

Spirit of Halifax

The Community Newsletter of Halifax Regional Medical Center



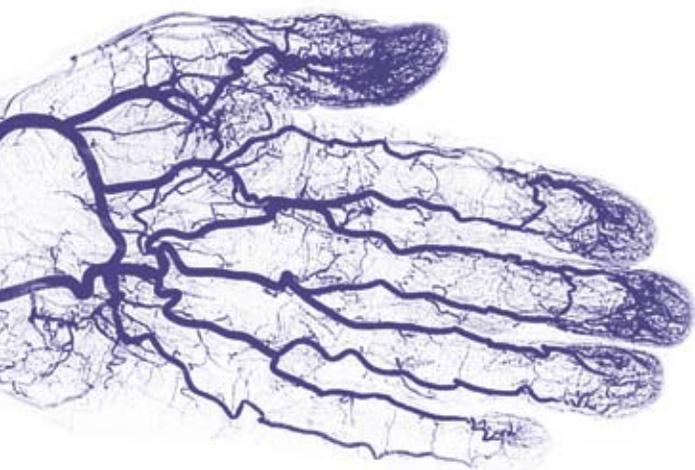
A new service in the heart of the Roanoke Valley.

Halifax Regional continues to expand its cardiac services to the Roanoke Valley. Along with our recently opened Cardiac Cath Lab (see story page 4), we're pleased to announce that we will begin offering angiography services this spring.

Angiograms are done to show whether blood is flowing smoothly or has become constricted. The test is often performed on people who suffer from peripheral artery disease, a condition in which symptoms may include leg or arm pain, numbness, cold hands or feet, or discoloration.

During the procedure, a special dye and camera are used to show the flow of blood in an artery or vein. A small flexible catheter is carefully guided to the study area. The dye is injected through the catheter. A special X-ray camera takes photos of the dye inside the artery or vein. These pictures help determine if the patient has a blockage which may be impeding adequate blood flow. Various tools, such as balloons or stents, can then be used to open blockages and restore normal blood flow.

Nadim Geloo, MD will direct the activities of the angiography suite. In addition, we will hire three highly trained technologists to assist with the procedure. And now, with angiography and cardiac catheterization services being added within months of each other, we have another reason to say our heart services are outstanding.



Fine detail images such as this are possible with the new angiography technology coming soon to Halifax Regional.



Patients arriving with chest pain will benefit from an extended period of observation.

Between the ER and hospital admission is: the Clinical Decision Unit.

When people come into our Emergency Care Center, we usually know in a short period of time if they'll require hospital admission or if they can be treated and allowed to return home. There are some cases, however, that require a longer period of evaluation. To make sure these patients have the attention and comfort they need, we're planning a unit just for them – the Clinical Decision Unit – scheduled to open early next year.

We will begin with patients who come in with chest pain. If their tests indicate a heart attack, they'll be admitted or transferred to another facility. If their tests are negative, however, the doctor may feel a longer period of observation is necessary or more tests need to be done. These patients will then be moved to the Clinical Decision Unit, a newly created area on the third floor of the hospital, for 12-16 hours of closer study.

Patients will appreciate the greater privacy the Clinical Decision Unit offers. They'll also benefit by receiving care from nurses who have specialized training in this area of medicine, and they will be more comfortable in a private room where they can have visitors.

For physicians, it's an opportunity to take the time to get the information needed to do what's best for patients.

"We want to assess patients properly so we can give them the appropriate level of care," said Karen Daniels, Vice President of Nursing. "We will begin with chest pain patients, then later we expect to offer this service for other conditions, such as asthma or congestive heart failure. We're pleased to offer this new level of care to the community. It's another indication of our commitment to meet the healthcare needs of everyone in the region."

New physician offers full range of surgical services for women.

A medical center that truly aspires to excel in all of its services must be focused on Women's Services. That's why Halifax Regional has developed such a wide-ranging program of obstetrical and gynecological surgery and why we're pleased to introduce our newest GYN physician, Richard P. Shea, MD.

At Halifax Regional, you'll benefit from the same equipment found in large hospitals. Among the many surgical procedures done here are:

- Standard hysterectomy – Treatment of fibroids, endometriosis, cancer and pelvic pain, ovarian and tubal procedures
- Hysteroscopy, endometrial ablation – minimally invasive treatment for uterine diseases
- Urogynecology – Treatment for urinary incontinence or

prolapsed/bulging of the vagina, bladder and/or uterus

- Laparoscopy – A minimally invasive surgical procedure using specialized tools and tiny incisions; used whenever possible on an outpatient basis; results in less discomfort and faster recovery

Dr. Shea has experience treating these and other conditions faced by women today. He also enjoys providing prenatal care and delivering babies at our modern Birthing Center.

Shea is a native of the Charlotte area, and he received his degree from Davidson College. He went to medical school at the University of North Carolina at Chapel Hill, and he is board-certified in obstetrics and gynecology.

Laredo, Texas is the hometown of Dr. Shea's wife, Estela, and the former home of Dr. Shea's practice.

The family feels at home already in Roanoke Rapids, and they look forward to enjoying the adventure and history of the East Coast. Dr. Shea enjoys playing tennis regularly with his son. He also enjoys computer games and reading.

Dr. Shea is now accepting new patients. He has joined Women's Health Specialists at 1381 Medical Center Drive in Roanoke Rapids. To schedule an appointment, call 535-1414.



Dr. Richard Shea

All the right moves.

Save yourself some time – when you're looking for our Human Resources and Education Departments or Halifax Works, our occupational health services, don't go to the Medical Center. They're just down the street now at 210 Smith Church Road.



As a woman, you recognize that your health needs change along with your age. Here are some topics you and your doctor will want to keep up-to-date about.

Cancer

Follow the guidelines to be tested regularly. Have mammograms, pap smears and other screening tests as your doctor recommends.

Osteoporosis

Bones become brittle and often fracture when there is a loss of bone mass. Fortunately it can be prevented and its effects lessened once diagnosed.

Depression

It's estimated that 19 million American adults now have serious depression. And 15% of pregnant women battle depression. Learn how to recognize and treat it.

Hormone Replacement

Hormone replacement therapy can help reduce depression in post-menopausal women, but it also may increase the risk of

breast and uterine cancer. Talk to your doctor about what's best for you.

Incontinence

It's more common than you might expect. But there are many treatments and surgical procedures that can bring relief.

Thyroid Dysfunction

Women often complain of symptoms such as fatigue and depression and attribute it to menopause. In some cases, however, the culprit is an undiagnosed thyroid condition.

Coronary Disease

Many women underestimate the threat of coronary artery disease. More women die from coronary artery disease than from cancer, COPD, Alzheimer's, diabetes and accidents combined.

We salute the "Best of the Valley."



Rebecca Burkett, RN



Dr. Kenneth Robert, MD

When we place "Patients First," people notice, and our staff and physicians are recognized for their excellence. This year, our nurses have won the "Hallmark of Healthy Workplaces" award and four "Great 100 Nurses" awards. Now we add the Daily Herald's "Best of the Valley" annual awards, selected by readers, to that list. We congratulate:

Rebecca Burkett, RN selected as "Best Nurse."

She works on the sixth floor and joined Halifax Regional in 1980.

Kenneth Robert, MD of Roanoke Clinic, selected as "Best Doctor."

Dr. Robert joined the Medical Staff of Halifax Regional in 2003 and was also named "Best Doctor" last year.

We appreciate the recognition, but most of all we're grateful that our emphasis on serving our patients is validated with each award.



Five original employees mark Medical Center's 35th anniversary.

Our current building opened on October 15, 1972. Though it's been expanded four times over the years, five employees have served loyally since that first opening day. Pictured with Halifax Regional President Will Mahone are (l-r): Amos Clanton, Annie Byrd, Will Mahone - CEO, Shirly Allen, Nathaniel Ausby. Inset: Maggielene Price

For 16 years, some caring and dedicated people...

have been working quietly behind the scenes to improve the quality of healthcare in the Roanoke Valley.

They are the leaders and donors of the Halifax Regional Foundation, a not-for-profit charitable organization associated with the Medical Center. They support Halifax Regional in improving health services, such as buying new equipment, supporting research and offering educational programs.

According to Rose Fleming, Chair, the Foundation is a way to involve the community in making healthcare better. "Helping others makes a better community," she said.

This year was the best in the Foundation's history. More than \$81,000 was raised through events and employee contributions. One of the most successful events is the annual Golf Classic. This year, more than \$27,000 was raised, thanks to the generosity of corporate sponsors, contributing sponsors and participants.

There was a record amount of money distributed by the Foundation, including \$15,000 for the Free Clinic, \$4,790 for the purchase of treadmills and bicycles for Woodside so psychiatric patients can exercise in their unit, and \$10,000 to support the "Tobacco-Free" campaign.

We are most proud of the donations of employees of the Medical Center. This year, they gave \$52,000, an increase of \$18,000 over last year. "It is quite



The Angel Tree allows donors to honor or remember a special someone with an ornamental angel on the Medical Center's Christmas tree.

significant when you consider that our employees work with sick people every day and then take money out of their own pockets to help patients again in a different way," said Gwynell Butts, Foundation Coordinator. "Truly, our employees live the Medical Center's slogan by placing Patients First."

Our nurses LEAP to excellence.

We're very fortunate at Halifax Regional to have an excellent nursing staff, a fact confirmed by the recent awards. We want to be sure they stay on our team, and you want to be sure they continue providing the personal care you've come to expect. Nurses, meanwhile, want to improve their clinical skills and advance in their careers.

One way to make all this happen is our LEAP Program – Leadership, Example, Advocate, Professional.

With LEAP, nurses have four levels of advancement in their career development. From the RN level, they can advance to Levels 2, 3, and 4, with additional responsibilities and compensation at each level.

"We established this program to be meaningful to our nurses," said Karen Daniels, Vice President of Nursing. "It's difficult to advance, but each level will represent a significant accomplishment. These are the people who are serious about moving forward clinically."

To be admitted to the program, nurses must be at the RN level. Acceptance is based on evaluation and recommendations by their

manager and two co-workers. If approved, the nurse then will receive continuing education and training. Their level must be renewed every two years.

There are currently 17 participating nurses. One of them is Roanoke Rapids native April Clay, RN, who works in labor and delivery. "I just started in LEAP this August," she said. "I had my degree and I wanted to move forward in my career, but I wanted to remain a 'bedside' nurse. I like the interaction with patients. LEAP inspires me to advance and enables me to keep up with the changes in nursing and patient care."

Maxine Green, RN was one of the first to be admitted to the program. A nurse in our Woodside Psychiatric Unit, she has been with Halifax Regional since 1992. "I want to stay at the top of my profession," she said. "When anything comes up in my field, I want to be able to achieve it."

Maxine sums up the positive attitudes of nurses who are making the LEAP to career advancement. "I'm doing my best to be all I can be. I want to get all the knowledge I can so I am able to provide the best care to my patients."



Maxine Green, RN and April Clay, RN are committed to advancing their nursing careers.

We're grateful to the Foundation's Board of Directors.

Our deepest gratitude goes out to those who serve so faithfully.

Shirley Allen	Undine Garner	James Pierce
Mike Askew	M.E. Gilstrap	Pat Pingarelli
Hugh Bazemore	Kamlesh Gupta, MD	Hubert Pope
Jimmie Burnette	William Mahone	Quinton Qualls
Presad Degala, MD	Nancy Moseley	Bruce Robistow
Joyce D'Ottavio	William K. Neal	Ann Boyd Smith
Rose A. Fleming	Neal Phillips	



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.

Free and open to the public.

Cholesterol Screening

Have your cholesterol checked the 1st consecutive Tuesday and Wednesday of the month from 9 a.m. – noon (by appointment only). Charge is \$15. Call 535-4334 to schedule an appointment.

Diabetes Support Group

2nd Mondays – 7 p.m.

Call 535-8276 for more information.

*Group will not meet in December.

Better Breathers Support Group

4th Mondays – 7 p.m.

Call 535-4334 for more information.

NAMI Mental Health Support Group

1st & 3rd Tuesdays – 7 p.m.

Call 537-0320 for more information.

Families of Victims of Violent Deaths 4th Tuesdays – 6:30 p.m.

Contact Dianne Elliot at 583-1301 or diane.t.elliott@nccourts.org for more information.

HIV / AIDS Support Group

Call Misty at 535-8173 for more information.

A.W.A.K.E. Sleep Disorder Support Group

Meets quarterly on the 4th Thursday of the month.

Call 537-2400 for more information.

Smoking Cessation Class

Classes are offered for Halifax Regional employees and patients and for the general public.

Call 535-2163 or 535-4334 for more information.

K.E.E.P. (Kidney Early Evaluation Program)

Planned for January, 2008.

Please watch for further details.

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

Heartening progress continues in Cardiac Cath Lab.

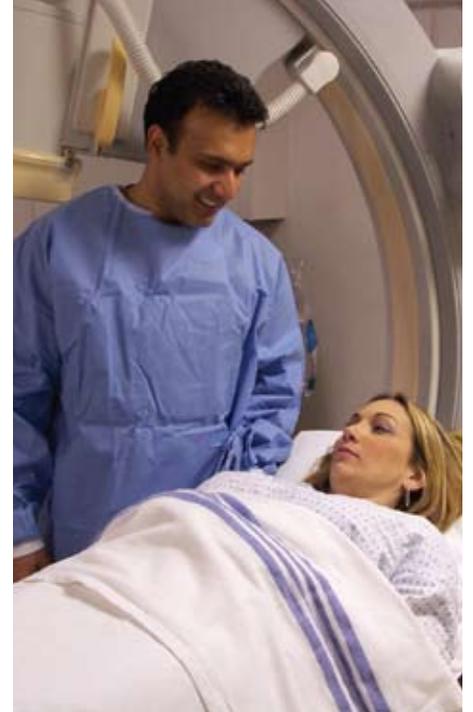
Our cardiac services recently expanded significantly with the addition of our new Cardiac Cath Lab. The first procedure was performed on October 21, and area physicians have been referring their patients ever since in a show of confidence for the new service.

The test itself and the equipment used are identical to that available in much larger medical centers. There's one big difference here in Roanoke Rapids, though – our patients are cared for with the personal attention that our community and our nursing staff are known for.

Brenda Nowell of Roanoke Rapids, our very first patient, certainly agrees.

"The coordination was perfect," she said after the procedure, "and the communication from Dr. Geloo and the nurses was excellent. The nurses were super... I feel confident I'm in good hands at Halifax Regional."

Nadim Geloo, MD is the interventional cardiologist who directs the Cath Lab and conducts



Nadim Geloo, MD, Medical Director of the Cath Lab, discusses the procedure with the patient.

the procedures. "Our experience has been excellent," he said, "and the safety of each patient is paramount. This is a service that was not available at the Medical Center, and it represents a continuing commitment to bringing medical advances to our region."

Fifth 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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