



VOLUNTEER CONNECTION

Created for the Newport Hospital Volunteers

Winter 2014, Issue 18

Mobility is Medicine *by Joyce Allphin*

To say that Lisa Coble, Director of Volunteer Services and Nickie Piermont, Clinical Nurse Specialist, are of like minds regarding patient mobility would be an understatement. After Lisa learned of a successful mobility volunteer program at Hartford Hospital, she presented the program to Denise Sullivan, VP of Nursing, for approval.

Nickie Piermont was chosen as the nursing professional to develop training for mobility volunteers, Nickie is a practicing nurse of 24 years with the last 14 years specializing in gerontology. Nickie, like all health professionals, understands all too well that a hospital patient with declining mobility risks developing such complications as bed sores, pneumonia, blood clots, devastating falls and decreased muscle strength. Simply getting patients out of their beds and walking, if only a short distance, is very beneficial and may reduce the length of stay in the hospital.

Studies have shown that if a patient is inactive over a three- to five-week period it causes a 50% loss of original strength. As early as 1942, Dr. Richard Asher, whom some consider a foremost medical thinker of his time, said "Get people up and we may save patients from an early grave." While it is agreed that "mobility is medicine" for patients, the manpower is not always available to accomplish the mission. That is where trained volunteers enter the picture.

Through collaborative effort between the departments of nursing and rehabilitation the first group of mobility volunteers was trained in November 2013. The second training was offered in February 2014. In attendance were nine enthusiastic volunteers including a nursing student, retired hospice nurse, several active duty naval personnel and two working professionals. Nickie began the four-hour training program with a presentation on the overall benefits of mobility, introduced the role itself and then addressed devices/ equipment which the mobility volunteers would encounter on the patient units during their patient visits.



Diane Crowley and Patricia Bestoso in Mobility Volunteer Training

Next Andrea Wilson, a 30-year physical therapy veteran in rehabilitation at the hospital provided a hands-on training. She began by demonstrating the proper use of Gait belts which enable the volunteer to guide and support the walking patient.

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Volunteer Profile: Kelly Johnson *by Joyce Allphin*



Kelly Johnson and the personnel she has supported in Administration for the past year have what you might call a mutual admiration society. Kelly says that volunteering at Newport Hospital has been an “amazing experience” and adds that she feels part of a team where she has been trusted with multiple projects and has learned a lot.

Those in the Administrative Suite applaud Kelly’s positive attitude and note that while she is meticulous with the smallest details, she is also creative and innovative in her approach to any work she does. Having worked in management

for part of her career in Texas, Kelly draws on her extensive business background.

Kelly wanted to volunteer at the Hospital because she believes in volunteerism. She is studying nursing and does not know what path she will take in the medical field. Where better to get a clear picture of the possibilities than at the hospital? Through all of the administrative tasks she does such as researching, working on projects, filing, assembling mailing lists and creating spreadsheets, she is gaining knowledge that will be an asset in any area she pursues.

Except for two years living in South Carolina and one year here in Newport where her husband Jay is at the Naval War College, the couple had always lived in Texas with their daughter Sydney who is 19. The one thing Kelly misses most is her family who reside in Texas.

On living in the City by the Sea, Kelly says “Newport is an absolutely beautiful place and makes for a perfect running experience,” one of her favorite pastimes. Living by the ocean, experiencing snow and gorgeous summers have made the time they have been stationed here really enjoyable.

Newport Hospital has gained much from Kelly’s altruistic nature, many skills and relocation to Newport! ■

Hats Off...

Congratulations to the Newport Hospital Auxiliary Valentine’s Day Dinner/Dance Committee. The event was a big success raising over \$10,000. to support programs at Newport Hospital. The snowy evening was a perfect backdrop for the flowers, danceable music and candlelit setting at the Atlantic Beach Club.



*Event Committee: Susanne Reid, Christine Marchese, Suzan Ballard, Carolyn Silva, Kathy Bronson, Connie Keogh, Dewey Morton, Sheila Item.
Missing from photo: Evie Spiratos*

Event Chairperson, Carolyn Silva worked tirelessly soliciting raffle items, providing leadership and ensuring a beautiful event. Committee members were Suzanne Ballard, Kathy Bronson, Sheila Item, Connie Keogh, Christine Marchese, Dewey Morton, Susanne Reid and Evie Spiratos. ■



Carolyn Silva, Event Chairperson (standing) greets dinner/dance guests

Comprehensive Cancer Center at Newport Hospital *by Dick Allphin*

Enhanced cancer services are planned for Newport Hospital

An interview with: Susan Korber RN, Administrative Director, Rhode Island Hospital Comprehensive Cancer Center

Q: I have reviewed Web pages explaining Lifespan's Comprehensive Cancer Center at Rhode Island Hospital. What changes will be made to services available at Newport Hospital?

A: The care of patients with blood disorders or cancer will be significantly enhanced as Newport Hospital expands the services afforded by a Comprehensive Cancer Center.

Currently, the only hematology and oncology physician practicing in Newport is Dr. Alessandro Papa. Dr. Papa has moved his practice to the Turner 5 location of the CCC and our plan is to expand our cancer services at the hospital to incorporate many more providers. We are in process of planning for that right now.

Q: In Newport, will you be doing chemotherapy and radiation?

A: We already provide many types of intravenous therapy and chemotherapy on Turner 5 and are expanding all patients' access to more therapies and clinical trials. In the future, we would like to offer multidisciplinary clinics whereby, for instance, a newly diagnosed breast cancer patient could come into the Newport Hospital campus of the Comprehensive Cancer Center and see a medical oncologist, a surgeon, and a radiation oncologist all in one visit. The doctors would then come up with a comprehensive plan of treatment. In addition, we can incorporate access to clinical trials offering the latest research in cancer care.

Q: Where does cancer treatment take place?

A: The Newport Hospital Turner Building, 5th floor. We have made it much more user friendly. Patients can come into the cancer center, have their "labs" drawn, see Dr. Papa and soon will have oncologists that they can see and they can have their chemotherapy done right there.

Q: Is radiation treatment only offered in Providence?

A: Yes. Our radiation oncology at Rhode Island Hospital offers the most advanced radiation services available. Our program is very user friendly with valet parking and world class physicians.

On August 25th, we merged the cancer programs at each of the three hospitals, Rhode Island Hospital, Miriam Hospital and Newport Hospital, to create one comprehensive program.

Before we merged the programs, patients could not transition easily between sites. Now because of the single license, patients can go between sites, including the East Greenwich office, seamlessly.

Our plan is to expand the oncology services at the Newport Hospital

and have clinical experts in breast oncology, GU oncology, which covers prostate, bladder, and renal cancer. Also the hospital will be able to handle colorectal, pancreatic and lung cancer.

Ultimately, our goal is to have Aquidneck Island families and patients be able to get really world-class specialized care right at Newport Hospital. ■

"The volunteer Carmen visited my wife today to offer a hand massage. She loved it and her pain level went down from a 10 to an 8 after having the massage!"

Patient feedback about volunteers offering Comfort Care at the Center

National Volunteer Week – Celebrates You!

National Volunteer Week, April 6-12, 2014, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

National Volunteer Week is about taking action and encouraging individuals and their respective

communities to be at the center of social change – discovering and actively demonstrating their collective power to make a difference.



... and we also care for ourselves *by Dennis Bristow*

To be a volunteer in a health-care facility means a lot of care giving. Many hours worked towards the fulfillment of our altruistic instincts. Patients, families and staff are grateful for all that you do. There are plenty of other benefits of volunteering such as social contacts, learning new skills and adding meaning to life.

In the middle of all that, do you ever think, How is the caregiver doing? Are you aware on a daily basis of your own well-being? A few issues ago we wrote about the health benefits inherent in being a volunteer. Today, I'm writing to remind you that you and our community benefit from your own good health. Henry Ward Beecher said, "The body is like a piano, and life is like music. It is needful to have the instrument in good order." Everything gets better when we devote time to self-care.

There are programs, partnerships, facilities and opportunities all within close reach to ensure our own good health. What's available at Newport Hospital.

The HEALTHY CHOICES nutrition lecture series will be offered in Gage One Conference room on Wednesdays at 12:00PM. Call 793-3157 to register for any of the remaining seminars. The program is coordinated by Jeanette Nessett, RDN, LDN.

March 5 – The Mediterranean Diet

March 19 – The Gluten-Free Diet

April 2 – Eating Vegetarian

April 16 – Metabolic Syndrome

May 7 – Ancient Grains

You can get support for maintaining a healthy eating program by joining Weight Watchers at the hospital. Call Nikki Cesario at 845-1553 to get started.

Immunization against disease is a huge benefit available to volunteers through the Employee Occupational Health Department staffed by Employee Health Nurses Nancy Costello, R.N. and Meg Edward, R.N. The PPD (Tuberculosis) skin test is available free to volunteers along with flu shots and hepatitis-B immunizations. Blood pressure screening is available any time the department is open. Don't miss these important benefits for your own health!

Humorist Bennett Cerf promoted "Laughter is the best Medicine" and no one denies the effect of humor and good attitude on health. So take time to watch a funny movie or share a laugh with a friend.

Now, doctors and medical scientists are recommending exercise as an effective complement and alternative to medications for the prevention and relief from a wide array of diseases. The Arthritis Foundation offers exercise programs within the hospital for the entire community. There is no cost for walking, exercise and Tai Chi programs in a safe environment with trained leaders. Contact Kristin Matteson, MS/OTR/L at KMatteson@lifespan.org

Experts advise that if you haven't exercised in a while, consult a physician and start slowly. Be consistent and gradually increase the duration

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Volunteer Opportunity in The Auxiliary Gift Shop



Volunteers: Kay Smyth (left) with Susan Lynch enjoying Valentine's Day sales in the Gift Shop.

The Hospital Auxiliary Gift Shop has immediate openings for volunteers. The volunteers will greet customers, arrange merchandise and assist with retail transactions. It is a fun, stylish boutique open 7 days a week. A visitor in the store commented "this is the best place to shop!" The shop makes it possible for visitors to pick up gifts for patients and before they leave to get a gift for themselves.

All funds that are generated from the Gift Shop support hospital programs. The Auxiliary makes it possible for patients to receive a complimentary *Newport Daily News*, they give new Moms and their babies hand-knit hats and booties and have adorned the walls of the hospital with original artwork. To learn more about being a Gift Shop volunteer contact Debby Weiland at dweiland33@gmail.com



Mobility Training in February

*Sitting L to R : Tyler Rasmussen, Edem Kuada, Amanda Correia, Donna Archambault
 Standing L To R: Nickie Piermont, Maddie Vitanza, Diane Crowley, Andrea Wilson,
 Denise Watson, Lacey Schenk, Patricia Bestoso*

Mobility is Medicine *continued from page one*

She reviewed equipment the patient might be attached to such as the I.V. pole, oxygen tank and tubing as well as catheters. Even with all this extra gear, a safe and secure walk is possible with the Gait belt and use of correct procedures. For patients unable to participate in full ambulation, Andy demonstrated ankle pumps as a good option for a sitting exercise.

Gail Jackson, Infection Control RN, emphasized the hospital’s policy of hand washing before and after visiting patients. With compromised immune systems, patients are more susceptible to germs transported to them by visitors. It is important for staff, visitors and volunteers to “foam in and foam out” at wall-mounted Purell dispensers when visiting patients. She also noted there are patients

whose situations require that a visitor “gown up” prior to entering a room. Gowns or other protective garments are located on a table outside hospital rooms.

It is quite certain that Florence Nightingale, the founder of nursing in Victorian times, would look on all of the above as positive interventions “that do help the sick to get better”. We look forward to an ongoing successful Mobility Volunteer Program here at Newport Hospital, to support the work of our nursing and rehabilitation staff, but most of all for patients who benefit greatly, not only from the mobility, but also from the social interaction with the volunteers.

Contact Lisa Coble at 845-1635 to learn about the next Mobility Volunteer training. Walking and talking with patients is fun and rewarding! ■

... also care for ourselves *continued from page four*

and intensity of your workout. If you have been keeping fit, put variety into your program. Maybe start walking to your volunteer assignment! Newport offers some of the best historical architecture, tree specimens and miles of sidewalks for your walking pleasure.

Renew, relax and refresh. Mark your calendars to attend the Spring Volunteer Retreat on Friday,

April 11 at Sachuest Wildlife Sanctuary. The event will include time to socialize, enjoy the walking paths, learn about simple meditation practice and leave with a spring bouquet of flowers.

Contact Debby Lennon at 845-4244 to reserve a spot at the Retreat. Space is limited to the first 30 registrants.

Live right – live well.

See you at the hospital – but not as a patient!

Ask Lisa ...

Lisa Coble, Director of Volunteer Services at Newport Hospital, answers questions from hospital volunteers every day. Here's a question worth sharing –

Volunteer question: 'I really connected with a patient and she asked if we could meet for tea after she got well. Can I call this patient at home to follow up on her well-being?'

Answer from L. Coble: 'It is very important to maintain healthy and safe boundaries in the volunteer and patient relationship. Please do not share personal contact information with patients. It is for your safety to maintain your privacy and not go outside your scope of care by continuing to support patients after they are discharged from the hospital. We can continue to support patients with our well wishes and thoughts as they leave. Patients are also welcome to drop us a note through hospital mail to let us know how they're doing.'

This is such a great question to share with all volunteers. Please send me any question that you'd like to share with others, to LCoble@lifespan.org

Thanks for all you do, Lisa



Lisa Coble
Director of Volunteer Services
Newport Hospital
Email: LCoble@lifespan.org
Phone: 401 845 1635

Save the Date

Annual Volunteer Retreat:

Friday, April 11 from 9:00am-2:00pm
Sachuest Wildlife Sanctuary, Middletown RI
The day will include time to network with volunteers, enjoy lunch, walk on the nature paths and learn new things. Featured speaker will be Kelly Doyle of Ananda Meditation Center.
Registration forms will be mailed to all volunteers.
Space is limited and there will be a registration of \$6.00.

Volunteer Recognition Luncheon

Thursday, May 1
Noon at the Officers' Club, Naval Station, Newport