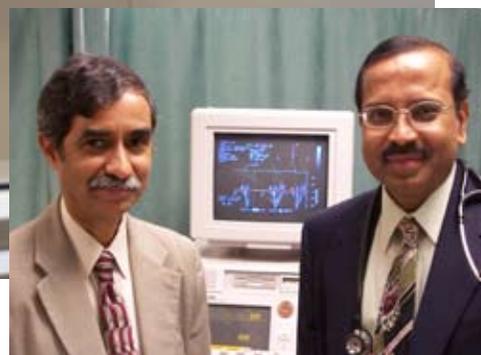


Spirit of Halifax

The Community Newsletter of Halifax Regional Medical Center



A cath lab technician prepares equipment for a cath. Our cardiology staff: above right: Nadim Geloo, MD; below right: Somasekhara Balla, MD and Natarajan Manickam, MD.



NC has the Great 100. We have our Great 4.



Carrie Davis, RN; Susan Roberts Cox, RN; Roger St. Louis, RN, and Janice Hales, RN.

At Halifax Regional, we've always known our nurses are exceptional. Now, the entire state of North Carolina knows it.

Four of our nurses have been selected for the Great 100 Nurses of North Carolina. They were honored for their outstanding professional ability and their contributions to improving healthcare in our community.

We salute all of our 170 Registered Nurses for their commitment to placing Patients First, and especially these nurses for their recognition:

- Susan Roberts Cox, RN, CNOR Operating Room
- Carrie Davis, RN, CDE, BSN Patient Education
- Janice Hales, RN, MICN Emergency Room
- Roger St. Louis, RN Joint Care Center

Since 1988, The Great 100 has honored 100 North Carolina nurses annually. "Having four of the Great 100 nurses working at Halifax Regional is one more indication of the quality of our nursing staff," said Karen Daniels, Vice President of Nursing.

How's your heart? Now you'll be able to find out right here at HRMC.

You notice a little chest pain when you're walking up the steps or mowing the lawn. Wisely, you see your doctor, who suggests some preliminary tests to determine if it's a coronary problem – and it is. Now you need to have a cardiac catheterization done, and what does that mean? It used to mean a trip to Raleigh, or Greenville. Not anymore.

Coming this fall: Our new cardiac cath lab.

We're pleased to announce the opening of a new mobile cardiac cath lab right here on the campus of Halifax Regional. And we'd like to introduce the physician who will be in charge of the facility, Nadim Geloo, MD.

Our new mobile cath lab is supplied by Duke Medical Center, but Dr. Geloo will perform the procedures. Studies have shown that in approximately 70 percent of cath lab studies, no further intervention is needed. "In many cases, medication along with lifestyle changes is all that's indicated," Dr. Geloo said.

In the remaining cases, a stent may be needed. Dr. Geloo will perform those procedures in

Greenville or Raleigh. Then patients will return to the care of their personal physician.

During the catheterization, a small flexible tube is inserted into the patient's arm or leg. From there it's guided to the heart or coronary arteries, where it can determine the pumping ability of the heart muscle and whether any arteries are blocked.

Coronary catheterizations are done on an outpatient basis. Patients will receive sedation and other preparations for the procedure. Patients are taken to a private room to recover and, typically, are able to go home after being monitored for a couple of hours.

Dr. Geloo grew up in the Northern Virginia area and comes

to us from Prince William Cardiology Associates in Manassas, Virginia. He completed medical school at the Medical College of Virginia in Richmond and did his residency at the Medical Center of Delaware in Wilmington. He is board-certified in interventional cardiology. Dr. Geloo joins the cardiology staff at Halifax Regional, which includes Natarajan Manickam, MD and Somasekhara Balla, MD.

"I had a fellowship in interventional cardiovascular disease at East Carolina University between 1997 and 2002," Dr. Geloo said. "I'm delighted to be returning to beautiful North Carolina."

Halifax Works is on the move.

Our occupational health program, Halifax Works, has moved to a larger, more modern, and more convenient space for patients. Halifax Works is now located in the Halifax Regional Annex on the Medical Center's campus at 210 Smith Church Road.

Halifax Works partners with businesses in the Roanoke Valley to provide customized programs for the improved health and safety of their employees.

Our services include:

- Workers compensation-related care
- Audiometric testing
- DOT and post-offer physicals
- Respirator fit testing
- Drug and breath alcohol testing
- Vision testing
- Pulmonary function testing
- Wellness programs
- Vaccinations
- Flu clinics

Call us at (252) 535-8463 to schedule an appointment for a free consultation. We'll come to your business and tailor a program to fit your needs. It's our way of bringing our "Patients First" philosophy to your business.

New obstetrician rides into town.



Dr. Brown saddles up in the beautiful North Carolina countryside. He began riding at age 11.

New mothers throughout the region are saying good things about The Birthing Center at Halifax Regional. They appreciate the homelike ambience, the 10 labor-delivery-recovery rooms, and the way they're cared for by the wonderful nursing staff. Now there's another reason to choose The Birthing Center.

Meet, James Brown, MD, our new board-certified obstetrician and gynecologist.

Dr. Brown comes to us from London, Ohio, where he was in private practice. He's a graduate of St. George's University School of Medicine and did his residency at Stamford Hospital in Stamford, Connecticut.

"I'm impressed with the high level of medicine being practiced at Halifax Regional," Dr. Brown said. "For example, epidurals are available 24 hours a day with our anesthesia service. And there are new fetal heart monitors in The Birthing Center. That's outstanding for a community medical center."

Dr. Brown is an excellent horseman, and enjoys riding in his free time. It's a hobby he's enjoyed since he started riding in his native California at age 11.

He has joined Smith Church Obstetrics and Gynecology with Richard Minielly, MD. To make an appointment, call (252) 535-4343.

THESE OB-GYNS SERVE THE HALIFAX REGION.

If you are planning an addition to your family, Halifax Regional has a number of well-qualified physicians to assist you.

D. James Brown, MD
(252) 535-4343

Thomas J. McDonald, MD
(252) 535-1414

Richard Minielly, MD
(252) 535-4343

Richard Shea, MD
(252) 535-1414

Lawrence Singer, MD
(252) 535-1414

CLASSES OFFERED AT THE BIRTHING CENTER:

- Pain Management During Labor
- Breast-Feeding Support
- Siblings (Ages 2 – 5)
- Infant CPR for New Parents
- Prepared Childbirth
- New Grandparents
- Infant Care
- Nursing Mothers of the Roanoke Valley (this group welcomes anyone interested in breast-feeding)

For information about our Birthing Center or to schedule a tour, please call (252) 535-8702.

There are lots of good reasons to schedule a mammogram. *And the best reason is life.*



Terry Mason, R.T. RM, Mammography Supervisor, prepares a patient for her mammogram.

You see the pink ribbons, and they remind you: October is National Breast Cancer Awareness Month. But if you're a woman over 40, they should remind you of something else – have you scheduled your next mammogram?

Mammography is the best way to detect breast cancer in its earliest stages, when it's most treatable. Virginia Gupton of Roanoke Rapids, a breast cancer survivor, can testify from her own experience. "If I had not had mammography, my cancer would not have been detected. When my mammogram was compared with the one I had the previous year, a

change was noticed, and that probably saved my life."

There are five steps for women to take charge of their breast health.

- Schedule an annual mammogram starting at age 40
- Practice monthly breast examinations
- Have an annual clinical breast exam
- Adhere to prescribed treatment
- Know the facts about recurrence

This October, Roanoke Valley Women's Imaging Center, a service of Halifax Regional, will

give a gift bag to each woman who has a mammogram. In addition, there will be several drawings each week for prizes donated by local businesses. Among these are gift certificates, cookbooks, jewelry, and manicures and pedicures.

For Virginia Gupton, whatever incentive will help women get a mammogram is worthwhile. "I've been a cancer survivor for 17 years," she said, "and I encourage every woman over 40 to have a mammogram each year. I am blessed."

To schedule your mammogram, call (252) 535-8888.

Co-op program: A brighter future for us *and* our employees.

At Halifax Regional, we value and appreciate our employees. We want them to be with us throughout their career, to make the most of their talents and fulfill their potential. That's the premise behind our new co-op program, a way to encourage employees to further their education and advance in their profession.

Here's how it works: Employees in good standing are accepted



Diane Carter, RT-R (MR) is reviewing an MRI exam.

into an accredited educational institution and can be approved to receive 100% of their salary – while working only 40% of their schedule. The rest of their time, of course, is devoted to their studies. In return, they commit to work for the Medical Center for a specified period, based on the time off granted for their education. There are limited slots for co-op positions, so the application process is very competitive.

“Employees accepted into this program have already proven themselves,” said Karen Daniels, Vice President of Nursing. “They have ties to the area, and we hope to have them as long-term employees. And for them, it's a way to advance their career without having to move.”

Fred Davis, Manager of Human Resources, noted that the program is a partial answer to the shortage of clinical workers faced by hospitals. “Rural areas, such as

Roanoke Rapids, have a more difficult time maintaining a staff of specialized workers. You could say that we've found an innovative way to 'grow our own.'”

Diane Carter

Diane joined Halifax Regional in 2000 as an x-ray technologist. When she learned that we were planning to purchase our own MRI, she enrolled in the co-op program to become an MRI technologist. She completed the program in June and has passed the exam given by the American Registry of Radiologic Technologists.

“It was hard work,” Diane said. “For six months I drove to Smithfield one day a week for classes, and every night I spent studying at the dining room table. Sometimes I had three tests in a day, each of which were 15-20 pages long. I couldn't have done it if my family hadn't been so understanding and helpful.

“But it was worth it. I received a raise for my new job, and I have better hours. Most of all, I have newfound confidence in myself. And I love what I'm doing.”



Vinny Hill, RTR-N, CNMT prepares to scan a patient.

Vinny Hill

Vinny was also an x-ray technologist, and he joined the co-op program to become a nuclear medicine technologist. *(Continued on page 4.)*



Drs. Meena and N.C. Sekaran

Dr. and Dr. Sekaran – a Happy Couple of Physicians

(Editor's Note: Halifax Regional has several physicians who are married to physicians. The following story is about one such couple, N.C. Sekaran, MD and his wife, Meena Sekaran, MD, both of whom practice at Halifax Medical Specialists.)

When the Sekarans met, they were students at different medical schools in India. Today, they practice medicine in the same office in Roanoke Rapids. The story of their 26-year marriage and medical practice is one that spans the globe.

They actually met at a medical meeting and began to “communicate,” in N.C. Sekaran's words. Soon their parents approved of the match, and they were married.

They wanted to come to America, “for the challenge and the training,” N.C. Sekaran recalls. Meena's journey to the US was held up a couple of years because of visa challenges, and N.C. earned his residency in pulmonary medicine. When she arrived in New York, she specialized in internal medicine, and this time they were at the same hospital.

After five years of training in New York, they came to Roanoke Rapids in 1989. They have one son, Deepak, 19, a student at

Washington University in St. Louis.

N.C. sees patients with respiratory problems and sleep disorders. He was a leader in establishing the sleep lab at Halifax Regional. A board-certified physician, he is a Fellow of the American College of Chest Physicians and the American College of Physicians.

Meena is board-certified in Internal Medicine. She works primarily in the office, and allows N.C. to speak for her. “She does not like the limelight.”

When they leave the office for home, they often continue to discuss medicine and some patients with complications. “We respect each other's judgment,” but he concedes, “she is right, most of the time.”

In their leisure time, N.C. enjoys tennis and art. Meena likes to cook, read and is involved in Roanoke Rapids community.

“We're thankful for Halifax Regional,” N.C. says. “The Medical Center provides care as good as the large hospitals. We are blessed with specialty physicians, so we provide total care here. The physicians and nurses are outstanding.

“It is as if the community has adopted us. We are happy here and intend to stay a long time.”



Halifax HealthLink

UPCOMING EVENTS

Healthy BINGO

Mondays – 9 a.m.

All welcome. Prizes donated by Wal-Mart and Halifax Regional.

Gentle Fitness Exercise Class

Mondays, Wednesdays and Fridays – 4 p.m.

Join us for low-impact walking aerobics. Free and open to the public.

Cholesterol Screening

Have your cholesterol checked the 1st Tuesday and Wednesday of the month from 9 a.m. - noon (October 2 and 3; November 6 and 7; December 4 and 5).

Call (252) 535-4334 for an appointment. Charge is \$12.

Better Breathers Support Group

4th Mondays – 7 p.m.

Call (252) 535-4334 for more information.

Diabetes Support Group

2nd Mondays – 7 p.m.

Will not meet during December. Call (252) 535-8276 for more information.

Families of Victims of Violent Deaths

4th Tuesdays – 6:30 p.m.

Call Diane Elliott at (252) 583-1301 for more information.

HIV / AIDS Support Group

Call Misty at (252) 535-8173 for more information.

NAMI Mental Health Support Group

1st & 3rd Tuesdays – 7 p.m.

Call (252) 537-0320 for more information.

AWAKE Sleep Disorder Support Group

Meets quarterly on 4th Thursday - 6 p.m. Next meeting is scheduled for October 25.

Call (252) 537-2400 for more information.

KEEP Kidney Early Evaluation Program

First meeting planned for November. Date and time to be announced later. Please watch for further details.

MONTHLY EVENTS

October is Breast Cancer Awareness Month.

Meetings by Rural Health Group, Inc. Breast Care Programs are scheduled for Thursday, October 4 - 10:00 a.m. - 12:00 noon and 6:00 p.m. - 8:00 p.m. The public is invited.

Call (252) 535-4334 for an appointment. Charge is \$12.

Check out the Daily Herald Events Calendar for upcoming seminars and health screenings at HealthLink.

Serving you better.

Mission and vision statements are often called the path to a successful business future.

At Halifax Regional, we use strategic planning to turn our dreams into reality. As the noted business leader Steven Covey said, "Begin with the end in mind."

So, we have updated our mission and vision statements to convey more precisely who we are, what we are doing, and where we are headed. "We know we are more likely to achieve our purpose and desired future when we write them and integrate them throughout the organization," said Will Mahone, President and CEO.

Our 800 employees and 60 physicians, supported by more than 100 volunteers and a board of directors from the community, are working

together for one purpose – to earn your trust as the place for healing and caring.

Our Mission

What we do, how we do it and for whom we do it
Halifax Regional Medical Center exists to meet the healthcare needs of the community by providing excellent and compassionate services—and always placing Patients First.

Our Vision

What we ultimately envision our business to be
Halifax Regional Medical Center will be the premier source of healthcare service through exceptional customer service, clinical excellence, new technology and modern facilities.

(Continued from page 3.)

He completed his 16-month program in July, and is certified and registered having passed the American Registry of Radiologic Technologist and the Nuclear Medicine Technology Certification Board. Vinny has worked at the

Medical Center for 21 years.

"I'm from Roanoke Rapids," Vinny said. "I've seen how Halifax Regional makes a difference in people's lives. I wanted to be able to stay here, to grow here, and to contribute to the community."

Fourth Edition. *Spirit of Halifax* is the newsletter of Halifax Regional, published quarterly to inform residents of the Roanoke Valley about the advancements at the Medical Center. Val Short, Vice President, is the editor. If you have questions or comments, please contact Henry Robertson at (252) 535-8585 or hrobertson@halifaxrmc.org. © 2007, Halifax Regional Medical Center

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