

Healthbeat

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Newport Hospital
Lifespan. Delivering health with care.®

Message from the President of Newport Hospital



As spring returns to the island, I am delighted to share the exciting news that Newport Hospital has been recognized as one of *Newsweek's* "Best in State Hospitals" and has earned an impressive Hospital Safety Grade of "A" from the Leapfrog Group, a distinguished national healthcare rating organization.

It also seems the right season to announce that Newport Hospital will soon unveil its own therapeutic outdoor space, offering patients a serene spot to embrace the healing power of nature. The outdoor area will provide patients with an inviting place to relax, enjoy nature, and participate in active therapy. Stay tuned for more information about the design in the next newsletter.

April brings another milestone as we introduce a unique rehabilitation tool – a fully equipped apartment designed to aid patients in our rehabilitation program in their transition back to daily life and activities. This innovative approach to regaining functionality ensures a smoother journey home and facilitates a

faster recovery for patients at our Vanderbilt Rehabilitation Center. The apartment will provide a safe space for patients and their loved ones to practice life skills, such as getting in and out of bed, getting dressed, managing a modified diet, and administering insulin. Practicing these tasks under the guidance of Newport Hospital's expert staff, helps patients gain confidence before heading home.

Inside this edition of Healthbeat, you can meet new healthcare providers in various specialties, explore insights from one of our sports medicine surgeons, Dr. Michael Staebler, on minimizing pickleball injuries, and learn about hernias from Dr. James Valente, our medical director and chair of surgery.

As the spring sun warms our spirits, follow Dr. Staebler's advice for a safe and enjoyable season, especially if you plan to celebrate with a game of pickleball!

In health and partnership,

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

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Welcome New Providers in Newport County



Estefany Flores-Godaire, CNM, MPH is a certified nurse midwife at Newport Women's Health Services and an assistant professor of obstetrics and gynecology at Boston University's Chobanian and Avedisian School of Medicine.

Prior to joining Newport Women's Health, Estefany Flores-Godaire

worked as the director of group prenatal care at Boston Medical Center. She has presented at numerous conferences and collaborated on medical research published in academic journals. Estefany Flores-Godaire earned a master's degree in nurse midwifery from Columbia University and a master's degree in public health from Brown University.

Lori M. Kelley, CNM, MSN is a certified nurse midwife at Newport Women's Health.

Before joining Lifespan, Kelley worked as a certified nurse-midwife at South County Health in Wakefield, Rhode Island; Women's Health of Westerly; the Center for Obstetrics and Gynecology Physicians in Providence; Partners in Obstetrics and Gynecology in Providence; and Tollgate OB-GYN in Warwick, Rhode Island. She earned a master's degree in nursing from the University of Rhode Island and a bachelor's degree in nursing from Rhode Island College.



Alexis Lawrence, MD, is the medical director and chair of Newport Hospital's emergency department. She is also an attending physician at The Miriam and Newport hospitals, and an assistant professor at The Warren Alpert Medical School of Brown University. Her focus is on improving operational efficiencies

and patient and provider satisfaction. Dr. Lawrence earned her medical degree from the University of Massachusetts

Medical School, graduating Alpha Omega Alpha, and completed her residency in emergency medicine at The Warren Alpert Medical School of Brown University, serving as chief resident in her final year.

She has worked for many years in Rhode Island with Brown Emergency Medicine and served in various administrative roles, including as assistant program director, assistant medical director for The Andrew F. Anderson Emergency Department at Rhode Island Hospital, and as director of quality and patient safety for Brown Emergency Medicine.



Marina Zambrotta, MD, MEd, is a board-certified hospitalist at Newport Hospital.

Before joining Lifespan, Dr. Zambrotta worked as a physician with the Navajo Nation Indian Health Service at Northern Navajo Medical Center in Shiprock, New Mexico. She was also an affiliate

physician at Brigham and Women's Hospital, as well as an instructor in internal medicine at Harvard Medical School. Born and raised in Newport, she earned her medical degree from Sidney Kimmel Medical College at Thomas Jefferson University in Philadelphia. Dr. Zambrotta completed an internship and residency in internal medicine at Brigham and Women's Hospital in Boston. She went on to complete a fellowship in medical education at the Harvard Graduate School of Education in Boston, earning a master's degree in education.

Common Pickleball Injuries and How to Avoid Them

Pickleball is a huge craze. In fact, it is often described as America's fastest growing sport. Like any new sport or trendy activity, many individuals jump into it quickly and don't really get themselves ready. As a result, injuries can happen.

Most common pickleball injuries

The most common injuries from pickleball are overuse injuries or injuries due to lack of training. When an individual hasn't engaged in a sport previously, their body might not be ready for that level of vigorous exercise. That can lead to sprains and strains.

Pickleball is a "bursting" kind of activity. Players go from standing still to lunging to hit a ball. If you're not adequately stretched out that's when you are most at risk for injury.

- Strained calf muscles and ankle sprains are common pickleball injuries.
- Knee injuries and meniscus tears can occur from twisting during play.
- More severe injuries such as a torn Achilles tendon can also happen.
- Overuse injuries in the upper body also may occur. Those include rotator cuff injuries from swinging a racket or tennis elbow (lateral condylitis) from gripping the racket too tightly.

How to prevent pickleball injuries

The most important thing you can do is to warm up before you start a game.

- Be sure to stretch your calf muscles. Place your hands against a wall and lean with your foot flat to stretch those muscles.
- You should also stretch your quadriceps – the muscles in your upper legs. You can either sit or stand to do those.
- Do some jumping jacks or jog in place just to get the blood flowing. This will help get your muscles warmed up before you do explosive movements. It's those movements that will cause a tear if your muscles aren't warmed up and ready.



- It's also important to stretch your arms and shoulders before playing because they're getting a workout too.
- Supportive shoes are equally important. You want tennis shoes that are non-slip and also support your ankles.
- In colder weather, be sure you wear adequate clothing. It's even more important to stretch and warm up when it's cold out because cold muscles are more prone to tearing and straining.

Treating injuries

If you feel tight or sore that night or the next day, that's often a sign of overuse. These injuries can be safely treated at home using the RICE method – rest, ice, compression, elevation.

On the other hand, if you get a twinge of pain or feel a pop while playing, that's a sign something significant is happening. Call your doctor or visit an urgent care center to get checked.

So go ahead and join the pickleball craze, or whatever other sport you enjoy! Just be sure to prepare your body for the workout.

Michael Staebler, MD is a board-certified orthopedic surgeon with Lifespan Orthopedics Institute at Newport Hospital.



Hernias in Women: Risk Factors, Symptoms, and Prevention



Anyone can develop a hernia—they're a common medical condition that happens in both men and women. A hernia is a hole in the abdominal wall. Sometimes underlying tissue or part of an organ or the intestines gets caught in the hole. The basics of a hernia are the same for everyone, but there are some differences between hernias in women and men.

What types of hernias do women encounter more often than men?

Hernias occur most often in the abdomen and groin. In men, they most often show up in the groin area, called inguinal hernias. In women, hernias can occur in the groin as well, but they also show up in the upper thigh (femoral hernias), near the belly button (umbilical hernias), or near an incision site (incisional hernias). Additionally, women more often suffer from pelvic floor hernias.

What are some causes of hernias in women?

Common causes of hernias in both men and women include:

- lifting heavy objects
- chronic sneezing (as with allergies) or coughing
- surgery
- obesity
- chronic constipation
- connective tissue disorders

In women, pregnancy, childbirth, and hormonal changes can increase the risk of developing hernias. As the uterus expands with the growth of the baby, the abdominal wall

can become weaker from the increased pressure. Hormonal changes during pregnancy can weaken the connective tissue.

What are the symptoms of hernias in women?

Hernias in women are typically more subtle than in men—for example, women may not experience a visible bulge, which is commonly found in hernias with men. Instead, women tend to have hernias that are deeper in the body and smaller, and therefore less noticeable to the eye. A woman may experience aching or sharp pains or a burning sensation at the site of the hernia, along with pain or discomfort that increases with activity. As hernias in women tend to occur in the pelvic floor or groin, they're often mistaken as gynecological issues, which can lead to delayed diagnosis and treatment.

How are hernias diagnosed?

Hernias are often first diagnosed with a physical exam from a doctor. The doctor may ask a patient to sit, stand or move parts of the body to attempt to feel the hernia if it is not immediately visible. The doctor may also order imaging tests, such as a CT scan or ultrasound, to determine if pain or discomfort is attributed to a hernia.

Once diagnosed, hernias can either be left alone as long as they do not impact the quality of life, or surgery can be performed to fix the hernia and help the patient return to a normal quality of life.

Can hernias be prevented?

Hernias cannot completely be prevented, but there are steps that you can take to help lower your risk of developing a hernia.

- maintain a healthy weight.
- strengthen the core muscles.
- avoid heavy lifting, especially while pregnant.
- don't wait to receive medical attention.

At Newport Hospital, our board-certified general surgeons can treat your hernia and get you back to living your life as quickly as possible.

James D. Valente, MD is a board-certified general surgeon at Newport Hospital.



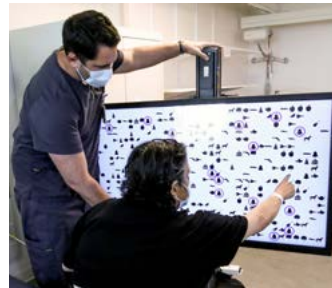
The Vanderbilt Rehabilitation Center Recognized for Exceptional Care and Advanced Technology

The Vanderbilt Rehabilitation Center (VRC) at Newport Hospital recently achieved reaccreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF) for its exceptional care. Key to the center's success is the skilled, caring staff and a range of advanced, innovative tools to help patients regain function and mobility.

Both the VRC's inpatient hospital adult program and inpatient hospital stroke specialty program earned reaccreditation from CARF International, an independent, nonprofit accreditor of health and human services. "It's gratifying to see our high-quality care and outstanding

patient outcomes affirmed by the commission," said Melissa Fournier, PT, Lifespan director of inpatient rehabilitation services.

An integral part of the Vanderbilt Rehabilitation Center's success has been the investment in cutting-edge technology, such as a wearable exoskeleton to assist with relearning mobility, virtual reality models, a new indoor, true-to-life model car with adjustable features to allow patients to practice getting in and out in a safe and weather-free environment, a new mock apartment for patients and family, and coming soon, a therapeutic outdoor garden space.



Newport Women's Health Introduces New Colposcope Tool for Cervical Cancer Screening

Cervical cancer, once a significant threat to women's health, has seen a remarkable decline in mortality rates thanks to the widespread adoption of Pap smears and cervical cancer screenings. A newly arrived colposcope at Newport Women's Health will play a pivotal role to help with early detection of women's health issues, like human papillomavirus and cervical cancer. The colposcope provides Newport Hospital staff with sharper, clearer images to help detect and prevent women's health issues early.



Fostering Healthy Communities

Fostering Healthy Communities is one of four pillars of Lifespan's new strategic plan. Expanding access to programs that increase food and nutrition security is one strategy that the Lifespan Community Health Institute and Newport Hospital will utilize to foster healthy communities. By delivering healthy living and healthy eating programs in community settings, we are also responding to the priority to provide outreach, education, and navigation assistance to address health and social services, as identified in the 2022 Newport Hospital Community Health Needs Assessment.

Ever focused on our neighbors with the greatest needs, Newport Hospital, with assistance from the Lifespan Community Health Institute, will supplement existing programming that includes:

- providing free nutrition programs – Food is Medicine and A Taste of African Heritage, to educate the community on how to increase fruit and vegetable consumption, the use of healthy fats, incorporating more culturally appropriate foods into a daily meal plan, and demonstrating how making small changes can affect health in a positive way;

- offering the Diabetes Prevention Program for free – a lifestyle change program for people at risk of developing Type II diabetes;
- offering free, local produce and recipes to families experiencing food insecurity; and
- providing free, local produce to adults struggling with diabetes.

Rev. Dr. Martin Luther King, Jr. once said, "I have the audacity to believe that peoples everywhere can have three meals a day for their bodies, education and culture of their minds, and dignity, equality, and freedom for their spirits." As Lifespan embarks upon a new strategic direction, the Lifespan Community Health Institute and Newport Hospital will proudly continue to offer programs and services to help all members of our community feed their mind, body and spirit because food is medicine! If you have suggestions to address community nutrition needs, please reach out to Jeanette Nessett at jnessett@lifespan.org to share your thoughts.

Expanded Pharmacy Hours!

Lifespan Pharmacy at Newport Hospital is extending its hours to better serve patients and the community. For all your prescription needs, as well as flu shots, COVID vaccines and more, visit the Lifespan Pharmacy through the main hospital entrance on the first floor Monday through Friday between 7:30 a.m. and 6 p.m.



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

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.

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

Coastal Medical Primary Care in Newport County:

Jamestown Primary Care: 401-423-2616

Newport County Primary Care: 401-606-4510

Newport Primary Care: 401-846-0055

Tiverton Primary Care: 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

- One of *Newsweek's* Best In State Hospitals for 2024
- Hospital Safety Grade of "A" from the Leapfrog Group, a distinguished national healthcare rating organization
- 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, 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