



Healthwise

SPRING 2017

Just Right

LOCAL FAMILY LOVES
JUST SO PEDIATRICS

• • • Plus • • •

Campus Updates

WHAT'S NEW AT BMH?

Taking the Time

VOLUNTEERING @ BMH

Circle of Support

LOCAL MOM'S EXPERIENCE
WITH CENTERING PREGNANCY





IN THIS ISSUE

4

JUST RIGHT

The Sciacca family shares their love for Just So Pediatrics.



6

LOCALLY INNOVATIVE

BMH Emergency Department partners with Dartmouth-Hitchcock for life-saving technology.



7

GOOD IN THE NEIGHBORHOOD

Janet Corry shares her decision to stay local for her cancer care.



10

CIRCLE OF SUPPORT

Local mom Lauren McDowell shares her experience with the Centering Pregnancy program.



WHAT'S HAPPENING?

For details and contact info, visit bmhvt.org/events

LUNCHTIME EXERCISE DVD CLUB

Exercise to fun and popular routines, from the Oldies to Bollywood. Mondays, 12-12:30pm

TOBACCO CESSATION PROGRAM

Nicotine replacement therapy for VT residents over 18. Mondays, 1-2pm or Wednesdays, 5-6pm

TAI CHI FOR HEALTH

Learn meditative martial arts using slow movements and deep breathing. Tuesdays, 9:15-10am

MOTHER'S CIRCLE

For moms who need an open and confidential place to share. Tuesdays, 10:15am-12pm

INDOOR WALKING GROUP

Move at your own pace to an active walking DVD. Wednesdays/Fridays, 12-12:30pm or 3:30-4pm

CAMPUS UPDATE

Have you or someone you know been on the 3rd floor of the hospital recently?

You've probably noticed that we've been busy with renovations, combining the Medical-Surgical and Special Care units into one Progressive Care Unit.



With construction on track, we are excited to share images of the renovation in progress.



"The changes will improve patient safety and comfort by eliminating the need to transfer patients between units," explained **Mary Urquhart, BMH VP of Patient Care Services**. "By combining two nursing staffs, we also improve efficiency and teamwork."



PRESIDENT'S CORNER

Welcome to our newly redesigned Healthwise magazine! We're excited for you to explore the topics we've covered in our latest issue.

As a hospital, we are also experiencing change. This past year, we partnered with Groundworks Collaborative, an organization providing shelter and support services for the homeless, to provide healthcare options for vulnerable populations. We placed a Vulnerable Population RN Care Coordinator at the Groundworks Drop In Center, providing both basic health care and case management. We look forward to continuing this partnership and are proud to provide access to high-quality, family-centered health care and social services for those most in need.

Also, we recently announced new construction plans. Our Modernization Project includes the construction of a four story building to house replacement for the three existing operating rooms and support areas, allowing us to upgrade to current standards, maintain our excellent surgical programs, and continue to provide modern technology for our patients.

The additional medical office space will enable us to retain and recruit new primary care and specialty clinicians, as well as relocate several practices currently housed in renovated residential homes to new space designed specifically for medical use. The project also includes a new boiler system and addresses the space challenges of the current cardiopulmonary rehabilitation program.

We strive to provide exceptional care for Windham County, and in doing so, we hope to create a healthier community.

Best Regards,

Steven R. Gordon

President and CEO
Brattleboro Memorial Hospital





Just Right



Just So Pediatrics

For Westminster residents John and Amy Sciacca, life can be hectic with a full house of three dogs, two cats, two children (Nola, 10 and Sabin, 7), and a passel of farm animals. That's why they rely on Just So Pediatrics for their children's care.

As the general manager for Brattleboro Subaru, John's schedule is busy, and he appreciates the care provided by the practice, "Dr. Slowinski and the Just So Pediatrics team truly care about the well-being of the kids."

His wife Amy reflected, "When we speak, they listen to our questions and concerns, and make sure our children's care is placed first. When I call, I talk directly to the receptionist and not a machine. And when we walk through the doors, it feels homey and secure."

Looking for pediatric care for your children?

**Just So Pediatrics is now accepting new patients!
Call 802-251-8626 to schedule an appointment.**

TAKING GOOD CARE

After undergoing a medical procedure, the transition back home can be hectic! Challenges include missed appointments, poor communication with physicians, and medication errors.

In order to alleviate patient stress, BMH created a care transition plan. Implemented in several departments and practices, including the Emergency Department and Brattleboro OB/GYN, RN Care Managers act as the single point of resource for patients by scheduling appointments, educating patients, and facilitating the patient's care across departments.

How does care management work? After recovering from hospitalization, patients require real-time education and support. As medication issues remain one of the top reasons for readmission, the manager provides individualized support helping patients navigate their post-hospital care.



"Care coordination provides efficient and quality care for our patients. It will optimize patient outcomes with fewer return calls, office visits, or readmissions." **Michele Rowland, MSN/RN, LICSW**
Executive Director of Quality/Utilization & Care Management

NEW CAREER OPPORTUNITIES



Interested in a career in medicine but concerned about the cost of education? Consider becoming a Medical Assistant! A new partnership between BMH and CCV allows students to complete an accelerated Medical Assistant program in just one semester. As part of the joint initiative, BMH is providing full scholarships for eight successful applicants to the program. Scholarship recipients will have their CCV tuition waived and will receive supervised clinical practice at BMH. The eight scholarship recipients will be hired as Medical Assistants at BMH upon successful completion of the program and licensure exam.

**Applications are available May 1.
Learn more about the program and apply online: www.ccv.edu**

Locally Innovative

Imagine that you or a loved one is experiencing stroke or heart attack symptoms. Now imagine that you have almost instant access to a highly qualified Dartmouth-Hitchcock (D-H) neurologist. Impossible? Not anymore. Thanks to a recent partnership between BMH and D-H Center for Connected Care, BMH's Emergency Department is now equipped with a TeleNeurology machine, connecting the ED's staff directly with D-H providers.

In a crisis, D-H TeleNeurology can provide immediate support to BMH's local care team by putting board-certified neurologists at a patient's bedside via live, two-way secure video on large format, high-definition monitors. The connection allows the D-H neurologist to review vital signs, examine CT scans, review the medical chart, and visually examine the patient.

Kathleen McGraw, BMH Chief Medical Officer,

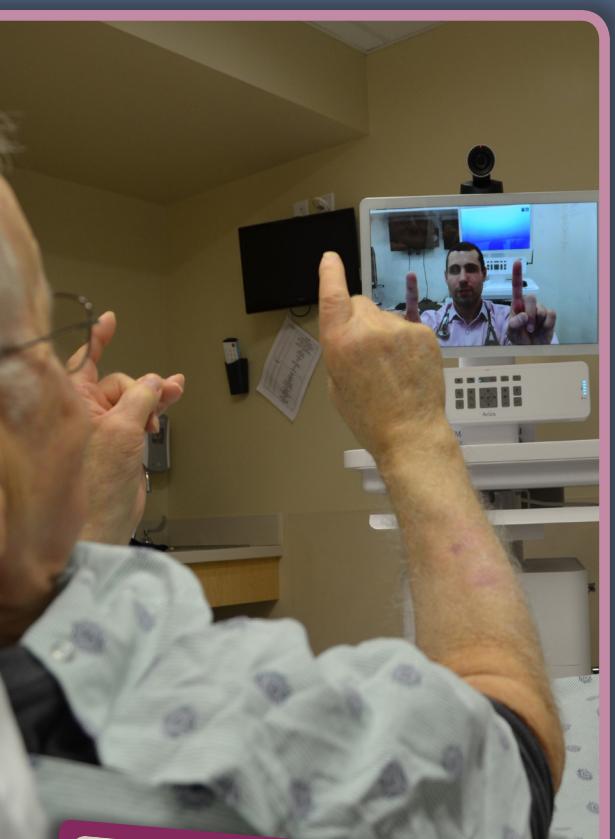
explained the significance,

"By engaging with this new form of telemedicine, response times for patient care are shortened, allowing our medical staff to improve patient safety."

The TeleNeurology provider at D-H will diagnose the patient and recommend treatment within minutes, not the hours which would be required if the patient were transferred.

"This system will allow us to continue to provide high quality patient care right in our community," stated McGraw.

A Dartmouth-Hitchcock Connected Care provider remotely demonstrates the new teleneurology service available in the BMH Emergency Department.



Good in the Neighborhood

It was 2010 when Brattleboro resident Janet Corry was diagnosed with stage III-C fallopian tube cancer. After her initial diagnosis at BMH, and consultation with a specialist at Dartmouth-Hitchcock Medical Center, Janet made the decision to stay local for her oncology care.

"After raising my family here in Brattleboro, I was familiar with the doctors in the area. I didn't like the idea of spending my days traveling for treatment when I can receive the same level of excellent care right in my backyard."

Janet soon developed a close relationship with **oncology nurse practitioner, Agnes Mikijanic, ARNP**. "Agnes is my rock, she is extremely knowledgeable and honest with me. It's been seven years since my diagnosis, and she continually gives me hope for the future."

Kelly McCue, DNP, AOCNS, RN, Program Operations Manager for BMH Oncology, noted the importance of a strong bond between patients and providers, "In oncology, we meet patients in a vulnerable and emotional place. While walking with them in their journey, we are proud to provide world-class care so close to home."

For Janet, the availability of compassionate local care is invaluable, "I never feel daunted or scared, I feel as if I am going up the hill to visit with my favorite neighbors."



NUTRITION



TRANSPORT



INFORMATION

EMERGENCY
DEPARTMENT

CARDIOLOGY



REHAB

TAKE THE TIME

Do you have spare time and are looking for a new and fulfilling experience? Or are you a student unsure of what career path you want to take? Consider becoming a volunteer at BMH!



VOLUNTEER SPOTLIGHT

After retiring as Vice President of the Vermont National Bank in 1993, **Russ Stephens** began volunteering at the hospital. Affectionately known as "Mr. Volunteer," Russ dedicates much more of his time than his scheduled weekly shifts and to date has volunteered over 10,000 hours at BMH. In 2009, **Russ' wife, Doris**, joined the hospital as a volunteer in the Oncology and Acute Care units. Doris enjoys assisting the nursing staff and participating in the hospital's annual craft fair.

Our diverse team of volunteers provides a variety of services for both patients and employees – from greeting and transporting patients to light clerical and non-clinical work. Our **student volunteer program** for teens ages 13-18 allows students to select assignments according to their career goals or interests. In addition, BMH offers a **shadowing program** for students to learn first-hand from staff members about a particular field in which they are interested, such as orthopaedics, radiology, or nutrition.



Interested? Contact JoAnne Rogers, Volunteer Coordinator 802-257-8238 or jrogers@bmhvt.org



ASK THE DOCTOR

with

Dr. Aida Avdic, MD

Dr. Avdic is the Medical Director of the Hospitalist program at BMH.

Q: WHAT IS A HOSPITALIST?

Hospitalists are physicians that work exclusively in the hospital to care for patients. They provide continual care during your stay, providing information, explaining procedures, and adjusting treatments to fit your unique medical needs.

Q: WHAT WOULD A TYPICAL DAY INCLUDE?

Daily responsibilities could include examining patients as they are admitted and reviewing lab tests, x-rays and other diagnostic tests performed. They may also order medications, treatments and services through careful coordination with families, patients, and specialty physicians.

Q: HOW MANY TIMES WOULD I SEE A HOSPITALIST?

Typically, hospitalists make rounds throughout patient floors, so if you are in stable condition, you would see your hospitalists once a day. If an emergency should arise, the hospitalist would attend immediately.

Q: WHAT ABOUT MY PRIMARY CARE PROVIDER? ARE THEY INVOLVED?

The hospitalist acts as your in-house provider during your hospital stay. They work closely with your provider, providing information and updates on your health. Once you are discharged, your physician will provide your follow-up care.

IN THE KITCHEN

WITH BMH REGISTERED DIETICIAN
PEG CANAL, MS, RD, CD, CDE

BRASSICA WITH SESAME DRESSING



INGREDIENTS

- 2 broccoli crowns, cut into florets
- 1 tbs. low-sodium soy sauce
- 1 small clove garlic, minced
- 1 tsp. grated ginger
- 2 tsp. rice vinegar
- 2 tsp. toasted sesame oil
- 2 tsp. honey

DIRECTIONS

1. Steam the broccoli until tender-crisp, 2-3 minutes. Drain well.
2. Make the vinaigrette: whisk the remaining ingredients together.
3. Toss the vinaigrette with the broccoli.

Source: Kate Sherwood for Nutrition Action
Photo courtesy of Danny Ghitis,
New York Times

CIRCLE OF SUPPORT

Lauren McDowell with her three sons, Holden (6 1/2), Callan (9), and Anders (3 months)



Pregnancy is a special time for a woman to focus on her health and wellbeing, and providers at Brattleboro OB/GYN and Four Seasons Midwifery understand just that.

Expecting patients are now able to enroll in the practice's Centering Pregnancy program, a holistic prenatal care group bringing women due at the same time out of the exam room and into groups for their care.

Lauren McDowell, a busy Putney mom, was intrigued by the program when she discovered she was pregnant with her third son, "With two older children at home I hoped to create a space in our busy lives to give intention to this pregnancy and to this baby as I prepared for the birth and for a new journey as a mom."

Lauren appreciated the support she found with her group, "Centering created a community space where moms-to-be and their partners came to ask questions, where they were accepted and supported, and where they found new friendships and deepened connections."

Think Centering Pregnancy could be right for you?
Contact Brattleboro OB/GYN to learn more. Call 802-251-9965 or visit bmhvt.org

JOIN THE BMH AUXILIARY

Are you interested in joining a dynamic and fun group dedicated to making a difference at BMH? Consider joining the BMH Auxiliary! A diverse group of men and women, the Auxiliary hosts various fundraising events throughout the year, such as food, bake, and art sales to support both scholarships for high schoolers and medical equipment for hospital departments.

If you'd like to learn more and meet auxiliary members, come to their **Annual Spring Event on Thursday, May 11 at the Brattleboro Country Club at 5:30pm**. Cocktails and appetizers will be served. Tickets are \$20 per person.

At 6:30, guest speaker Sr. Patricia McKittrick, RN will lead a discussion on **Humor to Cope, Humor to Heal**. The coordinator of Health Ministries for UVM Medical Center, Sr. Pat will speak about ways to find daily happiness – and how laughter has the power to improve our overall health.

For more information or to register for the event, contact Barb Henry
Call (802) 257-0688 or email: barb-dave.henry@comcast.net.

MAKE A DIFFERENCE
JOIN OUR TEAM

CAREER OPPORTUNITIES

CURRENT OPENINGS

Progressive Care RN

Must have ICU experience.
Provide compassionate care to patients with varied acuity levels.
Should work well under pressure.



Environmental Services Aide

Make sure areas are always clean and safe for patients. Should be detail oriented.

Looking to start a new career?
Or a part time position?
What about on an as-needed basis?

Consider working with us!
Brattleboro Memorial Hospital is a dynamic workplace dedicated to providing the best experience for every patient, every time.

Sound like you? Discover more jobs and apply online:
bmhvt.org/careers



EXCEPTIONAL CARE FOR OUR COMMUNITY
17 Belmont Avenue | Brattleboro, VT 05301
(802) 257-0341 | bmhvt.org

Nonprofit Org
U.S. Postage
PAID
Permit 183
Greenfield, MA

FOR QUESTIONS about Healthwise magazine, call (802) 257-8314.

This magazine is not intended as specific medical advice and is not a substitute for professional medical treatment or diagnosis. Consult your physician with any questions about your health.

TOUCH A TRUCK

Saturday May 13, 2017 - 9am-1pm

Brattleboro Memorial Hospital Parking Lot
17 Belmont Avenue, Brattleboro, VT

COST

\$5 per child (ages 2-12)

\$15 family pack for families with 3+ children

All others by donation

Want to win FREE tickets? Enter our coloring contest!
Visit www.bmhvt.org/giving/touch-a-truck for details.

