

Spirit of Halifax

The Community Newsletter of Halifax Regional



Another Investment in Technology.

Halifax Regional has completed a major upgrade of its computer system, both hardware and software, to position the Medical Center for upcoming changes in healthcare reform.

More than \$500,000 has been invested to purchase new computer hardware that will bring faster and more efficient delivery of information that is essential in caring for patients.

With the new hardware, the Medical Center is updating its software programs to obtain and record information to meet the needs of

physicians and our staff.

Halifax Regional already has electronic medical records for some clinical areas and physicians. With this new version the Medical Center will be preparing for a complete program, including the Emergency Care Center.

“With this investment, Halifax Regional is putting the organization in a position to meet the requirements of healthcare reform,” said Will Mahone, president. “The Medical Center is up-to-date in technology to enable our staff and physicians to be as effective as possible in meeting the needs of our patients.”

New Service for Kidney Patients.



The staff members of the Cardiac & Vascular Center study a computer report. They are Amy Williams, RRT, Assistant Manager; Tonya Hasty, RN and Tesha King, Rt-R

The Cardiac & Vascular Center at Halifax Regional is offering a new service for kidney patients.

A renal angiogram is a test to detect abnormalities of the blood vessels of the kidneys, including:

- aneurysms
- spasms of blood vessels
- a blood clot
- blockage of a blood vessel
- high blood pressure in the kidneys' blood vessels
- an abnormal connection between the arteries and veins.

Blockages of the renal arteries can cause high

blood pressure and abnormal kidney function. If blockages are found, the Cardiac & Vascular Center has the equipment and staff to solve the problem.

Renal Angiography is an outpatient procedure at the Medical Center. “This is a simple process,” said Amy Williams, RRT, assistant manager of Cardiopulmonary Services. “The patient receives moderate sedation, and a tube is placed in the leg, and we take pictures. If a stent is needed in the renal artery, we perform that procedure at the same time.”

“Renal stenosis is a main cause of hypertension that cannot be controlled with medication but can be fixed with a stent placement,” said Tonya Hasty, RN.

If you have problems with renal insufficiency or are on dialysis, speak to your physician or see a kidney specialist to discuss the best medical care for you.

Halifax Regional has three Nephrologists on its Medical Staff:

- Danilo Bernardo, MD
- DaqingGuo, MD
- Lornenzo B. Santorina III, MD

They practice at Valley Hypertension–Nephrology Associates. 937 Gregory Rd., Roanoke Rapids. For an appointment, call 252 535-2111.

In My View

Thank you for talking with us.

As a not-for-profit organization, Halifax Regional belongs to the community. The Medical Center is governed by a Board of Directors composed of residents of Halifax and Northampton counties.



As the link to the community, the Board is eager to get your feedback about the Medical Center. I regularly report to the Board on the comments and questions I receive from patients and family members.

The positive comments warm the hearts of our staff. To hear you say that our staff members have performed above and beyond the call of duty is quite meaningful to us.

At the same time, the comments that help us know that we could have performed better are sincerely appreciated. We take those comments seriously and learn from them so we can improve our service.

In short, we are responsive and accountable to you.

Our goal is to provide the highest quality healthcare services. I am thankful for the opportunity to lead this team of 1,000 people who put Patients First.

Please contact me with your comments and questions. My email address is wmahone@halifaxrhc.org. I look forward to speaking with you.

Will Mahone
President

P.S. We invite you to sign up for HealthEd, our free email messages. See page 4 or visit www.halifaxregional.us to subscribe and you will receive a FREE one-month membership to Halifax HealthLink.

Mission.

Halifax Regional Medical Center Foundation, Inc. is a not-for-profit corporation organized solely for general charitable purposes. Its mission is to support Halifax Regional Medical Center, Inc. in its effort to put "Patients First through quality service, excellence, compassion, teamwork and commitment." The Foundation will raise funds to maintain and improve health services. This will include the acquisition of equipment and the provision of research and educational programs, placing a special emphasis on community wellness, as well as disease and injury prevention programs.

Foundation Board of Directors.

- **Shirley Allen**, Halifax Regional
- **Mike Askew**, Askew Funeral Home
- **J. Hugh Bazemore**, Retired, RBC
- **Jimmie Burnette**, CPA
- **Mel Chaffin**, President, Auxiliary, Halifax Regional
- **Jim Cooper**, Retired, International Paper
- **Johnny Draper**, Chairman, Board of Directors, Halifax Regional
- **Joyce D'Ottavio**, Retired
- **Rose A. Fleming**, Roanoke Valley Medical Ministries
- **Undine Garner**, Volunteer, Halifax Regional
- **M. E. Gilstrap**, Retired, Halifax Regional
- **Sherry Jensen**, Halifax Regional
- **Chris Lehman**, Halifax Regional
- **William Mahone V**, Halifax Regional
- **Richard Minielly**, MD, Smith Church OBGYN
- **Nancy Moseley**, Retired educator
- **Bruce Robistow**, Halifax Regional
- **Ann Boyd Smith**, Halifax Community College

Foundation Supports Healthcare in the Community.



Amy Joseph, RN of the Birthing Center, and Geoffrey Hardee of the Foundation inspect new wheelchairs given by the Foundation.

The Halifax Regional Medical Center Foundation is the link between the Medical Center and the community.

The Foundation is a separate organization from the Medical Center in that it has its own Board of Directors, explains Geoffrey Hardee, the new coordinator. "Our purpose is to improve the lives of residents of the community by providing financial support for Halifax Regional through buying equipment and funding programs."

In its 20 years, the Foundation has provided thousands of dollars to the Medical Center to improve its healthcare services to the community, so it is a mutually-beneficial relationship when the community supports the Foundation.

Employees of Halifax Regional set the example for the community. This year, during the annual employee campaign, in which different departments compete for prizes and bragging rights, they donated more than \$60,000 to the Foundation, a major increase from the \$33,000 given in 2009. "Employees set the tone," said Hardee. "When they give out of their own pocketbooks to their employer, they are making a huge statement about their commitment to Halifax Regional and the Roanoke Valley."

The Foundation provides several ways for the community to participate in fundraising activities, including the annual golf tournament, the homes tour during the holidays, the Progressive Dinner, and the Angel Tree – among many others. This year, funds raised were used to purchase equipment, including wheelchairs and blood pressure systems, to refurbish the chapel, and to support the Better Breathers Club, a support group for respiratory patients.

"Our plans are to broaden our appeal by seeking donations directly from businesses and individuals in the community who want to improve healthcare in the Roanoke Valley," said Hardee. "Halifax Regional is a key to the viability of the Roanoke Valley."

Donations to the Foundation are tax deductible. For more information, call Hardee at 252 535-8476 or become a "fan" of the Foundation on Facebook.



Geoffrey Hardee

Early Detection Is the Best Cure.



Terry Mason of the Mammography Center shows modern equipment to Kelly Barber of The Renaissance.

The Roanoke Valley has an opportunity to reduce deaths due to breast cancer by more women having mammograms.

This year, the Mammography Center at Halifax Regional is offering women two new reasons to have a mammogram in October, national breast cancer awareness month: Discounts at The Renaissance Spa & Salon and free memberships at Halifax HealthLink. (See details on this page.)

A nationwide survey conducted by the

Centers for Disease Control and Prevention indicates only 81 percent of women in the United States reported that they had a mammogram in the last two years. That percentage has not changed in the past 10 years.

Meanwhile, 40,000 are expected to die from breast cancer this year, with more than 200,000 new cases diagnosed.

Halifax Regional follows the guidelines of the American Cancer Society:

- Yearly mammograms starting at age 40 and continuing for as long as a woman is in good health;
- Clinical breast exam about every 3 years for women in their 20s and 30s and every year for women 40 and over;
- Women should know how their breasts normally look and feel and report any breast change promptly to their health-care provider. Breast self-exam is an option for women starting in their 20s.

Talk with your doctor about your history and whether you should have additional tests at an earlier age.

Most insurance plans cover screening mammograms. You must have a doctor's order to have a mammogram. If you have

questions, call 252 535-3417.

To schedule your appointment, call 252 535-8888. The Mammography Center is located in Halifax Medical Plaza on the campus in Suite E.

Mammography Center Passes Inspections.

The Mammography Center at Halifax Regional has passed two important examinations again in 2010. Both the State of North Carolina and the federal government inspected our equipment and records to ensure that we are providing a high level of service to our patients.

"Passing these inspections is the public's assurance that Halifax Regional provides quality services with equipment that functions properly and qualified personnel," said Terry Mason, R.T-RM, supervisor of the Mammography Center.

Halifax Regional performs approximately 6,000 mammograms a year.

The Renaissance Spa & Salon Promotes Mammograms.

The Mammography Center is partnering with The Renaissance Spa & Salon of Roanoke Rapids to encourage early detection of breast cancer in the Roanoke Valley as part of our observance of National Breast Cancer Awareness month in October.

The special offer applies to women who have a mammogram at Halifax Regional for the first time in October. They will receive a gift certificate entitling them to a 25% discount on one of the following services at The Renaissance Spa & Salon:

- "Mini-Escape" Massage and Facial package with Leah Brewer
- "Pamper me" Manicure and Pedicure package with Debbie Davis
- Women's Hair Cut/Color/Waxing with Nicole Reid
- Permanent Make-up by Yogie
- One Month Yoga Session (8 Classes)

Kelly Barber bought The Renaissance Spa

& Salon one year ago, and sees this promotion as a great way to celebrate the first year of her business. "As a native of Roanoke Rapids, I want to make a contribution to the health of women in our community as well as demonstrate the high quality services we offer at The Renaissance," says Barber. "Women love to be pampered and find a respite from the stresses of life. At The Renaissance Spa & Salon, our goal is to take great care of our clients so they will eagerly await their next visit."

Barber and her husband, Jack, moved back to Roanoke Rapids in 1995 to start their family. "We love the warm, friendly environment of Roanoke Rapids and feel it is a wonderful place to rear our children," Barber said. Sam is now 14 and Emma is 12.

The Renaissance Spa & Salon is located at 1038 Roanoke Avenue. For more information, call 252 537-8500 or visit www.therenaissancespaandsalon.com.

Free Memberships to Halifax HealthLink, Too.

Halifax HealthLink, the fitness center of Halifax Regional, is joining the Mammography Center to encourage women to dedicate themselves to their health.

All women who have a mammogram in October at Halifax Regional are eligible to win a free month's membership at Halifax HealthLink. Once they have their mammogram, their names are entered in a weekly drawing during October for the free memberships. That means five lucky women will receive a free one-month membership to Halifax HealthLink, a fun place to maintain your health and make new friends.

For more information on Halifax HealthLink, visit www.halifaxregional.us.

Stacy Finley is New Speech Therapist.



Stacy Finley works with Zyaii Mills.

Stacy Finley, a highly qualified Speech Therapist, has joined the staff of Physical Therapy Services.

Stacy has four years' experience as a Speech Therapist, a professional with special training in the diagnosis and treatment of speech disorders and language. She is certified by the American Speech & Hearing Association.

A native of Princeton in Johnston County, she has a bachelor's degree in Speech and Hearing Services from East Carolina and a master's degree in Speech, Language and Auditory Pathology, also from East Carolina.

Halifax Regional's Physical Therapy Services include physical, occupational and speech therapy. The office is located at 120 Professional Drive. For information, call 252 535-3028.

Dr. Jaffar Leads Hospitalists.

Asra Jaffar, MD, a board certified internal medicine specialist, is the new lead hospitalist at Halifax Regional.

Dr. Jaffar (pronounced JAW-FER) graduated from medical school in India and completed her residency at McLaren Regional Medical Center in Michigan in 2008.

She leads a team of seven hospitalists. Hospitalists are physicians who focus exclusively on caring for hospitalized patients. "My responsibility is to coordinate the work of the hospitalist team and serve as a liaison between the team and management," Dr. Jaffar says.

"There is a hospitalist in the Medical Center at all hours," said Mary Pat Whaley, who manages the program. "Patient care is the top priority for the hospitalists."

"We direct the care of hospitalized patients, follow their progress and develop a plan for their discharge," said Dr. Jaffar.

"Hospitalists communicate with the patient's doctor



Asra Jaffar, MD

regularly, so physicians can spend their time with their office patients. This approach improves the efficiency of medical care for all patients."

"Hospitalists are familiar with the Medical Center since their entire practice is spent there," said Whaley. "They are convenient to patients and provide personal care, working closely with one another throughout a patient's stay."

Visit www.halifaxregional.us and click on Halifax Hospitalists, for more information.

Sign Up Today.

Halifax Regional wants you to have more information about how to take care of your health. We are expanding our health education program and would like to send you information via email.

When you sign up for HealthEd, you'll receive emails with tips for a healthy lifestyle, information about special events at Halifax HealthLink and news about the services at Halifax Regional. PLUS, if you are not a member of HealthLink, you'll get a FREE one-month membership.

To sign up, go to www.halifaxregional.us and click on the "Sign up for HealthEd" icon.

Sixteenth 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. If you have questions or comments, please contact Gail Wade at 252 535-8111 or gwade@halifaxrhc.org. © 2010, Halifax Regional Medical Center.