5, 2020.

Beth Soto (Rehab Hospital) and husband **Reyes Soto** welcomed a daughter, **Marina Camille**, in April 2020.

Claire Gilbert, NP, (Pediatric Surgery) welcomed baby boy, **Cohen William Gilbert**, on October 7, 2020.

Janelle Studdard (Marketing & Communications) and husband **Greg** welcomed a daughter, **Ava Lea Studdard**, on October 27.

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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Give a star ✨ a wish ✨ a light

With the gift of a Light, a Wish or a Star, you can help make a difference for the patients of WakeMed Children's.

For more than 30 years, members of our community have supported the programs and services at WakeMed with a Love Light Tree gift. The Love Light Tree tradition began in 1985 when Dr. Bill and Mrs. Colleen Lee dedicated a tree to WakeMed in memory of their son, Matthew Lee (1979 - 1984).

While our annual Love Light Ceremony & Trim the Tree with Twinkle events have been cancelled this year, you can still continue the tradition with a Love Light donation. These gifts are a great way to give back to your community while remembering a loved one or honoring a special relative, child, friend, neighbor, physician, nurse or colleague.

Donations can be made online at wakemedfoundation.org.

FOLLOW US!



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WakeMed & WakeMed Children's



WakeMed App

Want to learn more about what's happening at WakeMed? Follow us on social media or download the WakeMed App!

Cheers
4 CHILDREN
goes virtual!

On December 10, over 250 of our community partners and supporters gathered from their homes for the first virtual WakeMed Foundation Cheers 4 Children celebration, which raised \$35,233 for WakeMed Children's. The event featured messages of impact from WakeMed leadership and the announcement of the \$2M endowment for the WakeMed Children's Hospital, thanks to a generous gift from Larry and Diane Barbour and North State Bank (see cover for more about this exciting gift).



A huge thank you to our Sponsors!

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Rocky Top Catering

CALENDAR OF EVENTS

CapRAC Training

Capital Medical Reserve Corps Orientation:
January 12, 6 to 9 pm –
Registration/Information:
NiThorpe@WakeMed.org

Wake AHEC Events

Live Webinars

**Technology-Based Clinical Supervision:
Extending the Supervisory Reach** –
January 7

**Human Service Provision in High Stress
Environments: Individual and
Community Resilience in Times of Crisis** –
January 11

**Understanding and Treating Individuals
with Autism Spectrum Disorder and
Anxiety** – January 12

Talking to Kids about Stress – January 15

**Legal Updates: Lunch and Learn -
Documentation Best Practices (part 1 of
3)** – January 19

**Treating Anxiety and Stress in Teens
Today** – January 19

**Mental Health Disparities Among African
Americans** – January 20

**Legal Updates: Lunch and Learn - Patient
Abandonment in the Age of COVID-19
(part 2 of 3)** – January 26

Interpreter Series

• **Level 1 Foundations of Professional
Interpretation for Health and Human
Service** – January 13

• **Level 2 Interpreter Training for Health
& Human Services: Ethics, Skills
Improvement & Practical Study** –
January 20

• **Level 3 Spanish Interpreter Training:
Introduction to Anatomy/Physiology &
Medical Terminology** – January 27

For a complete list of Wake AHEC continuing education events, visit: www.wakeahec.org/courses-and-events