

Newport Hospital Healthbeat

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • FALL 2020

Message from the President of Newport Hospital



The word “unprecedented” has been used a lot this year, but this truly is a year like no other. We are all working to adapt to the new normal, at Newport Hospital, throughout the Lifespan system, and in the world around us.

to announce that Newport Hospital has once again received the American Heart Association/American Stroke Association’s Get With The Guidelines Stroke Gold Plus Quality Achievement Award. We are also happy to host our free community lecture series and support groups again, which are now being held virtually.

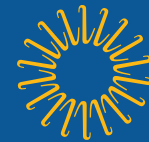
Wishing you a happy and healthy holiday season!

Sincerely,

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

Never in my years of working in health care have I seen a time when we’ve had to essentially close our hospital services for non-critical care. I am pleased that we are once again open, safe and ready to deliver health with care. If you need hospital services – lab exams, elective surgery, diagnostics, preventive care or other outpatient services – we want to see you, and we want you to feel comfortable with the safety measures we’re taking at the hospital to keep you healthy. Don’t risk your health by delaying necessary medical care.

While this year has had its challenges, we have many positive updates to share. In this issue of Healthbeat, we’re introducing several new providers, both primary care physicians and specialists. We have exciting news regarding Vanderbilt Rehabilitation, and I’m proud



Newport Hospital
Lifespan. Delivering health with care.®

Inside this issue:

- New Faces at Newport Hospital
- Women’s Health Services Renovation
- Physician Spotlight
- Vanderbilt Rehabilitation Center – Rhode Island’s Premiere Inpatient Facility
- New Equipment in the Age of COVID-19
- New Prostate Cancer Advances Improve Detection
- How Can I Help? The Impact of Philanthropy
- Telehealth Provides Additional Access to Mental Health Care
- Stroke Gold Plus Quality Achievement Award
- Newport Hospital Virtual Community Lecture Series and Support Groups



New Faces at Newport Hospital



James M. Ferguson, MD, is board-certified in pulmonary and internal medicine, specializing in a wide range of pulmonary disorders. Dr. Ferguson received his medical degree from the University of Massachusetts Medical School, Worcester. He was named chief resident by his peers and completed both his residency and fellowship in pulmonary and critical care at The Warren Alpert Medical School of Brown University and Rhode Island Hospital. Before his fellowship, Dr. Ferguson spent one year as an Intensive Care Hospitalist at The Miriam Hospital.

Dr. Ferguson specializes in the treatment of ailments of the lung and respiratory system, with a specific interest in lung cancer screening and identifying and improving disparities in health and health care.

He is a member of the American College of Chest Physicians, American Thoracic Society, and the American College of Physicians. He also hosts monthly teaching rounds to third year medical students, as well as monthly ultrasound guided procedure to internal medicine residents, interns, and medical students.



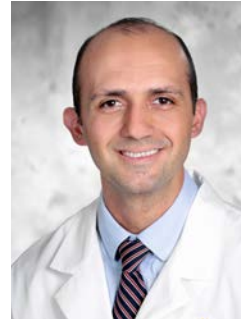
Samuel H. Eaton, MD, is a board-certified urologist at Newport Hospital and a member of the Minimally Invasive Urology Institute at The Miriam Hospital. He specializes in robotic and laparoscopic surgery, prostate cancer, kidney cancer, upper tract reconstruction, comprehensive stone management, and BPH surgery.

He received his medical degree from Columbia University College of Physicians and Surgeons.

Dr. Eaton completed his general surgery internship and urology residency at Boston University Medical Center where he was elected chief resident by his peers. He then completed his fellowship in endourology at Northwestern University. Prior to joining Brown Urology, Dr. Eaton was an assistant professor at Duke University.

Dr. Eaton is a member of the American Urological Association, the Endourological Society, and a diplomate of the American Board of Urology.

Read more about Dr. Eaton's perspective on prostate cancer on page 6.



Laert Rusha, MD, is a fellowship-trained pain management specialist at the Norman Prince Spine Institute.

Dr. Rusha earned his medical degree at the University of Massachusetts Medical School in Worcester. He served his internship in internal medicine and completed a residency in anesthesiology and a fellowship in pain medicine, all at the University of Maryland Medical

Center in Baltimore.

He is board-eligible in anesthesiology.

Dr. Rusha is a member of the American Society of Anesthesiologists and the American Society of Regional Anesthesia and Pain Medicine.



Jill Ann Berk, APRN, MSN, AGNP-BC, is a psychiatric nurse practitioner with Newport Psychiatry. Berk is dual certified in adult and gerontology medicine as well as psychiatric mental health care. Berk earned her master of science degree in nursing with a specialty focus in adult gerontology, as well as her post-masters in psychiatric mental health from the University of Rhode Island.

Berk has more than 16 years of nursing experience providing her patients with compassionate, educated care. She is well versed in providing psychiatric evaluations and psychopharmacological interventions with medication management when indicated.

Berk specializes in treating mood and anxiety disorders in those age 18 and above.

Lifespan Physician Group welcomes 3 new primary care providers

Lifespan Physician Group is happy to welcome three new primary care providers: Grace Stephan, MD, and Kenneth Wells, MD, at Jamestown Family Practice, and Melvin Philip, MD, at LPG Primary Care, Newport. All three physicians are currently taking new patients. Lifespan Physician Group has earned the Patient-Centered Medical Home (PCMH) recognition from the National Committee for Quality Assurance, which recognizes evidence-based, patient-centered processes, highly coordinated care, and long-term patient-clinician relationships.



Grace Stephan, MD, is a board-certified family medicine physician with experience in urgent care and outpatient medicine.

Dr. Stephan earned her bachelor of science degree in biological sciences and biochemistry from the University of Windsor Ontario, College of Arts and Science. She went on to receive her medical degree from St. George's University School of Medicine, in Grenada. Dr. Stephan

completed her internship and residency in family medicine at St. John Hospital and Medical Center, Detroit.

Dr. Stephan is a member of the American Academy of Family Physicians and the American Medical Association.



Kenneth Wells, MD, is a board-certified family medicine physician. Dr. Wells received his medical degree from New York Medical College, Valhalla. He completed his internship at the Naval Medical Center in Portsmouth, VA. He also completed Navy Flight Surgeon Training at the Naval Aerospace Medical Institute, Pensacola, FL. Dr. Wells completed his family medicine residency, serving as chief resident, at the Naval Hospital Bremerton, Washington.

Dr. Wells is a member of the American Academy of Family Medicine.



Melvin Philip, MD, is board-certified in internal medicine and has specialty training in palliative and hospice care.

Dr. Philip received his medical degree from Ross University School of Medicine, Bridgetown, Barbados. Dr. Philip completed his residency in internal medicine and primary care and was named Resident of the Year at the Connecticut Institute for Communities, Danbury

Hospital. He went on to complete his fellowship at Weill Cornell Medicine in palliative and hospice care, New York Presbyterian Hospital, Queens.

Dr. Philip is a member of the American College of Physicians and the American Academy of Hospice and Palliative Medicine.

Scan the QR code with your smartphone to learn more about primary care in Newport County.



Women's Health Services Renovation

Newport Women's Health Services provides care for a complete spectrum of obstetric and gynecological health needs, from adolescence through menopause. To match the excellent care we provide, we have designed a modern and welcoming outpatient clinic. This space upgrade combines the two current outpatient practices into one location, conveniently closer to the main entrance of the hospital. We look forward to welcoming our patients in this new space this fall.

Physician Spotlight



Michael Mason, DO, is a board-certified orthopedic surgeon with Newport Orthopedics, a Lifespan Physician Group practice. He can be reached at 401-845-1474.

Q. What are some of the conditions you treat?

A. Several conditions can cause joint pain and disability that lead patients to consider joint replacement surgery. In many cases, joint pain is caused by damage to the cartilage that lines the

ends of the bones (articular cartilage). Imagine the end of a chicken bone where it is white and rubbery – that is articular cartilage. It provides a cushion between bones and, when lubricated with joint fluid, makes the joint almost frictionless. Less friction than ice on ice!

The conditions that can lead to damaged cartilage include osteoarthritis, rheumatoid arthritis, post-traumatic arthritis, and avascular necrosis.

Q. What do you find most rewarding about what you do?

A. For many patients, joint replacement is a positively life-changing event. I am forever grateful and honored that patients bestow their trust and confidence in my skills and those of my entire team. There is nothing so rewarding as seeing a patient come back to the office following surgery, walking normally – when just six weeks before, they had great difficulty with ambulation and normal daily activities.

Q. What is the most important thing to you when you meet a new patient?

A. The mission of seeing a patient for the first time is more than simply establishing a diagnosis and treatment plan. It is my job to not only find out what the physical issue troubling them is, but it is equally important to know how the problem is affecting them and their loved ones. We ask our patients what their long-term function goal is and do our best to help them achieve it.

Q. What are some changes you've seen in orthopedic surgery throughout your career?

A. Modern joint replacement is quite different than it was 10 or more years ago. In days past it involved a 3-5 day or more stay in the hospital. Most patients today are in the hospital for 23 hours or less and we are starting to do more and more outpatient surgery where the patient goes home the same day. In fact, the average length of stay in our program from May through August 2020 was 1.15 days.

I don't like the term "minimally invasive" as the anatomy of a patient's joint is permanently changed (for the better). I will say, however, that modern techniques are much more "tissue sparing" with smaller incisions and far less dissection. Along with our Enhanced Recovery After Surgery protocol, this allows for early post-operative mobilization with most patients walking within hours of their surgery. 95% of our patients in August 2020 were up and walking with a physical therapist or nurse on the same day of surgery.

The replacement components have greatly improved as well. 10 or 20 years ago, there was an expectation that a replacement would wear out and/or lose fixation to the bone. But today, through laboratory tests that simulate normal walking, we predict modern replacements are likely to last at least 40 years.

Q. How do you hope your work impacts the lives of your patients and their families?

A. The ultimate goal as a surgeon is for my work to improve your mobility and restore quality of life. For all of our patients, we keep track of patient recorded outcomes (PROs) from questionnaires to assess the patient's pain, stiffness, and function. PROs also provide the patient and the care team with a way of measuring the patient's physical and emotional health and function. With PROs we can assess not only how well the replaced joint is doing, but perhaps more importantly, how our treatment affected the patient's mind, body and spirit. We look at improvements on a 100-point scale. Currently, our PRO data shows that in three months, my patients with total knee replacements are seeing a 31.85 point improvement, and total hip replacements are seeing a 36.73 improvement. This improvement is the best impact on the lives of my patients and their families that a surgeon can possibly be a part of.

Vanderbilt Rehabilitation Center – Rhode Island’s Premiere Inpatient Facility

For more than 40 years, Vanderbilt Rehabilitation Center at Newport Hospital has offered exceptional services to patients who require intensive inpatient rehabilitation care. Previously, such care was split between Rhode Island and Newport hospitals. However, as Rhode Island Hospital expanded services for COVID positive patients, rehabilitation patients were re-directed to Vanderbilt. With the expansion of the center expected to be complete in early 2021, Vanderbilt will now be the exclusive location for inpatient rehabilitation throughout Lifespan.

Inpatient rehabilitation provides individualized treatment plans specific to the needs of every patient, taking into consideration their short- and long-term goals. Vanderbilt provides intensive, multidisciplinary rehabilitation programs, including at least three hours of therapy per day, at least five days per week. Additionally, patients at the facility have access to a wide variety of specialists, including 24-hour-a-day access to hospital medicine providers, physical medicine and rehabilitation providers, pharmacy, and diagnostic services, such as laboratory and medical imaging. Patients can also enjoy the privacy of individual patient rooms and real-life community reintegration.

Specialized clinical teams, overseen by the board-certified physical medicine and rehabilitation medical director, take lifestyle goals into account to establish objectives to achieve maximum independence and prepare patients for their safe return home. Care teams provide support throughout the entire rehabilitation and recovery process. For patients who require

ongoing therapy or nursing care after discharge, Vanderbilt also assists with coordinating in-home, outpatient, or subacute rehabilitation to streamline the transition process.

Vanderbilt Rehabilitation Center is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for its Inpatient Rehabilitation Program, Hospital (Adults), and Hospital Stroke Specialty Program (Adults). Accreditation by CARF International demonstrates the program’s quality,



transparency, and commitment to patient satisfaction. CARF International is an independent, nonprofit accreditor of health and human services. Press Ganey, an organization that monitors and reports on patient experience and satisfaction, consistently demonstrated Vanderbilt Rehabilitation’s scores in the 92nd percentile and above.

New Equipment in the Age of COVID-19

Throughout the coronavirus pandemic, we are constantly evaluating our procedures and policies to keep our patients, staff, and community safe. Through the generosity of our donors this year, we created the Newport Hospital Emergency Preparedness Fund, which allowed us to purchase new sanitizing and testing tools.

We now have two Clorox Total 360 electrostatic sprayer disinfecting units, which apply disinfectant to the front, back and sides of surfaces to better target potential pathogens. We use these systems to rapidly disinfect surfaces in waiting rooms, patient rooms, the operating room and the Emergency Department.

“These measures, along with our enhanced disinfecting procedures, will provide even greater safety for our patients and staff as we enter a new phase of the pandemic,” said President Crista F. Durand. “We want members of our community to be assured that we are being extremely vigilant about safety and cleanliness and to know that they should not hesitate to seek the medical care they need.”

Additionally, we’ve purchased a GenMark ePlex testing system, which allows us to perform on-site rapid tests for a wide variety of pathogens, including the novel coronavirus that causes COVID-19. Using this system, we can quickly obtain results – in just a matter of hours – for patients presenting with flu-like symptoms. This enables hospital staff to more quickly develop a plan of care for ill patients, including determining the best course of treatment and the need for isolating contagious patients.

As flu season progresses, this new equipment will be particularly helpful to distinguish whether a patient with common symptoms has the flu, COVID-19, or an array of other respiratory infections.

The amazing generosity of donors, who saw this pandemic as a call to action and who stepped up in our time of need, has now allowed us to further improve how we deliver care to our community.

New Prostate Cancer Advances Improve Detection

A version of this article first ran in the Newport Daily News.

Prostate cancer is the most common cancer in men, with over 190,000 men in the United States expected to be diagnosed in 2020 alone. It is the second leading cause of cancer death in men, killing roughly 30,000 men each year. Prostate cancer tends to be slow-growing and may never affect them during their natural life spans. Because of this, decisions regarding whom to screen for prostate cancer can be complicated.

Samuel Eaton, MD, a board-certified urologist at Newport Hospital and a member of the Minimally Invasive Urology Institute at The Miriam Hospital, understands the complexities urologists face when managing and screening for prostate cancer. Over the past several years, the goal has been to minimize overdiagnosis risks and overtreatment while also maximizing the benefits of treatment when necessary.

“There have been several advances over the past few years in both diagnosis and treatment that have allowed us to make progress, including improved screening tests,” Dr. Eaton said.

The primary test used to screen for cancer remains the prostate-specific antigen test (PSA). The blood test helps identify people at a higher risk of having or developing prostate cancer. PSA testing allows physicians to detect cancer at an earlier and more treatable stage, which means a higher chance of cure with treatment.

“Since the early 1990s when PSA was introduced, the 5-year survival rate for prostate cancer has increased from 85% to 98%,” Dr. Eaton said. “This is likely due to PSA testing and improvements in treatment.”

Unfortunately, PSA is an imperfect test. It can result in false positives, meaning that a high PSA value may be due to reasons other than cancer.

While there is no standardized recommendation for who should or should not get the PSA testing, the decision is generally based on a combination of factors including a patient’s age and health status, risk factors for prostate cancer, and personal preferences. Typically, patients age 55 to 69 have the most significant benefit for PSA screening. Those at a higher risk (African Americans and those with a family history) should consider beginning screening at 40.

“Making decisions regarding screening and treatment of prostate cancer can be daunting, but these are issues that affect millions of men. It is incredibly important for men to talk to their doctor about PSA screening, particularly if they fall in a high-risk group, so they can decide if PSA screening is the correct choice,” Dr. Eaton said.

For patients diagnosed with prostate cancer, there are specialists available to help them through the decision making and find the management strategy that is right for them. With appropriate diagnosis and treatment, patients with prostate cancer can have excellent outcomes.

How Can I Help? The Impact of Philanthropy

Newport Hospital continues to *Deliver health with care* and meet your health care needs, whether during a pandemic or in your everyday journey of health and wellness.

We can only be our five-star best with the help of many in our community who want to give back to their hospital. So, you may ask – how can I help?

Your charitable gift, like that of many, will do a world of good.

Whether you feel inspired to make a first gift in honor of a care provider, nurse, or frontline worker, or you’d like to help us achieve a priority strategic goal, please know that you are helping to save lives, restore health, provide care, and give comfort to the thousands of patients that come to Newport Hospital for care.

This year has been a year like no other. We look ahead with hope and with trust that you will be here for us, as we have been here for you. It is through donor generosity that we have been able to create the Emergency Preparedness Fund, which has helped us provide critical services during times of crisis this year. Every donor, every gift, will make a difference.

Scan the QR code with your smartphone camera to learn more about donating, or call 401-845-1536 to speak to a Newport Hospital Foundation team member. We are grateful for your consideration and support.



Telehealth Provides Additional Access to Mental Health Care

As the COVID-19 situation evolves, and experts continue to learn more about the disease, concerns over the virus may be weighing on the minds of our patients. Regardless of how you choose to receive care, it's incredibly important not to delay essential health care and preventative care appointments—whether it's in person, or in some cases, virtually.

Our telehealth services offer patients several capabilities, including speaking over the phone or video conference, and other options may be available depending on specific needs. Utilizing this technology provides a unique opportunity to continue to meet patients' needs while also maintaining safety protocols.

As we adapt to our “new normal,” telehealth continues to evolve, with more health care practitioners seeking new ways to engage with their patients. With so many states and insurance companies lifting telehealth barriers, many providers can continue patient care in previously unavailable ways. This is especially true for behavioral health practitioners. Previously, behavioral health education programs emphasized the importance of building in-person relationships with patients. However, as telehealth's transition continues, mental health clinicians have discovered new ways to engage patients through technology.

The coronavirus pandemic caused many to feel isolated from family and friends. While the virus removed the possibility of in-person therapeutic relationships, telehealth allows us to maintain some level of care and therapy despite physical barriers.

Additionally, telehealth also improves access issues. It allows patients who typically struggle to get to appointments to communicate over the phone without leaving the house. Barriers such as transportation issues, health conditions, or socio-economic limitations are removed through telehealth, allowing for more interactions between providers and patients.

Telehealth technology aims to meet today's health care consumers' growing and changing needs and has revolutionized the way health care can be delivered. By utilizing telehealth, patients can continue working with their clinicians from a distance safely and securely. Additionally, telehealth increases access to care, reduces hospitalizations and re-admissions, enhances traditional face-to-face medicine, and improves patient engagement and satisfaction.

Rhode Island, The Miriam, and Newport Hospitals Receive Stroke Gold Plus Quality Achievement Award

Three Lifespan hospitals – Rhode Island, The Miriam, and Newport hospitals – have received the American Heart Association/American Stroke Association's Get With The Guidelines Stroke Gold Plus Quality Achievement Award. The award recognizes commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

The hospitals earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients, including the use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines.

Rhode Island Hospital was additionally recognized with the Target: Stroke Honor Roll Elite Advanced Therapy designation. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA.

Newport Hospital was additionally recognized with the Target: Type 2 Diabetes Honor Roll award. To qualify, hospitals must meet quality measures developed with more than 90% compliance for 12 consecutive months for the “Overall Diabetes Cardiovascular Initiative Composite Score.”

Newport Hospital and The Miriam Hospital have met specific criteria to be named Primary Stroke Center(s), while Rhode Island Hospital has been designated as a Comprehensive Stroke Center. Primary Stroke Centers are equipped to stabilize and provide emergency care for patients with acute stroke, and Comprehensive Stroke Centers can provide more specialized care for patients with complex strokes.

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.



Newport Hospital Community Lecture Series and Support Groups – We're Going Virtual!

As a community hospital, we're always looking for new ways to connect with those in the Newport County area. This fall, we've pivoted to virtual formats to ensure we can still provide these free services to our community in a safe, socially distant way.

VIRTUAL COMMUNITY LECTURE SERIES

The series is held monthly via Zoom and features health tips and medical expertise from clinicians at the hospital.

Lectures are held from 6 to 7 p.m. Check back for dates and details at www.newporthospital.org under Events. We hope to "see" you soon!

VIRTUAL SUPPORT GROUPS

Stroke Support Group

- Second Wednesday of every month
- 6 – 7:30 p.m.
- Join by phone: 401-226-0907, Conference ID 53621149
- Join by Skype meeting: <https://meet.lync.com/lifespanhospitals-lifespan/nbrown1/BD8VT2KS>
- For more information: Nakeesha Brown, 401-444-8237, nbrown1@lifespan.org

Breastfeeding Support Group

- Thursdays 12:30 – 2:30 p.m.
- Zoom video meeting (requires personalized link)
- For more information: Noreen Stonor Drexel Birthing Center, 401-845-1110

Helpful Phone Numbers

Primary Care in Newport County

Lifespan Physician Group
Newport: 401-606-4727

Jamestown Family Practice:
401-423-2616

Lifespan Physician Group
Tiverton: 401-624-1400

Total Joint and Orthopedics

401-845-1474

Norman Prince Spine Institute

401-845-1190

Cardiovascular Institute

401-845-1201

Women's Health

401-848-5556

Diagnostic Imaging

401-845-1338

Outpatient Lab

401-845-1260

Lifespan Urgent Care - Middletown

401-606-3110

Newport Hospital Foundation

401-845-1536

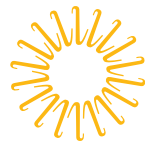
Doctor on Call Enrollment

(seasonal)

401-845-4339

Friend of the Foundation

401-845-4339



Newport Hospital

Lifespan. Delivering health with care.®

Newport Hospital
11 Friendship Street
Newport, RI 02840
401-846-6400

An Award-Winning Hospital Serving Newport County and Beyond



- A four-time designation as a Magnet hospital, the gold standard for nursing excellence
- Five Star rating for overall quality for the national Centers for Medicare and Medicaid Services
- 'A' Grade for patient safety from The Leapfrog Group
- Baby Friendly designation from the World Health Organization and UNICEF for excellence in support of breastfeeding mothers and infants
- Blue Distinction Center for excellence in hip and knee replacement
- Joint Commission-certified Primary Stroke Center and Stroke Gold Plus award from the American Heart Association
- Certification by the American College of Radiology as a Breast Imaging Center of Excellence
- Received Type 2 Diabetes Honor Roll Award in the first year it was available