

Healthy Halifax



YOUR RESOURCE FOR BETTER LIVING

Everyday Heroes

**TWO HALIFAX REGIONAL NURSES
NAMED TO THE GREAT 100 NURSES
OF NORTH CAROLINA**

Nurses are the heartbeat of medicine, from their important place in the emergency room to their critical role in the intensive care unit. They are the smiles of encouragement and the eyes of understanding, and their value often goes unsung.

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Fall 2015

- + Another Heart Doc Joins Staff
- + It's Flu Season
- + Fighting Malnutrition at Halifax

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HALIFAX REGIONAL MEDICAL CENTER
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IN MY VIEW

THESE DAYS YOU HAVE TO BE VERY SICK TO BE ADMITTED AS AN INPATIENT TO A HOSPITAL. PRIMARY CARE RELATIONSHIPS ARE KEEPING SOME PATIENTS HEALTHY, BUT AN AGING POPULATION CONTINUES TO REQUIRE INPATIENT SERVICES. Halifax Regional is increasing its services for critical care patients. These patients often have several risk factors, such as diabetes, high blood pressure and being overweight.

In order to provide our region a high level of critical care services, we are expanding our cardiology services and recruiting a new pulmonologist. Haile Jones, MD, and Michael Anigbogu, MD, have joined the medical staff alongside Natarajan Manickam, MD, and Somasekhara Balla, MD, to enhance and expand our cardiology services. Dr. Jones is now performing catheterization procedures in our cath lab to find blockages in arteries and

using stents to open them. The Novant Health system has provided additional training and protocols for our cath lab to ensure we meet the highest quality national standards.

We are enhancing our critical care services in other ways. As an example, we are reporting your status and condition to your primary care physician when

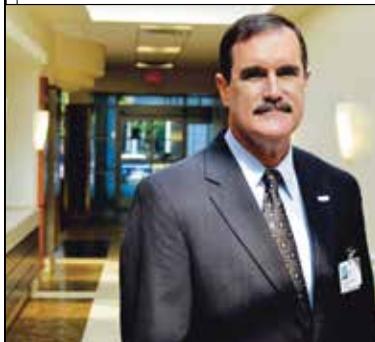
you are in the Medical Center. Our hospitalists electronically provide your primary care physician information about your hospital stay. Before you leave the Medical Center, an appointment will be made for you at your primary care provider's office. Studies show that if a patient sees his or her primary care physician within a week of being discharged from a hospital, there is a 75 percent less chance of the patient being readmitted to a hospital within 30 days. It is very important for you to see your primary care physician after being discharged from a hospital so your needs and medications can be assessed.

As we increase the complexity of critical care services being offered, we are training staff to maintain and acquire the skills for this higher level of critical care services.

We also review every equipment replacement to be sure we acquire the features needed for critical care patients. For example, we are updating our electronic cardiac monitoring system, which operates across our information network. This system offers a central electronic database for storing patients' results for immediate reference in the Emergency or Surgery Departments.

Halifax Regional will provide you critical care services while we work together to improve your health.

WILL MAHONE, PRESIDENT wmahone@halifaxrmc.org 



Haile Jones, MD, left, and Michael Anigbogu, MD, right, are the new cardiologists on staff at Halifax Regional Cardiology.

►► New Cardiologists on Board

As the community's healthcare needs grow, Halifax Regional Cardiology continues to expand its services with the addition of Michael Anigbogu, MD, to the heart and vascular specialty team. Dr. Anigbogu is board-certified in internal medicine, board-eligible in cardiology, and he soon will obtain his board certification in cardiology.

Dr. Anigbogu earned his medical degree from Saba University School of Medicine in the Caribbean Netherlands and completed his residency at New York Methodist Hospital in Brooklyn. He was fellowship-trained in cardiology as well as advanced heart failure and transplant at Aurora St. Luke's Medical Center in Milwaukee, Wisconsin. He has been in practice since 2011. Dr. Anigbogu joins Haile A. Jones, MD, who became part of Halifax Regional's Cardiology Department in June.

Drs. Anigbogu and Jones are currently making appointments for former, current and new patients, and welcome referrals from your primary care physician. For more information or to make an appointment, call Halifax Regional Cardiology at **252-537-9268**. Learn more by going online to halifaxregionalcardiology.com. 

NEW CATH LAB



Cath lab team (from left): Haile Jones, MD, Jeremy Proctor, Tesha King, Tonya Hasty, RN, Amy Williams, Belinda Jones-Hill, RN, and Sandra Bass.

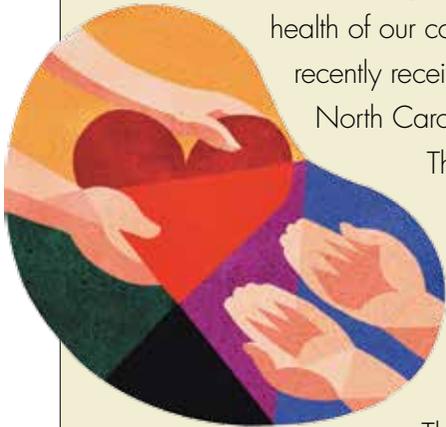
You no longer need to travel out of the area for state-of-the-art cardiac catheterization services. Our new 2,800-square-foot cath lab brings comprehensive cardiac services to the Roanoke Valley. Led by Haile A. Jones, MD, the lab team is certified in Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS).

►► Grant for Cancer Care

Grants are an important part of meeting our goal of improving the health of our community. The Halifax Regional Foundation recently received a \$50,000 grant from the Susan G. Komen North Carolina Triangle to the Coast Affiliate.

The grant aims to assist underserved, underinsured or uninsured women in the Roanoke Valley. Halifax Regional will use the grant to help determine patient insurance eligibility and provide resources to help patients keep appointments and stay within the continuum of care.

The grant is one of many significant contributions from community organizations and individuals. A \$3,000 gift from The Ladies of the Lake, for example, will be used to support a Cancer Care Fund to help with transportation needs of cancer patients in the community. ▼



LADIES, GET YOUR MAMMOGRAMS

Join Halifax Regional during Breast Cancer Awareness Month in October as we take this time to remind and encourage women in the community to schedule their annual mammograms and to be part of the continuum of care.

As part of our commitment to improving the health of our community, the hospital joins with the Roanoke Valley Breast Cancer Coalition (RVBCC), Rural Health Group, local health departments and others in support of reducing breast cancer mortality rates in the community through education, screening and follow-up.

To schedule your mammogram, obtain an order from your physician and call Halifax Regional Mammography at **252-535-8888**.



►► Renovation Progress

Important milestones in Halifax Regional's Master Facilities Plan continue to be met. Following completion of fifth floor patient room renovations in June, a major upgrade of the third floor Progressive Care Unit to increase efficiency and patient satisfaction is under way. The project includes replacing and modernizing floors and ceilings, walls, bathrooms, the nurses' station and other changes.

"The Master Facilities Plan is part of our continued dedication to meeting

the needs of our patients and staff, and our community's ongoing need for a modern healthcare facility that visibly reflects the quality of healthcare we provide," says Bruce Robistow, FACHE, vice president, Clinical and Support Services.

The \$500,000 project was funded in full by a generous donation from the Halifax Regional Foundation, which also contributed \$250,000 to the fifth floor project. The board of directors has also provided great support for the current project.

Taking Aim at THE FLU

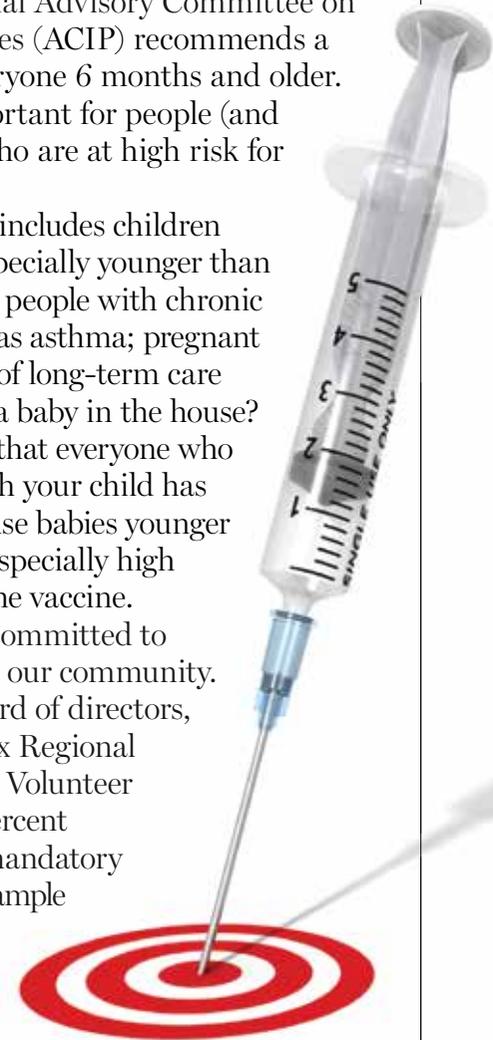
Did you or a family member get the flu last year? If so, you know how unpleasant that can be. As October marks the beginning of the 2015–2016 flu season, now is the time to take action to avoid the misery of the flu.

Flu is a respiratory illness spread mainly through coughing, sneezing and even talking. It usually begins in October and continues through May, with the peak between December and February.

This year, the national Advisory Committee on Immunization Practices (ACIP) recommends a flu vaccination for everyone 6 months and older. This is especially important for people (and their close contacts) who are at high risk for flu complications.

The high-risk group includes children younger than 5, but especially younger than 2; adults 65 and older; people with chronic health conditions such as asthma; pregnant women; and residents of long-term care facilities. Do you have a baby in the house? You should make sure that everyone who comes into contact with your child has been vaccinated, because babies younger than 6 months are at especially high risk and can't receive the vaccine.

Halifax Regional is committed to setting the example for our community. The hospital, staff, board of directors, administration, Halifax Regional Foundation Board and Volunteer Auxiliary are in 100 percent compliance with our mandatory flu shot policy. Set an example for your friends and family: Get your flu shot today.



GIVE IT A SHOT

Flu shots are available at Roanoke Clinic and Roanoke Valley Internal Medicine and are covered by most health plans, including Medicare and Medicaid. Call Roanoke Clinic at **252-537-9176** or Roanoke Valley Internal Medicine at **252-535-1082** to schedule an appointment.

◀◀ *continued from cover*

Recently, two Halifax Regional nurses were named among the Great 100 Nurses of North Carolina. Hope Lonesky, RN, BSN, clinical supervisor at the Birthing Center, and Tracy Medlin, RN, a labor and delivery nurse at the center, represent standout nurses who demonstrate excellence in practice and commitment to their profession. They join the ranks of 23 other Halifax Regional nurses who have been recognized by the Great 100 Inc. since the organization's creation in 1989.

Today's nurses face increasing responsibilities, particularly in the areas of community and public health, care of the elderly, leadership, health policy, system improvements and change, research and evidence-based practice, and teamwork and collaboration.



Birthing Center nurses Hope Lonesky, RN, BSN, left, and Tracy Medlin, RN, right, have been recognized this year as two of the Great 100 Nurses of North Carolina.

WAY OF LIFE

For Lonesky, nursing is truly a way of life. Described as an exemplary model of caring, compassion and professionalism, she has been a Halifax Regional registered nurse for the past 19 years and a Birthing Center nurse for 18 of those years. Lonesky is proud of her profession and especially those people with whom she serves.

“It takes compassion, dedication and striving. I’m the eyes and ears for the doctors for 12 hours a day and want to make sure everything is taken care of.”

—Tracy Medlin, RN

“Halifax Regional nurses are truly committed to patients, family and the community,” says Lonesky.

The nursing profession, like all of healthcare, faces many challenges, including the explosion of technology and complex information management systems. A shortage of both practicing nurses and those entering the profession calls for nurses to be engaged on many levels. A shift from a focus on healing to disease prevention and well-being takes a more proactive approach. And an aging population requires new ways of thinking in regards to healthcare delivery in the “golden years.”

As true partners with physicians and staff in the delivery of patient care,

nurses often act as advocates for both their patients and staff members. As clinical supervisor at the Birthing Center, Lonesky is committed to her responsibilities as an advocate.

“It can be difficult, but you have to stick up for what you know is right.” Lonesky says. “I take that to heart. I have very good nurses here and have to look out for them.”

SUPPORTING THEIR PEERS

Medlin, an employee at Halifax Regional since graduating college, actively seeks ways to support nurses and other healthcare providers on a daily basis. She is well-respected by her peers because of the way she collaborates with other disciplines, and is known for being passionate about her profession.

“It takes compassion, dedication and striving,” says Medlin. “I’m the eyes and ears for the doctors for 12 hours a day and want to make sure everything is taken care of.”

Both Lonesky and Medlin are grateful for the recent recognition but are quick to praise their co-workers at the Medical Center. Medlin calls her fellow nurses “passionate, dedicated and really caring. So many were born and raised in this community. They love this place and love what they do.”

The Great 100 Inc. is a peer organization that honors the nursing profession in North Carolina through recognizing the importance of registered nurses and promoting the image of nursing and nursing as a profession. Each year, the organization selects 100 exceptional working registered nurses in the state.

For Lonesky and Medlin, the best recognition comes from their patients and families. “To a nurse, one of the best feelings is when someone says thank you for what you do,” Medlin says.

CARING EXPERTISE

Learn more about the Great 100 Nurses of North Carolina at great100.org.



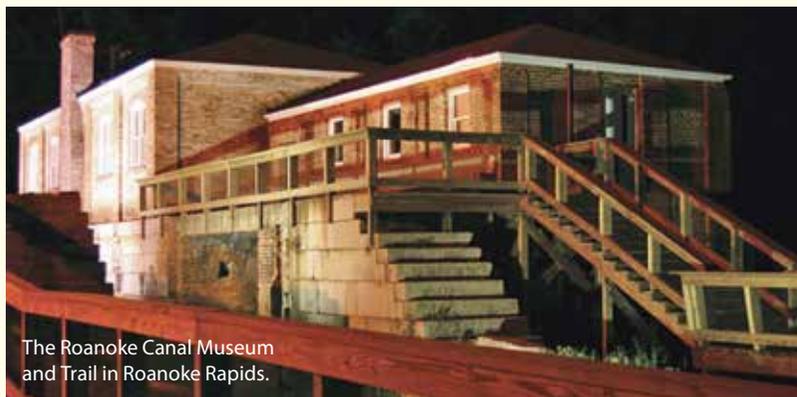
SUPPORT GROUPS

Heart Failure Support Group

Encouragement and helpful information in a group setting
November 11; December 9; January 13, 2016
4 p.m.
 Halifax Regional
 250 Smith Church Road,
 Roanoke Rapids
 Annex Building, #1 Classroom
 Contact: Ellen Glover, MPH, RN,
 outpatient case manager,
 252-535-8716 or
 eglover@halifaxrhc.org

Diabetes Education & Support Group

To learn more, contact
 Carrie L. Davis, RN, BSN, CDE,
 patient education coordinator, at
 252-535-8276 or
 cdavis@halifaxrhc.org.
 *Meetings are FREE and open to
 anyone with diabetes or interested
 in receiving diabetes education.



The Roanoke Canal Museum and Trail in Roanoke Rapids.

COMMUNITY EVENTS

Monthly Play Days

FREE recreational events for the whole family hosted by Roanoke Valley Community Health Initiative
November 17
3-5 p.m.
 Chocoyotte Park, Roanoke Rapids
December 15
3-5 p.m.
 River Falls Park, Weldon

January 19, 2016
3-5 p.m.

Everetts Elementary
 458 Everetts School Road,
 Roanoke Rapids

For more information, visit
GetFitStayFitRV.com.
 Contacts: Phillip Rountree,
 252-583-5111; Magda Baligh,
 252-537-5621

COPING *with* Malnutrition

PROGRAM FOCUSES ON IDENTIFYING, TREATING INPATIENTS

The word malnutrition may invoke images of suffering people in far-away lands, but, unfortunately, it also occurs right here in the Roanoke Valley. The condition begins with inadequate intake of protein and energy over a long period of time, resulting in the loss of fat and muscle. It can be related to poor quality or inadequate food; chronic, acute disease or illness; and other factors. In the United States, 1 out of 3 hospitalized patients is malnourished at the time of admission.

Halifax Regional has made a major commitment to addressing the problem by partnering with Sodexo Quality of Life Services in a program focused on identifying and treating malnutrition in the Medical Center's inpatient population. The program began with advanced training for dietitians in late April and has already identified an average of 20 to 25 patients per month with some form of malnutrition.

Under the new program, expert, licensed dietitians screen new inpatients using evidenced-based physical assessments, comparative body measurements and a history of nutrient intake to help determine the severity and type of malnutrition. Halifax Regional physicians and dietitians then work in collaboration to treat those identified as malnourished.

Malnutrition in the hospital setting can have major effects on patient health, including an increase in the likelihood of developing pressure ulcers, falls and surgical-site infections. Studies show that treating malnutrition results in a 25 percent reduction in pressure ulcers, a 28 percent decrease in avoidable readmissions and 14 percent fewer overall complications. Additionally, the average length of stay in the hospital can be reduced by approximately two days when malnutrition is identified and treated early in the patient's hospital stay.

The malnutrition program is already having a significant impact on patients at Halifax Regional, and reflects the hospital's commitment to in-depth and compassionate care for patients and the community.

Factors that increase malnutrition risk



Medical Factors:

- Inflammation
- Pain
- Loss of strength



Psychological Factors:

- Isolation
- Depression
- Changes in life circumstance



Social Factors:

- Living alone
- Bereavement
- Poverty
- No longer cooking for self or spouse

HEALTHY EATING

Pumpkin Pancakes



Yields: 4 servings (2 pancakes per serving)

- 2¼ cups water
- 4 cups pancake mix (buttermilk complete)
- 1⅓ cup canned pumpkin
- ½ tsp salt
- 1 tsp ground ginger
- 1½ tsp ground cinnamon
- ½ tsp ground allspice

1. Turn griddle on medium heat so that surface temperature gets to 350–375 F.
2. While griddle is heating, in a large mixing bowl pour in water and then add pumpkin and listed spices and blend together thoroughly.
3. Add pancake mix to bowl and whisk until smooth (about a minute). Make sure you do not overmix.
4. Spray warm griddle with cooking spray and ladle or scoop ½ cup of mix onto griddle for each pancake. Cook until the underside is browned (approximately two minutes*). The batter will be filled with bubbles and the sides of the pancake will be firm when it is time to flip. Then, using a spatula, turn pancake to finish cooking on other side (approximately another minute*).
5. You can top with caramel sauce and almonds, maple syrup and walnuts, melted butter and candied pecans, or whipped cream and assorted berries.

**The thickness of your batter will determine how quickly your pancakes will cook; a thinner batter will cook more quickly, whereas a thick batter will take longer to cook the pancake thoroughly.*

Root Vegetable Soup

Yields: 8 Servings (8 ounces per serving)

- | | |
|---|---|
| <ul style="list-style-type: none"> 2 qts vegetable stock 1 cup onion diced ½ inch (approximately 1 medium onion) ¾ cup carrot diced ½ inch (approximately 5–6 medium peeled and trimmed carrots) ½ cup parsnip diced ½ inch (approximately 3–4 peeled and trimmed parsnips) 1 cup turnip diced ½ inch (approximately 1 turnip. Leaves can be cleaned, chopped and added into soup as well) 1 cup butternut squash diced ½ inch (approximately 1 butternut squash, peeled and seeded) 1½ cups potato diced ½ inch (approximately 2 medium potatoes cleaned and peeled) 1½ cups canned pumpkin 2 tbs lemon juice | <ul style="list-style-type: none"> 1 tsp salt 2 tsp black pepper 1 tbs minced garlic 1 tsp fresh thyme leaves |
|---|---|



1. Preheat oven to 425 F.
2. Spray large cookie sheet with cooking spray and place all diced vegetables in single layer on cookie sheet. Lightly spray vegetables with cooking spray and then place in oven.
3. Cook vegetables in oven at 425 F for 10 minutes.
4. While vegetables are cooking in oven, pour 2 qts of vegetable stock into 4-qt saucepan and place on medium heat.
5. When stock begins to boil turn to low heat and whisk in canned pumpkin, lemon juice and spices (fresh chopped turnip leaves as well) until smooth.
6. Turn heat to simmer. Add roasted vegetables and simmer all ingredients for 20–25 minutes.

Garnish this fall soup with fresh chopped parsley, roasted garlic cloves and a sprig of fresh thyme for a delicious flavor.

HALIFAX HEALTHLINK

View and manage your personal hospital health record 24/7 with the Halifax HealthLink patient portal at **halifaxhealthlink.halifaxregional.org**.
 Questions?
 Contact **252-535-8098** or email **portallogin@halifaxrhc.org**.

FIND A PHYSICIAN

Looking for a primary care provider or specialist close to home? Visit **physicians.halifaxregional.org** to find doctors, office locations and more. ↗

VOLUNTEER

Share your time and talents with Halifax Regional! For more information, contact Kay Hines, volunteer coordinator, at **252-535-8687**.

TWENTY-NINTH EDITION

Healthy Halifax is the quarterly newsletter of Halifax Regional. Please contact Shameka Lloyd with questions or comments at **252-535-8743** or **slloyd@halifaxrhc.org**.
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ONLINE BILL PAY

Halifax Regional now offers Online Bill Pay. If you've been to Halifax Regional for services recently, you may have received a statement from Patientco in the mail. Your new financial statement will provide you with a variety of payment options. These include mailing in a paper check and paying over the phone. A third option now available is to pay online. To do so, visit **gopatientco.com**.