

# Spirit of Halifax

The Community Newsletter of Halifax Regional



## Halifax Regional Invests in Improved Healthcare.

Construction underway on outpatient services.



Joining Will Mahone for the ceremonial start of construction are (left to right) Bill Pully, President, North Carolina Hospital Association; Barbara Moore, Administrative Director; Eric Rinehart, Administrative Director; Sherry Jensen, Vice President; Fannie P. Greene, Chair, Northampton County Commissioners; Vernon Bryant, Chair, Halifax Regional Board of Directors; James Pierce, Chair, Halifax County Commissioners; and Emery Doughtie, Mayor of Roanoke Rapids.

Halifax Regional has started construction on an ambitious project to modernize and expand outpatient services.

From the enlarged parking lot to more privacy and comfort to reduced waiting time for surgery, the entire project is centered on convenience and safety for patients.

"Outpatient services is a growing part of hospital care across the country," says Will

Mahone, president of Halifax Regional.

"With advanced technology, more procedures are performed on an outpatient basis." Studies show that approximately 90% of the healthcare that consumers need today is provided on an outpatient basis.

"The outpatient areas of Halifax Regional were last improved in 1987, and much has changed since then," added Mahone. "It is imperative that we offer the community services that are safe, private and comfortable."

The convenience will begin in the parking lot used for outpatient services and the Emergency Care Center. The parking lot will be expanded by more than 50 spaces and have convenient parking and patient drop-off areas.

Registration areas will be expanded and will have increased privacy. There also will be additional space to prepare for and recover from surgery. "The result will be decreased waiting time for patients having

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## In My View

### The Inside Scoop.

From time to time, we update our homes. Perhaps it's painting or redecorating and even adding a room. It's essential to reinvest in a home to maintain its value.



The situation also is true for hospitals. On this page of *Spirit of Halifax*, you'll learn about our exciting outpatient services project.

We've been thinking about this investment for the past four years. Board members, the administration and physicians all realized the project was essential.

Our surgeons were deeply involved in planning this project and are overwhelmingly supportive.

With this project, Halifax Regional will provide patients with a convenient, comfortable and private experience that is designed for them.

We'll also be in a position to meet the growing demand for outpatient surgery. An increasing number of procedures is done on an outpatient basis.

On the average, Halifax Regional invests \$2.4 million in major improvements to our building and in buying equipment each year.

Our ability to continue this re-investment largely depends on our financial condition, which is based on revenue from utilization and control of our expenses.

Your support of Halifax Regional makes it possible for us to offer a wide range of services, modern equipment and to have outstanding staff. Now, your support means a modern outpatient services area.

Thank you for using your regional medical center, where we put Patients First.

Will Mahone, President  
wmahone@halifaxrhc.org

## Facts and Figures.

- Project cost: \$6.5 million
- Square feet to be added/renovated: More than 15,000
- 1st phase to be completed in January, 2012
- Project completed in fall, 2012
- Architect: HDR, Inc., Charlotte
- Contractor: Riley Contracting Group, Cary
- Bank: BB&T

Expanding our space.  
**Improving your care.**



## Hospital Timeline.

- 1912 Roanoke Rapids Hospital opens on Hamilton Street
- 1917 Roanoke Rapids Hospital opens at Roanoke Ave and 7th Street
- 1972 Halifax Memorial Hospital opens on Smith Church Road
- 1975 Additional floor added to increase bed capacity
- 1979 Emergency Room expanded
- 1987 Outpatient surgery, lab and radiology department expanded
- 1992 Tower constructed to increase bed capacity
- 1998 Name changed to Halifax Regional Medical Center
- 2011 Construction begins on modernization and expansion of outpatient services

# Halifax Regional Invests in Improved Healthcare.

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outpatient surgery,” says Barbara Moore, RN, project manager.

“Upon entering the outpatient area, patients and their families will arrive at an open and spacious reception, waiting and registration area where information can be received in a comfortable, private setting,” continues Moore.

“Further down the renovated corridor, a new waiting area for outpatient family members will be located directly across from an expanded outpatient preparation/

recovery area for surgical patients.

“After surgery, patients will recover in a new, light-filled recovery suite, nearly twice the size of the current recovery area,” says Moore.

“Colors and finishes will provide a calm, healing environment for patients, their families and the staff.”

There will be a private consultation area for surgeons to meet with families.

“The renovations will enable surgeons to provide their services more efficiently in a friendly and comfortable environment for patients and their families,” said John

Moss, MD, orthopedic surgeon.

The architect is HDR Architecture, Inc., the largest healthcare architectural firm in the United States. Charles Reed of the firm’s Charlotte office is the lead architect. “Patients will experience enhanced privacy, comfort, convenience and safety when this project is completed,” Reed says.

The contractor is Riley Contracting Group of Cary. Riley is recognized for its ability to renovate hospitals while they are in operation. Financing is provided by BB&T.



Proposed outpatient waiting/entrance.



Proposed registration area.



Proposed patient area PACU.



Proposed reception for lab.

# Arthroscopic Surgery Reduces Pain and Hastens Recovery.

When Kathy Dikeman's knee began to hurt, she thought the pain would go away in a few days.

"One day I was not able to walk correctly or maneuver my knee. I had no flexibility," she recalls. "It was difficult to bend and get in and out of the car."

After two months, her knee did not get better. She saw John Moss, MD, a surgeon at Northern Carolina Orthopedics who practices at Halifax Regional.

In a few days, Kathy had arthroscopic surgery on her knee to remove the torn piece of meniscus.

"It was unbelievable," Kathy says. "The same day I had the surgery, I walked in my house with little discomfort. I had no pain and did not use medications."

An active business owner and volunteer at Lake Gaston, Kathy said her recovery time was brief. "I had several sessions of therapy and I then exercised on my own." Now, she's back full time, including her role as chair of O'Sail, a nonprofit organization that supports the arts, learning and safety at the lake.

"The procedure and the recovery were non-threatening," she says. "This was an incredible experience. The only thing I regret is waiting two months to see Dr. Moss."

Dr. Moss has performed more than 5,000 arthroscopic surgical procedures in his 26-year career. He completed a Fellowship in arthroscopic surgery.

"With the improvements in surgical techniques, the time in the operating room has been reduced significantly, and patients have more mobility with a shorter recovery and less pain," he says.

Torn knee cartilage and rotator cuff repair are other arthroscopic procedures he performs. "Techniques continue to improve," he explains. "Now the surgery is done through puncture holes inside the joint without opening the joint."

In Arthroscopic surgery, the surgeon places an Arthroscope, a fiberoptic lens, within the knee joint. The Arthroscope is attached to a camera that relays real-time images to a video monitor.



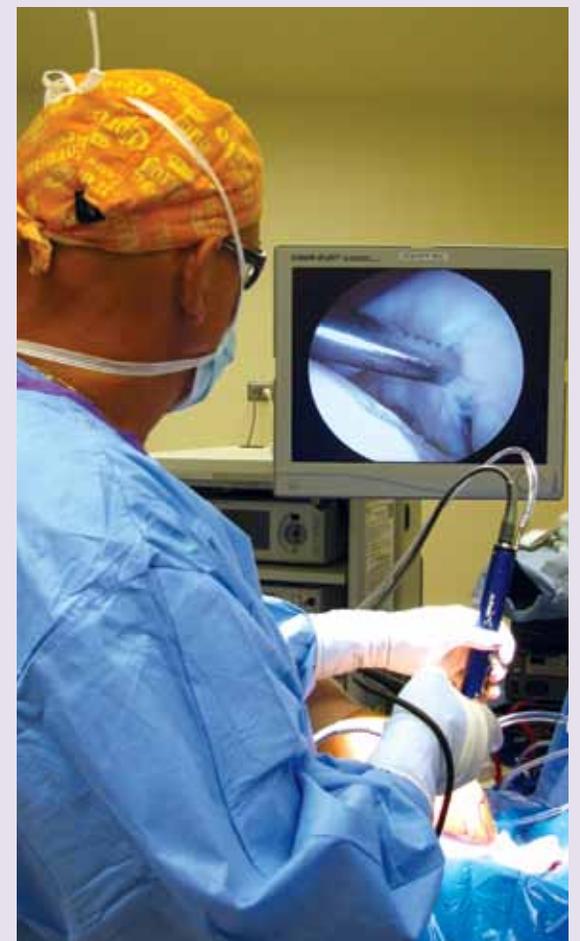
*Kathy Dikeman enjoys bicycling after her knee surgery.*

## When You Should See an Orthopedic Surgeon.

Knee pain is the most common musculoskeletal complaint that brings people to the orthopedic surgeon.

Try over-the-counter anti-inflammatory pain medications and therapy, but if you have these conditions, see an orthopedic specialist:

- **Knee.** Significant pain and swelling for more than a week or if your knee gives way when walking or if your knee locks up.
- **Shoulder.** If you have significant pain. If you can't raise your arm over your head without significant pain.



*Dr. John Moss in surgery.*

Halifax Regional has three orthopedic surgeons on its medical staff:

- Richard Holm, MD, Northern Carolina Orthopedics. 252 537-5631
- Eduardo Marsigili, MD, Nash Orthopedics. 252 535-1655
- John Moss, MD, Northern Carolina Orthopedics. 252-537-5631.

For more information on these physicians, visit [www.halifaxregional.org](http://www.halifaxregional.org) and click on "Find a Physician."

## Revealing the Mysteries.



*Tim Grant, MRI Coordinator.*

The human body is a mystery in many ways, but thanks to medical technology, doctors are revealing more of the mysteries.

At Halifax Regional, physicians use a modern MRI to diagnose more diseases. Our modern MRI has one of the highest resolution magnets delivering a high-quality image.

In today's medicine, doctors use MRI results to help diagnose heart disease, cancer, joint and low back pain, brain

issues and even Multiple Sclerosis and Alzheimer's disease.

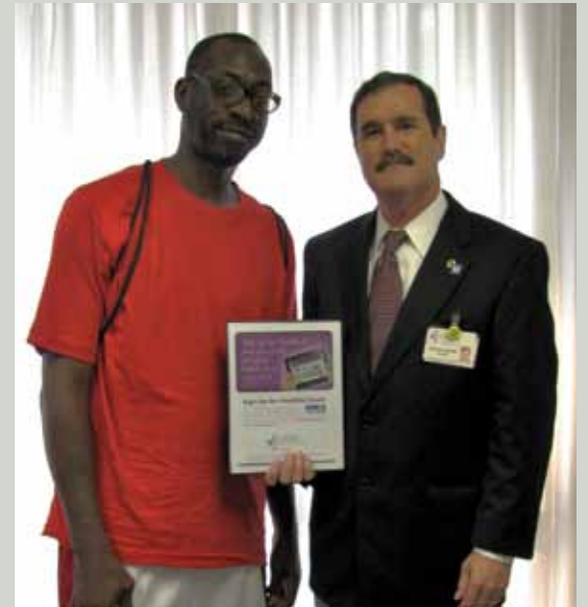
If your doctor recommends an MRI, ask that you be referred to Halifax Regional. Our MRI is located in our Medical Plaza, where access is easy and parking is close to the building. There is one-stop registration and a comfortable feeling from a staff that puts you first. Technicians with national certifications provide personalized services.

## iPad Winner.

Darryl Bourn of Roanoke Rapids is the winner of the iPad for signing up to receive HealthEd, Halifax Regional's monthly email newsletter. "I can't believe I won," said Bourn.

"Halifax Regional is a good community hospital, and I will keep my family coming back whenever we need hospital services," he added.

HealthEd is free. Sign up at [www.halifaxregional.org](http://www.halifaxregional.org) and click on the "sign up for HealthEd" icon.



*Will Mahone presents the iPad to Darryl Bourn.*

**Twentieth 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](mailto:gwade@halifaxrhc.org). © 2011, Halifax Regional Medical Center.

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