

# Healthbeat

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Newport Hospital  
*Lifespan. Delivering health with care.®*

## Message from the President of Newport Hospital



Newport Hospital's 150th anniversary year is coming to a close, and we are looking ahead to the next 150 years.

As a community hospital, our goal is to bring top-notch healthcare close to home, to meet the wide array of needs of our patients. We continue to invest in the future to remain on the cutting edge of healthcare advancements.

Inside this edition of *Healthbeat*, you can learn more about how the latest technology is expanding our spine surgery and joint replacement capabilities. We are also committed to supporting the young people of Newport County, so they can grow into healthy, thriving adults. To help them embark on that journey, our Lifespan Community Health Institute offers a variety of programs to reinforce healthy habits. I am also incredibly proud of this year's fundraising efforts, which will help to create a new adolescent behavioral health unit, addressing the ever-important mental health needs of children and teens during their most fragile moments.

Newport Hospital has welcomed new providers across a variety of specialties, including primary care, orthopedics, women's health, spine surgery, and psychiatry. Staff and provider recruitment remains a top priority for Newport Hospital and the Lifespan health system as a whole. If you or someone you know is interested in an exciting career in healthcare, I encourage you to visit [www.lifespan.org/careers](http://www.lifespan.org/careers) to learn about our many opportunities. These include positions that provide care at the bedside as well as non-clinical roles.

We are getting deeper into cold and flu season, so I encourage you to stay up to date on your vaccinations. You can receive many of these at our Lifespan Pharmacy, located just inside the entrance of Newport Hospital. Call our team at 401-845-1100 to learn more.

Wishing you all a wonderful autumn, and a happy and healthy holiday season to come.

In health and partnership,

Crista F. Durand, MBA, FACHE  
President, Newport Hospital

## Inside this issue:

Expanding Our Spine Surgery Capabilities

Fundraising for an Adolescent Behavioral Health Unit

Welcome New Providers to Newport County

Introducing the ROSA Knee Replacement Robot

*And more!*



## New Technology Expands Spine Surgery Capabilities in Newport



The Norman Prince Spine Institute at Newport Hospital recently acquired the Ziehm RFD 3D C-Arm, an advanced navigation system used in spine surgeries. This new technology allows for greater accuracy with real-time imaging during the surgery. The Ziehm expands access to minimally invasive spine surgery for patients in the Aquidneck Island area. Meet our newest spine surgeon, Joaquin Q. Camara, MD, who is now seeing patients in Newport in addition to Providence. Dr. Camara is pictured above, along with fellow neurosurgeon Maria Guglielmo, MD.

### Q&A with Dr. Camara

**Why did you decide to embark on a career in healthcare?**

My parents immigrated to the United States from Mexico. As a kid, I saw there was a need for Spanish-speaking

patients to have access to healthcare. I realized I could help fulfill that need with my interest in science and healthcare, coupled with being bilingual.

**What are some of the common conditions that you treat?**

Some of the conditions I treat include neck pain, lower back pain, sciatica (arm or leg), weakness or balance issues, and trauma in the head or anywhere in the spine.

**How do you approach patient care?**

Our goal is always to be as conservative as possible and for surgery to be the last option. But when a patient does require surgery, whether it's emergent or semi-urgent, I always take a minimally invasive approach.

**How do technology and research impact your work?**

The importance of technology and research in my practice is paramount. I use robotics, oftentimes navigation tools (like the Ziehm), in the OR to make things more precise and safer for patients, and hopefully get them back to their routines and daily activities as soon as possible.

**What do you find most rewarding about your job?**

First and foremost, being able to take care of patients. I also love that I can work together with colleagues and other staff to do what's right for patients.

*Call 401-845-1190 or visit [www.goodback.org](http://www.goodback.org) to learn more about the Norman Prince Spine Institute or request an appointment.*

## Welcome New Providers in Newport County



Mouhanad El Othmani, MD, is an orthopedic surgeon with the Lifespan Orthopedics Institute at Newport Hospital. He specializes in conditions of the hip and knee joints, with a particular focus on hip and knee primary and revision replacement, and special interest in anterior hip and robotic knee replacement surgeries.

at New York Presbyterian/Columbia University Medical Center. He earned a medical degree at American University of Beirut and then completed fellowship training in clinical research and value-based care delivery in orthopedic surgery at Detroit Medical Center and Southern Illinois University School of Medicine. He pursued additional training through residency in orthopedic surgery and sports medicine at Detroit Medical Center/Wayne State University in Michigan and a fellowship in adult reconstructive orthopedic surgery at Columbia University Medical Center in New York.

Prior to joining Lifespan, Dr. Othmani was an assistant attending physician in the department of orthopedic surgery



**Danielle P. Gagnon, MD**, is a board-certified family medicine physician with Lifespan Physician Group Primary Care, Tiverton. She earned a doctor of medicine degree from Geisinger Commonwealth School of Medicine in Scranton, Pennsylvania and completed a residency in family medicine at Guthrie Robert Packer Hospital in Sayre, Pennsylvania. Her interests include pediatrics, geriatrics, and women's health. She is a member of the American Academy of Family Physicians.



**Michela Muggeo, PsyD**, is a clinical psychologist whose specialties include anxiety and mood disorders, behavioral issues related to medical problems, post-traumatic stress disorder, and child and adolescent psychology. She sees patients at Jamestown Family Practice through the integrated behavioral health initiative for placement of psychiatric services in the primary care setting.



She worked as a psychologist in Italy before joining the University of Connecticut's psychiatry department as a postdoctoral research fellow. Dr. Muggeo then practiced as a clinical psychologist at Clarus Health Alliance in Norwich, Connecticut. She earned a doctoral degree in psychology from the School of Cognitive-Behavioral Psychotherapy and Research and a master's degree in clinical psychology from Catholic University of Sacred Heart, both in Milan, Italy. Dr. Muggeo is fluent in English and Italian.

**Sara Bates King, NP, CNM**, is a certified nurse midwife and family nurse practitioner with Newport Women's Health, a Lifespan Physician Group practice. Prior to joining Newport Hospital, she worked as a certified nurse midwife at the MultiCare Women's Health and Wellness Center in Tacoma, Washington and in nursing roles at clinics around the country.



As a Thomas J. Watson Fellow in 2011 and 2012, she traveled through Indonesia, New Zealand, Cambodia, Italy, Ethiopia, and Tanzania studying midwifery and labor practices in each country. She earned a master's degree in nursing from Vanderbilt University in Nashville, Tennessee.

**Daniela McCooey, DO**, is a hospitalist at Newport Hospital. She is board certified in internal medicine. Before joining Newport Hospital, Dr. McCooey worked as a hospitalist at Morton Hospital in Taunton, Mass.



Dr. McCooey earned her medical degree from the New York Institute of Technology's College of Osteopathic Medicine in Old Westbury, New York. She completed an internship at Northwell Health Plainview Hospital, Plainview, New York and an internal medicine residency at Manatee Memorial Hospital in Bradenton, Florida.

**Kelly Rosenbeck, APRN, FNP-C**, is a nurse practitioner with the Norman Prince Spine Institute. Prior to her role at the Norman Prince Spine Institute, she worked as a staff nurse with Newport Hospital's intensive care unit and at The Miriam Hospital. She is certified in basic life support and advanced cardiovascular life support from the American Heart Association. She earned a master's degree in nursing from Salve Regina University's family nurse practitioner program.



**Jennifer Trayner, MD**, is a board-certified psychiatrist in the Adult Partial Hospital Program at Newport Hospital, which provides intensive, short-term treatment designed for individuals with acute psychiatric concerns. Before joining Newport Hospital, Dr. Trayner worked as an attending psychiatrist with Lifespan Physician Group, Butler Hospital's integrated therapies program in Providence, and Eleanor Slater Hospital in Cranston, RI.

*Welcome New Providers, continued*

She received her medical degree from Oregon Health and Science University in Portland, Oregon. She completed a residency in general psychiatry at The Warren Alpert Medical School of Brown University. Dr. Trayner is a member of the American Psychiatric Association and the Rhode Island Psychiatric Society.



**Carla Vaccaro, MD**, is a board-certified family medicine physician with Jamestown Family Practice, a Lifespan Physician Group practice. She is certified in basic cardiac life support from the American Heart Association. Before rejoining Jamestown Family Practice in 2023, Dr. Vaccaro worked as a staff physician at the University of Rhode Island, a school

physician with the town of Jamestown, Rhode Island, and a staff physician with Salve Regina University, among a number of other physician roles in her more than 20 years of experience.

She received her medical degree from the University of Massachusetts Medical School. She completed her residency at the Greater Lawrence Family Health Center in Massachusetts and a fellowship in maternal child health at Brown University's department of family medicine and the Blackstone Valley Community Health Clinic in Pawtucket, Rhode Island.

She is a member of the American Academy of Family Physicians, the Rhode Island Academy of Family Physicians, and the American College Health Association. Dr. Vaccaro speaks Spanish and conversational Japanese.

*Thanks to our dedicated staff living our mission of delivering health with care*





## ‘A Salute to Health’ Raises More Than \$1.2 Million to Support Adolescent Behavioral Health

Newport Hospital’s donor community came together for the hospital’s annual “A Salute to Health” Summer Celebration. Co-chairs Dory Hamilton Benson, Sheika Egan, Victoria Johnson, Isabelle Dana Ridall, Maura Cullen, and Mary Van Pelt designed a beautiful evening that raised \$1.2 million, which the hospital will use to address its most crucial funding need: adolescent behavioral health.

“We know the vision to establish Newport Hospital generations ago was born from our founders’ desire to ensure their community could receive the best medical care possible close to home,” said Crista Durand, president of Newport Hospital. “We again have the opportunity to make a real difference in the wellbeing of our community; this time, for our most vulnerable teens, the young lives that represent our future.”

This year’s event launched a \$5 million fundraising effort for the development of an eight-bed, adolescent behavioral health unit at Newport Hospital. The unit, in partnership



*A surprise guest, NFL superstar Julian Edelman, teamed up with Dr. Anthony Napoli, Newport Hospital’s medical director of emergency medicine, to present the night’s fund-a-need auction.*

with the world-renowned Bradley Hospital, will serve patients ages 12 to 18 who suffer from acute mental health disorders. It will provide stabilization, assessment, and treatment for suicidal, aggressive, and other behavioral conditions. Beyond the added beds, the area of the hospital housing the new unit will undergo a full renovation, including bright and modern group therapy rooms, activity space, and an outdoor enclosed therapeutic area.

“We were founded and funded on philanthropy in 1873 when we started as a small, 12-room cottage hospital,” said Durand after the tremendous outpouring of support. “Our hospital’s culture is steeped in history, healing, and hope, and we are beyond blessed to have the amazing support that continues to make a direct and powerful impact on our ability to deliver world class patient care right here on the island.”

Supporting the mental health needs of this population has long-term impacts. With the right diagnosis and treatment, these children and adolescents can heal. We estimate that Newport Hospital’s adolescent behavioral health unit will provide more than 240 adolescents and families per year the help they need and deserve. Together, we can help kids get back to being kids, and set them up for success to thrive into adulthood.

To make a gift online to support the creation of the adolescent behavioral unit at Newport Hospital, scan the QR code with your smartphone or visit <https://giving.lifespan.org/Newport/Salute-to-Health>. You may also contact Sara Meirowitz, Newport Hospital’s chief development officer, at [smeirowitz@lifespan.org](mailto:smeirowitz@lifespan.org) or 401-845-1617 for more information.



## Encouraging Healthy Lifestyles from a Young Age



Educating our young people on safety and wellness topics are important components of the Lifespan Community Health Institute's (LCHI) health promotion programming. These include Safe Sitter® and Tar Wars, which are available to youth through our collaborations with

schools and community organizations in the Newport Hospital service area.

LCHI is nationally recognized as a Gold level provider of Safe Sitter® for children in grades six through eight. This six-hour class teaches youth 11 to 14 years old to perform infant and child CPR, infant and child choking rescue, first aid, how to manage emergencies, babysitting as a business, injury prevention and management, behavior management, safety for the sitter, and childcare essentials. These skills are

valuable whether a child is home alone or watching other children. Students earn a certificate upon completion of this popular course.

Tar Wars is a one-hour program that educates youth on the dangers of tobacco exposure. Delivered in school and community settings to fourth and fifth graders, Tar Wars covers the dangers of smoking cigarettes, e-cigarettes, vaping and chewing tobacco. It is important to reach children with this information when they are young enough to understand the dangers of unhealthy behaviors, so they can put them to practice as they get older and prevent exposure to one of the leading causes of chronic diseases and cancers.

Reaching our youth with positive health messaging is key to providing them with the skills to grow into healthy adults. If you are interested in learning more about any of these programs, please reach out to Jeanette Nessett, RDN, LDN, Community Outreach Specialist at [jnessett@lifespan.org](mailto:jnessett@lifespan.org).





## Introducing the ROSA Knee Replacement Robot



Lifespan's first robotic technology for primary total knee replacement is now available at Newport Hospital. The new Zimmer Biomet ROSA® Knee System brings together robotic technology with industry-leading knee implants to help surgeons personalize surgical procedures for patients seeking joint replacement.

ROSA Knee is a robot-assisted surgical system designed to help perform total knee replacement surgery. As the doctor performs the surgery, the ROSA Knee System assists with bone resections and evaluates soft tissue conditions. The data provided by the technology helps surgeons make complex decisions, enabling them to control and maneuver surgical instruments with unmatched precision and flexibility using the computer and software technology.

"We are excited to begin using this new technology," said Valentin Antoci, MD, PhD, Medical Director, Newport Hospital Total Joint Replacement Program. "The ROSA Knee offers key benefits and advantages for surgeons that will only improve our ability to provide our patients with outstanding care and excellent outcomes."



Orthopedic surgeons Mouhanad El Othmani, MD (above), Valentin Antoci, MD, PhD (left) and Michael Staebler, MD (right)

Along with Dr. Antoci, surgeons Mouhanad El Othmani, MD, and Michael Staebler, MD, will be using the new ROSA Knee. To learn more about the joint replacement program at Newport Hospital, visit [www.lifespan.org/newportjointreplacement](http://www.lifespan.org/newportjointreplacement).

## Small Wins Lead to Big Recovery for Clayton Combs

Clayton Combs is known as “do-it-all-in-a-day-Clay” for many reasons. He expected that same spirit and drive that motivates him to excel in sports, business, and everything he sets out to do would get him through double total knee replacement surgery. It did. But it was the support and guidance of the multidisciplinary team at the Vanderbilt Rehabilitation Center at Newport Hospital that got him to add the word “enough” to his moniker.

Since high school soccer days, Clay, 52 years old, would simply pop his “bad knee” back in place. It was a dislocated patella. That wasn’t enough to prevent him from marrying his high school sweetheart, reaching the C-suite of a successful insurance career, and raising two daughters. It was the torn meniscus in the other knee, the result of a slip behind the grill of Monahan’s Clam Shack—a decades-old, family-owned restaurant and Narragansett establishment where he was pitching in—and a torn ACL to his bad knee achieved during a pickleball game that finally beat him down. He faced enough pain.

“I was in so much pain, I couldn’t walk,” Clay remembered. His research and the recommendations from others, including his mother, led to Valentin Antoci, MD, PhD, medical director, Newport Hospital Total Joint Replacement Program. Cortisone treatment was no longer effective. Full knee replacement was needed. He opted to have both done at the same time.

“I limit bilateral knee replacement to those patients who are very active and functionally quite independent before surgery,” Dr. Antoci said. “Clay was already in good shape. Most people don’t have the focus and bandwidth that he did for his recovery. He was able to put in the hard work, the hours of therapy, and could sustain a high level of physical activity.”

Similar to his approach to business and getting things done, Clay committed to two weeks of prehab (an exercise therapy program recommended weeks before surgery), hired a personal trainer, and worked out seven days a week prior to surgery. After the surgery, he knew an inpatient rehabilitation program would suit him best. He reflected on what led to his decision to commit to a rehabilitation program.



Dr. Antoci noted that having surgery on both knees at the same time can make a significant difference in the amount of time it takes a patient to return to work or their normal routine. Individual surgery for one knee at a time could require between four to six weeks for rehabilitation. Having surgery simultaneously on both knees can reduce it down to one to two weeks.

Within eight weeks after his surgery and a subsequent weeklong stay at Vanderbilt Rehabilitation Center, Clay reached a 100 percent range of motion in both knees. Clay’s energy is palpable. He has an engaging personality, and amicable manner. He is a self-proclaimed control freak.

“I was one of those guys who made a list you could never get through in a day,” he said. “I’d feel like a failure if I didn’t get through it all.” After a few days of physical and





occupational therapy, he learned about “small wins”. His care team, including the housekeeping staff, helped him recognize his achievements and get him to slow down. “I’d be dressed, shaved, and have my bed made before the staff would come for me. All I did was get ready. But they taught me I had already done enough when I wanted everything at once. They put it in perspective.”

At Vanderbilt, patients are not required to make their beds! Clay will agree they are required to adhere to a regiment led by trained and experienced occupational and physical therapists. “I looked forward to it every day,” he said. “[Vanderbilt] was amazing. I had a private room with a view of the water, a TV, every morning I’d choose my breakfast, lunch, and dinner from a menu. I can’t recommend Vanderbilt enough.”

*“I limit bilateral knee replacement to those patients who are very active and functionally quite independent before surgery,” Dr. Antoci said. “[Clay] was able to put in the hard work, the hours of therapy, and could sustain a high level of physical activity.”*

His determination, the work with the rehabilitation staff, his previous good physical condition, and the expertise of Dr. Antoci all contributed to his remarkable recovery.

Roberta Lui, MD, a board-certified physiatrist with Lifespan Physician Group Physical Medicine and Rehabilitation was among Clay’s care team. “While we provide both nursing and rehabilitation services, the level of complexity that we can handle and the resources we have are unparalleled,” she said. “We have greater nursing to patient ratios, provide more hours of therapy services to patients per week, have daily physician oversight, and provide rehab psychology and recreational therapy services. These resources often lead to greater levels of patient satisfaction, greater improvements in function upon discharge, and shorter lengths of stay compared to other facilities.”

Clay and his wife, Breta, are now operating the new Monahan’s location in Charlestown. They were on their feet all summer serving traditional Rhode Island favorites and closed for the season in October. Clay is now working on prehab for his next surgery, a less-complex arthroscopic surgery on his shoulder for a torn rotator cuff. As much as he would like to sign on for another stay at Vanderbilt, it probably won’t be necessary. “Do-it-all-in-a-day-Clay” gets when enough is enough.





# Thank you for celebrating 150 years of caring for our community!





## SUPPORT GROUPS

### Stroke Support Groups

- For Stroke Survivors and Caregivers:
  - Second Wednesday of every month
  - Virtually via Zoom video meeting or in person at Rhode Island Hospital
  - 6 – 7:30 p.m.
- For Stroke Caregivers:
  - Third Wednesday of every month
  - Virtually via Zoom video meeting
  - 6 – 7 p.m.
- For more information: Nakeesha Brown, 401-444-8237, nbrown1@lifespan.org

### Breastfeeding Support Group

- Thursdays 12:30 – 2:30 p.m. at the Noreen Stonor Drexel Birthing Center at Newport Hospital
- For more information: 401-845-1110

## VALET SERVICE RETURNS TO NEWPORT HOSPITAL

Newport Hospital has partnered with Perfection Valet Parking to offer valet services for a nominal fee (as low as \$3). This convenient service saves time and adds a layer of enhanced safety for patients and visitors. This cashless system accepts Pay Pal, credit card or debit card. Valet services are available Monday through Friday from 7:30 a.m. to 4:30 p.m. The valet podium is located at the main entrance to the hospital on 20 Powel Avenue. Free parking is always available in the Powel Avenue lot across from the hospital.

## WADK'S "HOUR OF HEALTH"

Tune in to WADK 1540 AM for the "Newport Hospital Hour of Health" program on the first Thursday of each month at 9 a.m. Host Bruce Newbury interviews Newport Hospital employees for a lively discussion on a variety of healthcare topics from local experts. Podcast recordings of the radio show are also posted online afterward at [www.wadk.com](http://www.wadk.com).

## Helpful Phone Numbers

### Lifespan Cancer Institute

401-845-1646

### Lifespan Cardiovascular Institute

401-845-1201

### Lifespan Laboratory at Newport Hospital

401-845-1260

### Lifespan Medical Imaging

401-444-7770

### Lifespan Pharmacy at Newport Hospital

401-845-1100

### Lifespan Urgent Care – Middletown

401-606-3110

### Newport Hospital Partial Hospitalization Program

401-845-1910

### Newport Neurology

401-845-3800

### Newport Physical Medicine and Rehabilitation

401-845-1652

### Newport Psychiatry

401-845-4340

### Newport Women's Health

Newport and Portsmouth locations: 401-848-5556

### Norman Prince Spine Institute

401-845-1190

### Primary Care in Newport County: 401-606-4727 (401-606-4PCP)

Jamestown Family Practice: 401-423-2616

Lifespan Physician Group Primary Care, Newport: 401-606-4510

Lifespan Physician Group Primary Care, Tiverton: 401-624-1400

### Total Joint Replacement at Newport Hospital

401-845-4330

### Vanderbilt Rehabilitation Center

Outpatient Rehab: 401-845-1845

### Vanderbilt Wound Care Center

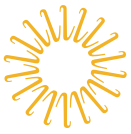
401-845-3810

### Newport Hospital Foundation

401-845-1536

### Friend of the Foundation

401-845-4339



**Newport Hospital**  
*Lifespan. Delivering health with care.®*

Newport Hospital  
20 Powel Avenue  
Newport, RI 02840  
**401-846-6400**



## Awards and Recognition

- Four-time designation as a Magnet hospital, the gold standard for nursing excellence
- Baby-Friendly designation (since 2003) from the World Health Organization and UNICEF for excellence in support of breastfeeding mothers and infants
- Leapfrog Group Hospital Safety Grade “A” in spring and fall 2023
- Certification by the American College of Radiology as a Diagnostic Imaging Center of Excellence
- American Heart Association/American Stroke Association Get With The Guidelines Stroke Gold Plus Quality Achievement Award
- Certified Primary Stroke Center by The Joint Commission
- Target: Type 2 Diabetes Honor Roll Award from American Heart Association/American Stroke Association
- Commission on Accreditation of Rehabilitation Facilities (CARF) accredited programs for Inpatient Rehabilitation Program for Adults and Stroke Specialty Program for Adults
- Blue Cross Blue Shield Blue Distinction Center for exceptional cancer care in 2020

If you do not wish to receive mail solicitations from Newport Hospital, or from other Lifespan institutions, please email [privacyofficer@lifespan.org](mailto:privacyofficer@lifespan.org), call 866-626-0888 or 401-444-6500 and leave a message or write to Lifespan Compliance & Privacy Office, 245 Chapman Street, Suite 200, Providence, RI 02905