

Newport Hospital Healthbeat

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • SPRING/SUMMER 2015

Message from the President of Newport Hospital



I'm so pleased to introduce Newport Hospital's first community newsletter. Inside, you'll find information on the wealth of resources, services and new physicians that you'll find at Newport Hospital—as well as health tips, exercise hints and our upcoming free community lecture series.

In this first issue, the focus is on access to care. As the only acute care hospital in a tight-knit community, we are an essential point of access for Aquidneck Island residents—access to award-winning, excellent care, right here at home. From our primary care practices, to our outstanding birthing center, to our advanced cardiac and cancer services, we care for patients at every stage of life and across the range of health needs. We provide a broad range of services for a community hospital, and as a Lifespan partner, we also facilitate access to the expertise of academically affiliated specialists, cutting-edge

research and advanced procedures available at Rhode Island and The Miriam hospitals.

You'll also notice a focus on heart-health, exercise and healthy eating choices, in recognition of recent national heart, nutrition and stress awareness months—plus a great recipe to try. We are here to care for you when you are ill, but our ultimate focus is to keep you well—and wellness starts with those basic building blocks of exercise, diet and good preventive care. Finally, we've included information on our community lectures, courses, support groups and other happenings here at the hospital. As a resident of Newport County, this is your hospital—we want you to feel connected and to be able to make full use of the resources we offer. This truly is an extraordinary community, and this truly is an extraordinary hospital.

Best wishes for a healthy season ahead,

Crista Durand



Newport Hospital
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Newport Hospital Welcomes New Physicians

Newport Hospital welcomed a host of new physicians and providers this winter, including two primary care providers, a neurologist, two OB/GYNs, a certified nurse midwife and an orthopedic surgeon.



Camille Montes, MD



Liza Famador, MD

Camille Montes, MD, and Liza Famador, MD, joined the Newport medical staff as part of Portsmouth Family Medicine, a newly acquired practice in Portsmouth. Once known as the Johnson practice, which provided care to Portsmouth residents for decades, Montes and Famador are now practicing

with Stephen Groskin, MD, under the name Portsmouth Family Medicine, and are welcoming new patients. As primary care physicians, Famador and Montes focus on providing the full range of family medicine, including preventive care to the entire family. Their interests include care for newborns and children, women's health and diabetes management.

Both physicians are board certified in family medicine. Famador is a graduate of the University of the East Ramon Magsaysay Memorial Medical Center, Quezon City, Philippines, and completed her residency in Family Medicine at the University of Pittsburgh Medical Center Shadyside. Montes is a graduate of the University of Santo Tomas, Manila, Philippines, and also completed a residency in Family Medicine at the University of Pittsburgh Medical Center Shadyside.



Neurologist **Edward Donnelly, MD,** also joined the Newport Hospital medical staff as part of Newport Neurology Services, and is serving as medical director of the hospital's stroke program. Newport Hospital is a certified primary stroke center, meeting rigorous national standards for stroke patient care.

Donnelly's areas of specialty in neurology include epilepsy and seizures. As director of the stroke program, he provides both patient stroke care and community and physician education about stroke treatment and care. Donnelly comes to Newport Neurology Services from

Neurohealth, Inc. in Warwick. He is a graduate of Dartmouth Medical School and completed a fellowship in clinical neurophysiology at Rhode Island Hospital, where he also completed a residency in neurology. He is certified by the American Board of Psychiatry and Neurology.



Gail Carreau, MD, joined Newport Women's Health as an obstetrician/gynecologist. A graduate of George Washington University School of Medicine and board certified in obstetrics and gynecology, Carreau has extensive experience caring for women with high-risk pregnancies.

Carreau comes to Newport Hospital from Franciscan Women's Health Associates in Tacoma, Washington. She completed her residency at the Yale University-affiliated Bridgeport Hospital in Connecticut. A fellow of the American College of Obstetricians and Gynecologists, Carreau is also a member of the American Institute of Ultrasound in Medicine.



Ginny Bass, MD, is another new member of the Newport Women's Health team. A graduate of the Medical University of South Carolina, Bass completed her residency at Carilion Clinic-Virginia Tech Carilion in Roanoke, Virginia. She practiced most recently at Lawrence and Memorial Medical Group in Westerly, Rhode Island. She is board certified by the American Board of Obstetrics and Gynecology and is a fellow of the American College of Obstetrics and Gynecology.



And **Karolyn Zambrotta,** certified nurse midwife, completes the additions to the Newport Women's Health team. She received her BS and MS in nursing from Salve Regina University and the University of Rhode Island, respectively. Before completing her midwife training, she served as a nurse in Newport Hospital's birthing center for 15 years. She is board certified as a nurse midwife, and holds advanced certification in midwifery practice specifically for surgical assistance with Cesarean birth. She is a member of the American College of Nurse-Midwives and the American Nurses Association.



Finally, **Derek Jenkins, MD**, has joined the medical staff as an orthopedic surgeon with the Orthopedics Institute, Newport Hospital. He is an expert in joint replacement and reconstructive surgery, with a focus on adult reconstruction of the hip and knee. Jenkins received his medical degree from Dartmouth Medical School; he completed his residency at Lenox Hill

Hospital in New York, and a fellowship in adult reconstructive surgery at the Mayo Clinic in Rochester, Minnesota. He is also an assistant professor of orthopedic surgery at The Warren Alpert Medical School of Brown University.

New provider directory

Here's how to reach these new providers:

Bass, Ginny:

Newport Women's Health
848-5556

Carreau, Gail:

Newport Women's Health
848-5556

Donnelly, Edward:

Newport Neurology Services
845-3800

Famador, Liza:

Portsmouth Family Medicine
683-3300

Jenkins, Derek:

Orthopedics Institute, Newport Hospital
845-1200

Montes, Camille:

Portsmouth Family Medicine
683-3300

Zambrotta, Karolyn:

Newport Women's Health
848-5556

Physician Spotlight



George Charlton, MD, is the director of cardiopulmonary services and cardiac rehab at Newport Hospital, and an assistant professor of medicine (clinical) at The Warren Alpert Medical School of Brown University.

Charlton is a graduate of the University of Pittsburgh School of Medicine. He completed his internship and residency in internal medicine at the University of Virginia Health System, and completed fellowships in both general cardiology and preventive cardiology at The Warren Alpert Medical School of Brown University, with training at Rhode Island Hospital, The Miriam Hospital and the Providence Veterans Affairs Medical Center. Charlton is board certified in cardiovascular disease and internal medicine by the American Board of Internal Medicine.

1. What drew you to cardiology? I wanted to be a physician in a fast-paced and growing field with an abundance of data to support how I could care for patients. Cardiology seemed exciting to me due to the ever increasing success in improving outcomes for patients with cardiovascular disease. I ultimately committed to cardiology when I was a resident physician at the University of Virginia and realized that, unlike most of my colleagues, I actually enjoyed reading EKGs.

2. What are your particular interests within the field? The diagnostic and treatment options in cardiology are varied and complex and it is important to individualize care to each patient's goals and values. As such, I enjoy talking with patients and their families to make the best choice for each individual. I am particularly invested in the field of echocardiography (ultrasound imaging of the heart) and enjoy managing patients with heart valve disease and heart failure for whom echocardiography plays a pivotal role in their care.

3. What do you enjoy about practicing medicine in this community? I am drawn to the tight-knit and independent nature of Newport and Aquidneck Island. My Cardiovascular Institute colleagues and I are already seeing new patients who came to us because they knew another patient of ours who was happy with our care. That kind of feedback from the community is rewarding to me as a physician. Finally, I feel Newport Hospital as a whole delivers excellent care and it is a pleasure to work with friendly and dedicated people who put patients first.

4. What do you enjoy doing in your free time? My six-year-old son plays competitive hockey, so much of my free time is devoted to being a hockey dad and dragging my wife and new baby to games and tournaments across the region. My wife and I also love trying new vegetarian and seafood dishes; thankfully there are many great options in both Rhode Island in general and Aquidneck Island in particular.



CVI at Newport Hospital: The Cardiovascular Institute expands to Newport Hospital

The Cardiovascular Institute (CVI) at Rhode Island, The Miriam and Newport hospitals has expanded the cardiovascular services offered in Newport by opening a new cardiovascular practice based at Newport Hospital and adding three new cardiologists. **Carl Levick, MD, Joseph Weiss, MD, and George Charlton, MD,** have joined longtime Newport Hospital cardiologist **Ned Gutman, MD,** in the practice.

The new CVI office at Newport Hospital, located in the Borden Carey Building on the hospital campus, allows you direct access to all of the preeminent cardiac care and specialized services of the CVI. That includes general cardiology services, ranging from patient care to diagnostic tests such as echocardiograms, that can be accessed right here at the CVI's Newport office or at Newport Hospital. We are also bringing specialty services such as electrophysiology (heart rhythm specialist services) to our Newport office in an effort to deliver convenient and highly specialized cardiac services to patients in our community.

Our goal in expanding the Cardiovascular Institute onto Aquidneck Island is to deliver the best possible cardiovascular care and treatments as close to home and family as possible. Because our practice is part of the Cardiovascular Institute, the largest and most comprehensive cardiology service in the region, we have access to leading-edge cardiovascular services and the latest in cardiovascular research.

For more information about cardiology services at Newport Hospital or to schedule an appointment, call 401-845-1201.

Focus on Primary Care: Jamestown Family Practice

For more than 30 years, **Joseph England, MD,** has been caring for Jamestown residents of all ages. He has seen three generations of the same family pass through his exam rooms at Jamestown Family Practice; children he cared for when they were still in school are now bringing their own children in for care, and other patients have grown old under his watch.



L to R: Mary Lavin, DNP, APRN; Joseph England, MD; Carla Vaccaro, MD

With the addition four years ago of family practitioner **Carla Vaccaro, MD,** and nurse practitioner **Mary Lavin, DNP, APRN,** the practice is busier than ever. The team provides care for all ages, and welcomes new patients and families with young children. All three providers are parents themselves,

and are intimately familiar with the needs of the pediatric and young adult community: Vaccaro serves as the school physician for the Jamestown school system (a position England has also held), and the practice covers the health needs of Salve Regina students at the campus clinic.

“It’s a good dynamic to practice in a small community and take care of a whole family,” says Vaccaro. “You can provide better, more insightful care, because you have real insight into what’s going on in your patients’ lives.”

The team provides everything from well visits to acute care and office procedures. They stress the convenience and benefit for patients of having a lab right next door and Newport Hospital within minutes. As England puts it: “Communication is much easier and care is more efficient in a community setting.”

Jamestown Family Practice is located at 20 Southwest Avenue, Jamestown. **For more information or to make an appointment, please call 401-423-2616.**

Additional Primary Care Practices Affiliated with Newport Hospital

Family Physicians of Newport
The Borden-Carey Building
19 Friendship Street, Newport, RI 02840
401-845-2113
Kenneth Bradshaw, DO
William Levin, MD
Lauren Martin, RNP

Family Physicians of Tiverton and Little Compton
1800 Main Road, Tiverton, RI 02878
401-624-1400
Tom Fantes, MD
Anne Neuville, RNP

Portsmouth Family Medicine
161 Chase Road, Portsmouth, RI 02871
401-683-3300
Liza Famador, MD
Camille Montes, MD
Stephen Groskin, MD



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In the News



Karolyn Zambrotta, RN, CNM, is a certified nurse midwife in The Noreen Stonor Drexel Birthing Center at Newport Hospital. Hospital clinicians provide the monthly *HealthMatters* column for *The Newport Daily News*, where this column first appeared.

Today's Midwife

Midwives (the word means “with woman”) are probably best known for their care of women during pregnancy and childbirth. The midwife model of care is based on scientific evidence and best practices, and is focused on individualized care and normal birth. Midwives pride themselves on being experts in pregnancy and health education, helping women make changes that lead to healthy pregnancies, infants and families.

However, midwives are also knowledgeable about women’s health across the lifespan, from adolescence through menopause. Certified nurse-midwives (CNMs) and certified midwives (CMs) provide care that ranges from general health services and annual gynecological exams to family planning needs and treatment of sexually transmitted infections.

Midwives work with physicians and nurses to provide the highest quality of health care, and are covered by most insurers. When looking for a midwife, it is important to understand the different options.

Certified Nurse-Midwives

Certified nurse-midwives are registered nurses with graduate education in midwifery. They have graduated from a nurse-midwifery education program accredited by the Accreditation Commission for Midwifery Education (ACME), which includes a university degree and hands-on clinical training by practicing CNMs. They also have passed the American Midwifery Certification Board (AMCB) national certification exam. Their services include:

- General health checkups and physical exams;
- Pregnancy, birth and postpartum care;
- Well woman gynecological care; and
- Treatment of sexually transmitted infections.

continued on the next page

Certified nurse-midwives are able to prescribe a full range of medications and treatments, including pain control medications. Most midwives in the U.S. are CNMs.

Certified Midwives

Certified midwives (CNs) have a bachelor's degree in a field other than nursing and have graduated from a graduate-level midwifery education program accredited by ACME that includes health-related skills and training; this is in addition to midwifery education, which mirrors that of CNMs. Like CNMs, CMs have passed the AMCB national certification exam; provide the same services and practice in the same settings as CNMs, and receive the same preparation to safely prescribe a full range of medications and treatments, including pain medication.

Certified Professional Midwives and Other Midwives

A certified professional midwife (CPM) prepares for a national certification exam administered by the North American Registry of Midwives (NARM) in different ways: apprenticeship training or an accredited formal education program. The health care services they provide are not as broad as those of CNMs and CMs and they are not able to prescribe most medications. They focus on pregnancy, birth and postpartum care for women outside of the hospital—often in birth centers and homes. There are also other midwives not certified by AMCB or NARM who usually focus on pregnancy and birth who may or may not have formal education or be licensed; have not passed a national certification exam; and are unable to prescribe most medications.

Midwives are honored and privileged to share in women's intimate human experiences, from adolescence, through pregnancy, birth and menopause.



Exercise Safely and in Good Company

If you have a health condition or are a newcomer to exercise, these three community programs are a safe and enjoyable way to increase your physical activity.

Newport Hospital Community Walking Program. This free program is for people who would like to participate in an indoor walking program in a safe environment with trained leaders. Participants must be able to tolerate 10 minutes of standing. The program meets on the first floor of Newport Hospital in the Atrium on Tuesdays and Thursdays, from 11:30 a.m. to 12:30 p.m.

Newport Hospital “Fitness for Function” Community Exercise Program.

This six-week program is for people who would like to exercise in a safe environment with experienced leaders. Participants must be able to transfer to a chair independently. The program meets at Newport Hospital on Wednesdays and Fridays, from 10 to 11 a.m. There is a \$24 fee for the six-week series, which is offered five times per year.

Tai Chi for Health. This six-week program is for people who would like to improve their quality of life in a fun, safe, gentle way, using Sun-style Tai Chi with trained instructors. There are two levels of Tai Chi classes. The program meets at Newport Hospital on Wednesdays and Fridays, from 9 to 10 a.m. (Level II) and from 11 to noon (Level I). There is a \$36 fee for the six-week program, which is offered three times per year.

For more information, or to register for these programs, please call 401-845-1845, or email kmatteson@lifespan.org.

No Pain, No Gain?

Tips on evaluating post-exercise pain from our Vanderbilt Rehabilitation physical therapists.

It is normal to experience some soreness following a workout, but where do you draw the line between discomfort and possible injury?

Here are some general guidelines.

- If you felt good during your workout and experience a slow onset of soreness, 24 to 36 hours afterward, lasting a few days, it's likely safe. If you are experiencing pain that is worse than anything you've felt before, that is cause for concern.
- A sudden onset of pain during your workout which increases if you try to work through it, or persists or worsens when you're at rest, is likely a sign that you overdid it, and may have caused a harmful strain. Another sign of serious injury is immediate swelling, sudden weakness, or any significant discoloration and pain in the same area or a nearby area.
- RICE (Rest, Ice, Compress, Elevate) as a first defense if you suspect injury. If you don't see improvement within a few days, talk to a physical therapist or doctor to rule out conditions that may need further attention. If you're in doubt, ask a professional.

Alison DeLessio and Mark Rotella are physical therapists who work in the outpatient program at Newport Hospital's Vanderbilt Rehabilitation Center. A longer version of this article first appeared in Newport This Week.



Food for Thought

Healthy Recipes from
Newport Hospital

Pasta e Fagioli (pasta and beans)

Ingredients: (2 servings)

2 tablespoons of extra virgin olive oil
1 cup of red onion, chopped
1 tsp minced garlic
1/2 cup of cannellini beans (canned)
2/3 cup of canned tomatoes (crushed or chopped)
3 oz. of whole wheat pasta (dry weight)
Optional: Herbs, such as thyme, rosemary, fresh basil or parsley. Grated parmesan for garnish.



Put water on to boil and cook the pasta as directed on the box; start the sauce while the pasta is cooking. Heat the olive oil on medium. Add the onion and cook until it begins to soften. Add the garlic and cook, stirring, until both are soft. Stir in the cannellini beans and heat for 5 minutes. Add the tomatoes and any herbs. Cook until tomatoes begin to reduce and bubble, around 10 minutes. Serve over whole wheat pasta. Garnish with grated parmesan, if desired.

Per serving:

640 calories
2.5 vegetables
3 starches



This recipe is based on the work of **Mary Flynn, PhD, RD, LDN**, a well-known research dietitian with the Lifespan health care system whose work focuses on diet and health.

Flynn has developed a series of *Mary Meals*, recipes made with ingredients that studies have shown will reduce risk factors for chronic diseases. The meals are calorie-controlled and contain extra virgin olive oil, at least two servings of healthy vegetables, and two to three servings of whole grains and/or legumes (beans). All the *Mary Meals* are easy to prepare and inexpensive. To see more free *Mary Meals* recipes, go to Newporthospital.org.

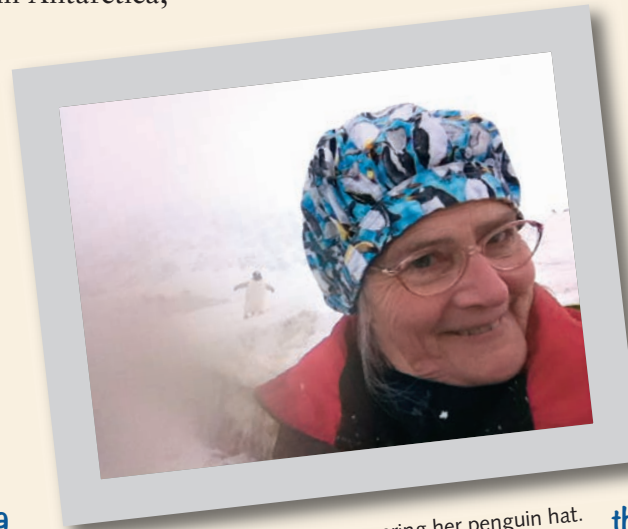
Susan's Story

Susan Adie is an expedition operations manager for G Adventures, a travel company that organizes small group adventures, safaris and expeditions worldwide. She is an expedition guide in Antarctica, where she educates participants about penguins. When not in Antarctica, she lives in Middletown.

Dear Newport Hospital:

I was admitted this winter for outpatient surgery. It was a routine type of procedure, but for me it was far from routine. [My surgeon and anesthesiologist] were both very kind and wonderful at their jobs.

I also wanted to make note of the very good and kind care I was given after the surgery. I am not the easiest person, nor was I secure at all, so everyone did a very nice job trying to ease me into the entire event. Two nurses stand out in particular, one in the prep room and one in the operating room: Anne Sheets and then Mary Dunning. They both did such a good job of taking care of me, and of putting me at ease. They were friendly, kind, and certainly knew their jobs and took care of details.



Susan Adie in Antarctica, wearing her penguin hat.

Mary did something above and beyond the call. She was wearing a special hat she had made, with cloth covered in penguins. I work in Antarctica as a guide teaching people about penguins, so I was telling her what kind of penguins were on her hat. It was just silly fun. Anyway, when I woke from the surgery, she had left me the hat as a gift!

It is a rare thing indeed when someone gives something personal of their own to a complete stranger. Not only did she do her job to help me through the procedure, but she also gave totally unnecessarily of herself. She is a special person and I wanted you to know that you have such talented, caring people working hard for your patients and for your entire reputation. It meant a lot to me and I will not forget it.

All the best, Susan Adie

Newport Hospital Community Calendar

COURSES AND PROGRAMS

Family and Friends CPR or Heartsaver CPR and First Aid:

Held the third and fourth Tuesday of the month in the Birthing Center, Newport Hospital, from 5:30 to 9:30 p.m. Cost is \$53.00 per person. Please call 845-1547 to register.

Risk Factor Reduction Program: This program consists of 12 sessions of monitored exercise and disease prevention education. Vanderbilt Rehabilitation Center, Newport Hospital. The fee is \$120 for 12 sessions. Please call 845-1179 for more information.

FREE SUPPORT GROUPS

Alzheimer's Caregiver Support Group: Held on the fourth Tuesday of each month from 5 to 6:30 p.m., Newport Hospital. For more information contact Stewart Burchard at 1-800-272-3900.

Behavioral Health: Outpatient support group offered the first and third Thursday of every month, from 6:30 to 8 p.m., MacLaurin Living Room, Newport Hospital. Please call 845-1810 to register.

Brain Injury Association of RI: Second Tuesday of the month from 6:30 to 7:45 p.m. in the Gudoian Conference Room, Newport Hospital. Registration is preferred by calling 401-461-6599 or 800-824-8911.

Breastfeeding Support Group: Every Thursday from 12:30 to 2:30 p.m., 7th Floor Conference Room, Newport Hospital. Please call 845-1110 for more information.

Diabetes Support Group: Second Tuesday of each month from 10 to 11 a.m. Call Cara at 845-1888 with questions.

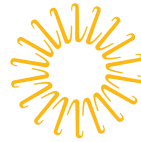
Fibromyalgia Support Group: Second Friday of each month (except July, August and December) 7 to 9 p.m., Gudoian Conference Room. Contact Julie Hopkins-DeSantis at 783-5538 or Rebecca at 739-3773, extension 18.

Parkinson's Disease Support Group: Held on the third Saturday of the month at 10 a.m., Gudoian Conference Room. Call Mary Ellen Thibodeau at 736-1046 for information.

Stroke Support Group: Second Wednesday of each month from 2 to 3 p.m., Newport Hospital. Please call Nickie Piermont at 845-1864 for more information.

Tobacco Smoking Cessation Program: Please call Donna Levesque at 519-1970 for more information.

For further information on any program, please call the Newport Hospital education office at 845-1590.



Newport Hospital

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Newport Hospital
11 Friendship Street
Newport, RI 02840

Newport Hospital Community Lecture Series



Newport Hospital has created a new community lecture series, intended to share health tips and medical expertise with community residents and introduce you to clinicians at the hospital. All lectures are free and open to the public, and include complementary blood pressure screening and light refreshments.

Upcoming lectures include:

- “Everything you wanted to know about cancer and blood disorders and are not afraid to ask,” Tuesday, May 19, 6:30 to 7:30 p.m., presented by Alessandro Papa, MD, hematologist/oncologist
- “Eliminating varicose veins: the latest techniques,” Wednesday, June 10, 6:30 to 7:30 p.m., presented by Jason Vachon, MD, interventional radiologist
- “Lyme Disease: what we know and don’t know,” Wednesday, July 22, 6:30 to 7:30 p.m., presented by Rebecca Reece, MD, infectious diseases specialist

Future lectures will focus on topics such as menopause, childhood vaccines and men’s health. All lectures take place in Newport Hospital’s Gudoian Conference Room, just off the hospital’s main lobby, or in the hospital’s Hill Courtyard. Parking is free and valet parking is available. Blood pressure screenings will be provided from 6 to 6:30 p.m. No registration is required, but seating is limited. **To reserve a seat, call 401-845-1492 or sign up online at www.newporthospital.org.**