

# Newport Hospital Healthbeat

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • SPRING 2019

## Message from the President of Newport Hospital



Welcome to the spring 2019 edition of our community newsletter! All seasons are busy here at Newport Hospital, and spring is no exception. This year, we have an unusual number of major projects underway, including the

transformation of our emergency department and continued expansion and enhancement of our affiliated orthopedics and primary care practices.

I want to remind you that our emergency department remains open and ready to care for the community, 24/7, even during renovation. We've made a great deal of progress on this landmark project. Our expanding space means we can keep wait times low, and a new, separate area for behavioral health patients allows us to give everyone a more private, comfortable and dignified experience. We are on track to complete the project by early fall of 2019, so stay tuned for more on the improvements to this essential community asset.

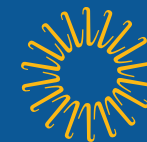
I'm proud to share that we recently received a five star rating for overall quality from the Centers for Medicare and Medicaid services, putting us in the top

eight percent of hospitals nationwide. Inside, you'll see some of our other recent awards. You'll also meet the newest addition to our growing orthopedics practice: we've added a new sports medicine specialist to our roster of orthopedic surgeons. We've also moved our affiliated Portsmouth primary care practice to a more spacious location on Turnpike Avenue, where patients can enjoy convenient access to specialists in orthopedics, women's health, neurology, as well as proximity to our Portsmouth diagnostic imaging center and on-site Lifespan lab. We'll be holding an open house on Tuesday, May 21—if you are looking for comprehensive care in the Portsmouth area, save that date!

Finally, with summer around the corner, I hope you'll try our healthy recipe, and tips for heart healthy exercise. We're fortunate to live in a beautiful area, and we are here to help keep you active and able to enjoy everything that Newport County offers.

Healthy Regards,

Crista F. Durand



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

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## New Faces at Newport Hospital

Here's a look at some of the newest physicians and allied health professionals to join the Newport Hospital medical staff and affiliated Lifespan Physician Group practices.



**Ross Budacki, MD**, is an orthopedic surgeon and specialist in sports medicine at Newport Orthopedics, a Lifespan Physician Group practice. Dr. Budacki received his medical degree from Georgetown University School of Medicine, in Washington, DC. He completed his orthopedic surgery residency at the Einstein Medical Center in Philadelphia, and a fellowship in orthopedic sports medicine at The Warren Alpert Medical School of Brown University. During his fellowship, he served as the assistant team physician for the Brown Division One football team and the Providence Bruins. Dr. Budacki is a member of the American Academy of Orthopaedic Surgery and the American Orthopaedic Society for Sports Medicine.

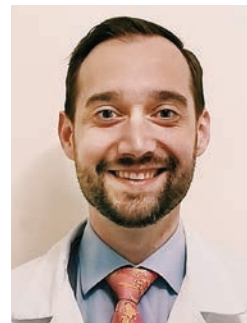


**Michael Duque, MD**, is a primary care physician at Lifespan Physician Group, Primary Care, Newport. Dr. Duque received his medical degree from the University of Santo Tomas, Faculty of Medicine and Surgery, in Manila, Philippines. He completed his residency at New York Medical College, Westchester Medical Center, Valhalla, New York. He has more than a decade of experience in a variety of primary care settings, and practiced most recently at the Centre of New England Primary Care Associates, in West Greenwich, and North Providence Primary Care Associates in Providence.



**Andrea Burdon, APRN-CNP**, is a board-certified family nurse practitioner at Lifespan Physician Group, Primary Care, Newport. She received her master of science degree in nursing practice from the University of Rhode Island, and is currently completing a doctorate in nursing practice, with a concentration in family medicine. She has more than a decade of experience as a registered nurse at Rhode Island Hospital and at the ENT Center of Rhode Island.

**Luke Brindamour, MD, Anton Edwards, MD, and Eric Wright, DO**, are new members of our hospital medicine team, bringing many years of experience caring for patients in a hospital setting.



**Dr. Brindamour** received his medical degree from Drexel University College of Medicine in Philadelphia, and completed his Internship and Residency in Internal Medicine at Harvard Medical School and Beth Israel Deaconess Medical Center in Boston.



**Dr. Edwards** received his medical degree from St. Georges University School of Medicine, in Grenada, and completed his residency at the Yale University School of Medicine and Norwalk Hospital.



**Dr. Wright** received his medical degree from the University of New England College of Osteopathic Medicine, and completed his specialty training in family medicine through The Warren Alpert Medical School of Brown University and Memorial Hospital. He practiced most recently as part of the hospitalist team at South County Hospital.



## New provider direct

*Here is how to reach these new*

Andrea **Burdon**, APRN-CNP

Michael **Duque**, MD

Jennifer **Kaback**, DO

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

Ross **Budacki**, MD

Newport Orthopedics  
401-845-1474

Luke **Brindamour**, MD

Anton **Edwards**, MD

Eric **Wright**, DO

Hospital Medicine (inpatient on



## Why consider a nurse practitioner?

Nurse practitioners are registered nurses with advanced graduate education who have passed national board exams. A nurse practitioner can be a great choice as your primary care provider: they perform physical exams, order and interpret appropriate testing, diagnose and treat illnesses and prescribe medications.

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NEWPORT HOSPITAL



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## Physician Spotlight



**Ross Budacki, MD**, is an orthopedic surgeon specializing in sports medicine. He's the newest addition to our growing team at Newport Orthopedics, a Lifespan Physician Group practice.

### Q. What drew you to orthopedic surgery?

A. In college I studied bioengineering and discovered my passion for solving problems. During my third year of medical school, I spent a month in a rotation with the orthopedic department. I realized then how well my passions for solving problems, fixing things, and helping people merged together in this one field.

### Q. What are your particular interests/expertise within the field?

A. My expertise is in orthopedic sports medicine. I completed my fellowship in this specialty at Brown University. I am also passionate about general orthopedic surgery and fracture care.

### Q. What do you enjoy about practicing medicine in a community like Newport?

A. I appreciate the warm and welcoming nature of the Newport community and the opportunity to get to know my patients. I also enjoy the beautiful setting of Newport, which lends itself to people living active, healthy lifestyles.

### Q. What do you enjoy doing in your free time?

A. I enjoy spending time with my wife and young daughter: going for walks, taking bike rides, and exploring all the beautiful areas within New England. I also enjoy playing hockey and skiing/snowboarding.

Dr. Budacki welcomes new patients, and offers same day or next day access for orthopedic or sports medicine injuries. His office is located in the Borden-Carey Building, 19 Friendship Street, Newport, and he can be reached at 401-845-1474.

Starting in May, Dr. Budacki will also be seeing patients at 77 Turnpike Avenue, Portsmouth.

[NewportOrthopedics.org](http://NewportOrthopedics.org)



## New Tests for Heart Disease

When it comes to coronary artery disease, early intervention can save lives. Two new state-of-the-art tests for coronary artery disease, now performed at Newport Hospital, give cardiologists a more accurate picture of coronary artery health, allowing them to intervene earlier with medication or lifestyle changes and prevent future heart attacks or strokes.

Coronary CTA (computed tomography angiogram) is a non-invasive test that provides a picture of the arteries that supply blood to the heart, showing precisely where they have become narrowed or blocked. CT technology has only recently achieved adequate resolution to visualize coronary circulation with this sensitivity. For

patients with chest pain or shortness of breath, this test can determine if the symptoms are related to inadequate blood supply to the heart.

Calcium scoring, also known as a heart scan, uses CT technology to identify calcium deposits or plaque in the arteries. Plaque is a build-up of fat, calcium and other substances that can either narrow or close the arteries. The more extensive the calcium deposits, the greater the risk of having a heart attack. Calcium scoring is a valuable method for evaluating the risk of heart attacks in patients who do not have symptoms of chest pain or shortness of breath.

Thanks to the support of our generous donor community, both diagnostic tests are now performed and read at Newport Hospital, when ordered by a physician.

## New Home and New Name for Portsmouth Family Medicine

Portsmouth Family Medicine, formerly located on Chase Road, has moved to new offices at 77 Turnpike Avenue in Portsmouth. The new location offers plenty of free parking, and convenient onsite access to the Portsmouth Imaging Center and a Lifespan Lab, so that diagnostic and imaging services are just steps away. Drs. Liza Famador, Camille Montes and staff are now practicing under the name **Lifespan Physician Group, Primary Care, Portsmouth**. The phone number for the practice remains the same: 401-683-3300.

### *Primary Care Directory*

If you are a new patient looking for a primary care home, just call our central number— **401-606-4PCP** —and we will help you find a provider and practice that meets your needs.

Our family medicine physicians and nurse practitioners see patients of all ages, from infants to seniors, so the whole family can find care under one roof. We offer onsite labs, convenient locations and walk-in hours, and take almost all insurance.

**Lifespan Physician Group, Primary Care, Newport**  
50 Memorial Boulevard, Newport

**Lifespan Physician Group, Primary Care, Portsmouth**  
77 Turnpike Avenue, Portsmouth

**Lifespan Physician Group, Primary Care, Tiverton**  
711 Main Road, Tiverton

**Jamestown Family Practice**  
20 Southwest Avenue, Jamestown



## SAVE THE DATE

### You're Invited: Open House!

Tuesday, May 21, 5:30 to 7 p.m.

77 Turnpike Avenue, Portsmouth

Meet the physicians: primary care, orthopedics, women's health, neurology and more

Comprehensive care in one convenient location.

Light refreshments, giveaways, door prizes!

RSVP: 401-845-1564

## Special Delivery: Birthing Center Offers a Candlelight Dinner Menu for New Families

Have a friend or family member who is welcoming a new baby into the world at our birthing center? You can now order a candlelight dinner for the new parents to celebrate. The three-course meal is delivered directly to the birthing center's private rooms. Call 401-954-5796 to order. Cost is \$28 per couple.



## In the News

**Michael Mason, DO**, is a board-certified orthopedic surgeon with Newport Orthopedics. He has designed multiple artificial joints and has decades of experience in joint replacement and reconstructive surgery. A version of this column first ran in the *Newport Daily News*.

## "Prehab" Key to Faster Recovery After Joint Replacement

### *What does "enhanced recovery after surgery" mean?*

Enhanced recovery after surgery, also known by the acronym ERAS, is a highly effective approach to helping patients prepare for surgery and recover quickly. The ERAS program focuses on making patients as healthy as possible before surgery. Advances in surgical technique as well as new approaches to anesthesia and pain relief also allow patients to get back on their feet quickly after the operation. Think of it as advanced "prehab" in addition to rehab.

### *How do you apply ERAS in your orthopedic surgery practice?*

The ERAS approach is about optimizing your physical and mental health before admission. It starts with thorough education of the patient, family and support team. Weeks before the surgery, a physical therapist assesses the patient and teaches muscle-strengthening and flexibility exercises, not only for the involved joint but also generally for the arms and legs. The therapist might even recommend cardiac or pulmonary rehabilitation to further build endurance.

As part of prehab, patients are also taught how to walk with European "cuff" crutches. Unlike traditional crutches, these lightweight devices allow a normal arm swing and reciprocal gait. Patients are encouraged to practice walking around their home with crutches, so that they feel comfortable and confident after surgery.

Another important part of the ERAS program is proactive pain control. For example, starting three days before surgery, we prescribe three

*Continued on page 7*

## Doug's Story

*Doug Ernest is a musician, construction worker and dog lover, who recently had a knee replaced by Dr. Michael Mason at Newport Orthopedics.*

As an active drummer with a popular local reggae band, you'd think Doug Ernest would need healthy knees to keep up with that driving reggae rhythm. But as it turns out, when he finally decided to have a knee replaced last year, it was all because of a nine-year-old pit bull named Brutus.

"I go on a particular walk with my dog every single day," he says. "It's about two miles, down the hill, and it started to get more and more difficult; I couldn't get up the steep embankments at all."

That's when he went to see Dr. Michael Mason.

Ernest is a tall, rangy guy, crackling with loose-limbed energy. He grew up in Newport's West Broadway neighborhood, where he still lives, and spent his teenage years playing ice hockey and skateboarding, two sports not known for being gentle on the knees. By the time he was 17, his right knee was so damaged that he had surgery to remove most of the jagged cartilage. "I kept on skateboarding," he says. "I figured I'd just use up whatever knee I had left!"

He picked up the drums at age 20, playing in a punk band called Verbal Assault. The band toured Europe, assaulting crowds in Germany, the Netherlands, the former Yugoslavia; then, in 1991, he started playing with a local reggae band called The Ravers.

"At first, I thought a reggae band was a dumb idea," he says now. "But I'll tell you, it's a lot easier to play reggae for 30 years—if I'd been playing punk rock all this time, I'd be needing new wrists."

Over the years, The Ravers have built a huge local following. But their growing popularity was matched by Ernest's growing knee pain. He was resistant to the idea of more surgery, but when he found himself struggling to keep up with Brutus—and was suddenly newly insured under Obamacare—the combination propelled him into Dr. Mason's office at Newport Orthopedics.

***"Dr. Mason was so great... ever since, I've had no problems with my knee at all."***



"I had all these worries and fears, and then I went in to see him, and his demeanor just made such a difference," he says. "Dr. Mason is so happy and confident, and he looked at my knee and kind of said, 'This is no big deal—we can fix this.' He patted me on the back and said, 'Let's get you back out there,' and I thought: 'Sure, let's do it.'"

It was the right decision.

Dr. Mason recommended total joint replacement. "He's done thousands of knees, and he said mine was in the worst shape he'd ever seen," Ernest says. "I'm kind of proud of that."

Ernest breezed through the surgery. "I started PT soon after, and I was already pedaling the bike and doing everything they were asking. My day job is construction: it's physically demanding, I'm up on ladders and on my feet all day. I was back at work within 10 weeks—it was just a super-fast recovery."

Today, he's back on the ladders during the day, banging the drums at night, and out with Brutus, walking up and down hills and playing fetch in Newport's old burial ground.

"Dr. Mason and Julie [Woodhouse, physician assistant] were so great," he says. "Ever since, I've had no problems with my knee at all...and I can go walk my dog. Perfect!"



## Food for Thought

*Healthy Recipes from Newport Hospital*

### Turkey Burgers Yield: 4 Burgers

1 lb. 99% fat free ground turkey    1 tsp. Dijon mustard  
 1/2 cup frozen kale, chopped        1/2 tsp. garlic powder  
 1/4 cup Feta cheese crumbles        Salt and pepper, to taste

Combine all ingredients in a bowl and mix. Divide into four sections and press into patties.

Broil in oven with burgers about four inches from the broiler for about five to six minutes per side. Or, cook in a non-stick skillet over medium heat, turning over just once while cooking. Cook until the juices run clear or the internal temperature reaches 165 degrees Fahrenheit.



Enjoy over a bed of baby spinach with your favorite roasted veggies, or on a whole wheat bun.

*Continued from page 5*

non-opioid medications that work together to proactively reduce inflammation, slow transmission of pain signals through the nerves and treat the pain itself. These same medications are used post-operatively, greatly limiting the need for opioids.

Another example is minimizing the hunger and dehydration caused by fasting before surgery. Because we use regional instead of general anesthesia, there's no need to fast. We give patients a clear complex carbohydrate drink the night before surgery as well as the next morning. Patients can have clear liquids up to two hours before their procedure. As a result, they don't go into the operating room feeling weak, hungry or dehydrated.

Within hours of their surgery, patients are returned to a normal diet, get dressed in their own comfortable clothing and get up and move around with a therapist or nurse. Ideally, patients are able to do physical therapy twice the day of surgery and once the next morning. At this point they can be safely discharged home to continue their recovery.

Patients can fully bear weight on the operative leg and are only on crutches for one to two weeks, compared to four to six weeks years ago. With the Enhanced Recovery After Surgery program, most patients return to the normal activities of daily living much faster and with much less pain.

*Dr. Mason sees patients at Newport Orthopedics, a Lifespan Physician Group practice, 19 Friendship Street, Newport. He can be reached at 401-845-1474.*

*NewportOrthopedics.org*

## Recent Recognition for Newport Hospital!

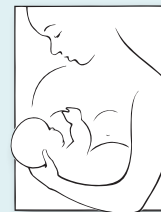
We're proud to share some of our most recent accolades:

- A five-star rating for overall quality from the Centers for Medicare and Medicaid Services, putting us in the top eight percent of hospitals nationwide ★★★★★



- A third consecutive 'A' for patient safety and quality from the Leapfrog Group's annual hospital safety ratings

- Redesignated Baby Friendly by the World Health Organization and UNICEF, for excellence in support of breastfeeding mothers and infants



- Re-certified as a Primary Stroke Center by the Joint Commission





## Health and Wellness Offerings at Newport Hospital

### COURSES AND PROGRAMS

**Noreen Stonor Drexel Birthing Center education programs** on childbirth preparation, infant care, breast feeding and more. Registration and fee required. Call **401-845-1110**.

**Risk Factor Reduction Program.** Monitored exercise and disease prevention education at Vanderbilt Rehabilitation Center. Registration and fee required. Call 401-845-1179.

**Newport Hospital community exercise programs.** Call 401-845-1845.

- **Community Walking Program.** Indoor walking program in a safe hospital environment with trained leaders. No cost.
- **Fitness for Function.** Exercise in a safe environment with experienced leaders. Must be able to transfer to a chair independently. Registration and fee required.

### FREE SUPPORT GROUPS

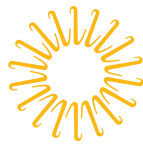
**Brain Injury Association of RI:**  
Contact 401-461-6599 or 800-824-8911.

**Breastfeeding Support Group:**  
Contact 845-1110.  
Meets weekly.

**Diabetes Support Group:**  
Contact VNS Newport/Bristol Counties at 401-849-2101.  
Meets at Edward King House, Newport.

**Stroke Support Group:**  
Contact Kathy Bergeron at 401-845-1244.

For further information on any program, please call the Newport Hospital Education Office at 401-845-1590.



## Newport Hospital

*Lifespan. Delivering health with care.®*

Newport Hospital  
11 Friendship Street  
Newport, RI 02840  
**401-646-4PCP**

## Newport Hospital Community Lecture Series

Our community lecture series is intended to share health tips and medical expertise with the community, and introduce you to clinicians at the hospital. All lectures are free and open to the public, and include complimentary light refreshments.

Upcoming topics for the spring include an orthopedics panel on staying active at all ages; a community mental health forum, and more. Lectures are held the second Thursday of the month, from 6:30 to 7:30 p.m. Check back for dates and details at [www.newporthospital.org](http://www.newporthospital.org) under Events.

Most lectures take place in Newport Hospital's Gudoian Conference Room, just off the hospital's main lobby. Parking is free. No registration is required, but seating is limited. To reserve a seat, call 401-845-1492 or sign up online at [www.newporthospital.org](http://www.newporthospital.org).

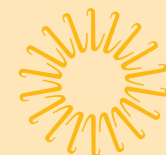


## BEYOND the BUILDING

The Campaign for Newport Hospital

To learn how you can help support the campaign, please call 401-845-1617.

<https://giving.lifespan.org/Newport/Beyond-the-building-donate>



## Newport Hospital Foundation

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