

# Newport Hospital Healthbeat

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • FALL 2019

## Message from the President of Newport Hospital



Welcome to the fall 2019 edition of our community newsletter.

I'm so pleased to share these highlights of recent accomplishments and awards at Newport Hospital.

In August, we held a ribbon-cutting ceremony for our new John A. and Hope H. van Beuren Emergency Department. The expertise and compassion our caregivers provide are now complemented by a spacious, state-of-the-art environment that is comfortable for patients and families. It's a testament to the generosity of our community that this patient-inspired, innovative project was financed entirely with donor contributions.

Two noteworthy awards have been received since our spring issue.

For the fourth consecutive time, Newport Hospital received Magnet designation for nursing excellence. It makes me immensely proud to see our outstanding nursing staff recognized in this way. For our community, it brings home that our patients and

family members can rely on some of the best nursing care in the country. Inside, you can read more about the significance of this honor.

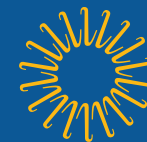
In June, we learned that we had received the American Heart Association/American Stroke Association's Get With The Guidelines® Stroke Gold Plus Quality Achievement Award. It recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines.

These honors are gratifying to all of us at Newport Hospital. More important, they reflect the superb care we are committed to providing to our patients.

Please join us for the November 14 community lecture, "Eating Wisely & Well: Tips for Healthy Eating," to get ready for the holidays, which will be here before we know it!

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 to join the Newport Hospital medical staff and affiliated Lifespan Physician Group practices.



**Preston Douglas, MD**, is a board-certified neurologist. He received his medical degree from the University of Texas Medical School at San Antonio and served his residency at Loyola University of Chicago. He furthered his training with a fellowship at Rhode Island Hospital.  
Lifespan Physician Group - Newport Neurology - 401-845-3800



**Maria A. Guglielmo, MD**, is a board-certified neurosurgeon with Lifespan's Comprehensive Spine Center and an assistant professor at The Warren Alpert Medical School of Brown University, from which she received her medical degree. Dr. Guglielmo completed her residency in neurological surgery at Rhode Island Hospital. She specializes in adult spine surgery and neurological treatment of chronic pain.  
Lifespan Physician Group Neurosurgery - Newport - 401-606-6360



**Tisha Singer, MD**, is a radiologist with special expertise in breast imaging. She earned her medical degree at Saint Louis University School of Medicine. She completed her residency and a fellowship at Rhode Island Hospital.  
Aquidneck Radiologists - 401-845-4253



**Neima Hadi, MD**, is an internal medicine hospitalist who earned a medical degree at Case Western Reserve University School of Medicine, followed by a residency at Beth Israel Deaconess Medical Center, Boston.  
Hospital Medicine (inpatient only)

**Elizabeth Manzo, MD**, is an intensivist (critical care specialist) who earned her medical degree at St. George's University, Grenada, West Indies. Dr. Manzo served her residency at UMass Memorial Medical Center in Worcester, Massachusetts, followed by a fellowship in critical care medicine at The Miriam Hospital/The Warren Alpert Medical School of Brown University. She is board-certified in internal medicine and critical care medicine. Hospital Medicine (inpatient only)



### Dr. Minn Named Associate Chief of Anesthesiology

**Mary Minn, MD**, has been appointed Associate Chief of the Department of Anesthesiology at Newport Hospital.

Dr. Minn had been Co-director of the Ambulatory Surgery Center at Rhode Island Hospital since 2018.

She is a clinical instructor of anesthesiology at The Warren Alpert Medical School of Brown University.

In her role as Associate Chief of Anesthesiologist, Dr. Minn provides guidance to the Total Joint Program at Newport Hospital by serving on all three committees responsible for governing the program: the Executive Steering Committee, Surgeons Committee, and Shared Governance. Dr. Minn's role is essential to both the success of the program and in guiding the team in providing the best clinical care possible to our total joint replacement patients.

### Dr. Tassinari Named Associate Director of Breast Cancer Clinic



**Julia Tassinari, MD**, a board-certified general surgeon whose expertise includes breast surgery, has been appointed associate director of the Lifespan Cancer Institute Breast Cancer Multidisciplinary Clinic at Newport Hospital. Her responsibility is to coordinate all the services and treatments the multidisciplinary clinic provides to breast cancer patients. Lifespan Cancer Institute Breast Cancer Multidisciplinary Clinic at Newport Hospital 401-619-3930.

## Physician Spotlight



**Preston Douglas, MD**, is a board-certified neurologist with Newport Neurology, a Lifespan Physician Group practice. He offers consultations, diagnostic testing and treatment for a wide range of neurologic conditions, from seizure disorders to migraines.

**Q. With so many specialties in medicine, what drew you to neurology?**

A. It is the perfect mix — a bit of outpatient, a bit of inpatient, using cool imaging like MRI, interesting anatomy, long-lasting patient relationships, and a physical examination that allows accurate localization of the lesion. Plus, neurology just made sense to me: We're a bundle of electrical wires organized in predictable ways. Localize the lesion, diagnose, and treat.

**Q. What are some of the conditions you treat?**

A. I am fellowship-trained in the diagnosis and management of epilepsy and other seizure disorders as well as neuromuscular conditions such as muscular dystrophy, neuropathy, myasthenia gravis, and ALS. Additional areas of interest and expertise include stroke and cerebrovascular neurology, chronic headache, and dementia.

**Q. What are some of the technologies and therapies you use in your practice?**

A. My procedural expertise includes electroencephalography (EEG), nerve conduction studies, and electromyography (NCS/EMG), and the use of Botox injections in the treatment of chronic migraine and muscle spasticity.

**Q. What do you find most rewarding about your profession?**

A. The long-term relationship with the patients is the most rewarding aspect, specifically being able to help them get a handle on their acute and chronic neurologic illnesses, and hopefully witnessing their improvement over time. Educating patients and students is another rewarding aspect — seeing the “switch flip” as they gain a sudden understanding of the disease process is very satisfying.

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

A. My wife and I love to travel. We are trying to visit all 50 states, and as much of Europe as we can manage! We're planning to take sailing lessons now that we are in Rhode Island.

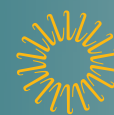
**Dr. Douglas welcomes new patients, and has offices hours at both Newport Neurology locations, 19 Friendship Street, Suite 150 in Newport and 77 Turnpike Avenue in Portsmouth. He can be reached at 401-845-3800.**



## Foundation Awards \$35,000 to Newport Community School

Thanks in part to continued support from the Newport Hospital Foundation, a \$35,000 award will assist Newport Community School in its efforts to improve the health and well-

being of Aquidneck Island students. Shown at the presentation in Hill Courtyard are David Vieira, NCS program coordinator; Crista F. Durand, Newport Hospital president; Tracy Shea, NCS executive director; Pam Breves, NCS board chair; Michael Dawson, the hospital's vice president of finance; and Loriana De Crecenzo, chief development officer.



Lifespan Urgent Care  
Lifespan Physician Group  
*Delivering health with care.®*

**Coming  
November 2019**  
*to Middletown*

The conveniently located urgent care center will open in November at 1360 West Main Road, Middletown. Lifespan Urgent Care will be open 8 a.m. to 8 p.m. Monday through Friday, 8 a.m. to 6 p.m. on Saturday, Sunday, and most holidays. (Closed New Year's Day, Thanksgiving, and Christmas.)

Follow Us!



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@NewportHospital

## New Technology Enhances Diagnosis of Coronary Artery Disease

Newport Hospital continues to advance the technology physicians use to assess coronary artery health. The hospital is the first in Rhode Island to adopt **HeartFlow Analysis**, a non-invasive technology that creates a 3-D digital model of the patient's coronary arteries.

The system interprets the data collected during a computed tomography angiogram (CTA), another leading-edge technology that's been in use for several months at the hospital. The non-invasive CTA provides a detailed picture of the arteries that supply the heart, showing whether they have become narrowed or blocked, and precisely where.

“Coronary CT angiography is the best non-invasive test to evaluate the arteries for structural obstruction or blockage due to atherosclerotic plaque,” said Joseph Weiss, MD, PhD, a cardiologist with Lifespan Cardiovascular Institute. “The functional significance of structural obstruction can be difficult to assess. Narrowing in the range of 50 to 70 percent is especially challenging to evaluate.”

“HeartFlow Analysis is an additional tool we can use to determine whether blockages identified during a coronary CTA are significant,” explained Jason Vachon, MD, a vascular and interventional radiologist at Newport Hospital. The technology uses powerful computer algorithms to simulate blood flow and assess the effect of blockages on blood flow to the patient's heart.

Using the analytic interpretation makes it unnecessary for patients to undergo a diagnostic cardiac catheterization, an invasive procedure, or a non-invasive but potentially less accurate nuclear stress test.

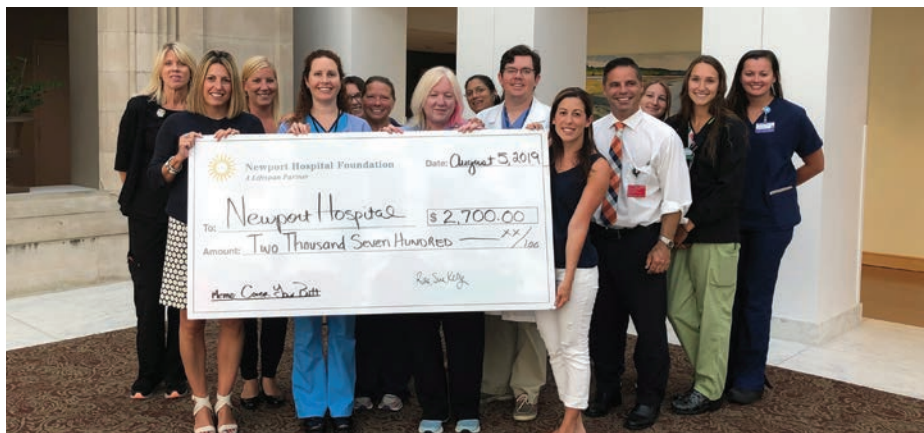


“It provides us a lot more information and helps us know how to proceed with treatment, whether it is necessary for the patient to undergo a catheterization to open up blockages or not,” Dr. Vachon said.

“The tendency in both invasive and non-invasive imaging has been to overestimate the functional significance of the blockages,” said Dr. Weiss. “Adding functional evaluation by HeartFlow to CT angiograms addresses this problem and has resulted in improved accuracy in diagnosing the causes of chest pain.”

Coronary artery disease is the leading cause of death for both men and women in the United States. When the arteries leading to the heart narrow or become blocked, blood flow to the heart may be reduced, causing chest pain and potentially fatal heart attacks. Early intervention can save lives.

For more information or to make an appointment, contact:  
Lifespan Cardiovascular Institute, Newport Hospital at 1-855-332-8474.



## Cover Your Butt Campaign Raises \$2,700 to Fight Colon Cancer

Three co-workers in the diagnostic imaging department — Kelly Blanchard, Sue Quinn and Rae-Ann Lawrence — presented a \$2,700 check, the proceeds of the ninth annual “Cover Your Butt” campaign, to Crista F. Durand, president of Newport Hospital. The fundraiser was begun in memory of a colleague, Donna Hittie, who died of colon cancer several years ago.



## A Banner Day for Newport Hospital's Nurses

On May 16, Newport Hospital was notified that it had earned its fourth consecutive designation as a Magnet hospital.

The prestigious honor is affirmation from the American Nurses Credentialing Center's Magnet Recognition Program that after a rigorous assessment, Newport Hospital continues to meet the gold standard for nursing excellence. Of about 6,300 hospitals nationwide, only 53 have achieved Magnet designation four times.

No one could be prouder than Vice President of Patient Care Services and Chief Nursing Officer Orla Brandos, DNP, MBA, MSN, CPHQ, NEA-BC, who was assisted by Magnet Coordinator Martha Rounds, RN.

"This is really a credit to every member of our nursing staff, who bring such dedication and commitment to excellence to their work," said Brandos.

"We have more than 95 nurses on staff who hold specialty certification, and such a deep pool of talent, skill and compassion throughout our entire nursing team. I'm so proud to lead these extraordinary professionals, and to have the exceptional care they provide to our patients recognized by the Magnet Commission."

In October, Brandos traveled with 27 Newport Hospital nurses to Orlando, Florida. There, at the annual Magnet conference, the excellence of Newport Hospital's nursing practice was recognized onstage.

"I especially want to thank Crista Durand, our president, for all the support she gives us, along with the medical staff. It's really an all-hands-on-deck endeavor," Brandos said.

To view a video of the announcement, visit <https://www.newporthospital.org/newport-hospital-magnet-hospital>



Speakers at the symposium included Jeffrey Gaines, MD, vice president of medical affairs and chief medical officer of Newport Hospital, and visiting experts Christophe Sauerwein, MBA, MSc; Judith Landau, MD, DPM; and Constant Mouton, MD, FCPsychSA.

## Newport Hospital Launches New Behavioral Health Series

A symposium on behavioral health care – **"Innovations in Addiction Treatment: A Clinical and Holistic Approach to Individual and Family Care"** – was held at Salve Regina University September 9. About 100 attendees heard from an impressive panel of renowned behavioral health experts from around the world.

The free symposium was presented by Newport Hospital, The Gruben Charitable Foundation, and Salve Regina University. It was aimed at professionals but open to anyone interested in addiction treatment.

Coming next from the sponsoring partners is a free workshop at 6 p.m. November 18. David Greenfield, PhD, will speak on **"Internet Addiction: Epidemiology, Etiology, and Treatment Considerations."** The psychologist is the founder and medical director of The Center for Internet and Technology Addiction and assistant clinical professor of psychiatry at the University of Connecticut School of Medicine.

For more information on the workshop, please contact Erin O'Brien at 401-845-1502 or [Erin.O'Brien@lifespan.org](mailto:Erin.O'Brien@lifespan.org)

## Cynthia's Story

*Cynthia O'Malley has a demanding job and is an avid traveler. She had a hip replaced by Dr. Michael Mason of Newport Orthopedics and now is back on the move, pain-free.*

Cynthia O'Malley has always traveled extensively, for family, business and pleasure. She has a son and grandchildren on the West Coast; she has a demanding job that requires flights to Europe and Asia; and like many New Englanders, she likes to escape somewhere warm toward the end of winter.

It all takes a lot of energy and a good pair of walking shoes. So when O'Malley began to experience severe pain in her hip, interfering with her ability to walk and stand comfortably, she knew she had to act.

"I had first noticed that my hip was hurting in March. By that fall, it was getting worse and worse, and I was scheduled to travel to China," she says. "I just wasn't sure I could manage it, or get out to California to see my grandchildren."

After months of coping with the worsening pain, O'Malley decided to follow up on a friend's recommendation to contact Michael Mason, DO, at Newport Orthopedics, part of the Lifespan Orthopedics Institute.

***"Dr. Mason is an incredibly skilled doctor. His attitude made it clear that he really cared..."***

"I was limping, I could only stand for a few minutes, it was hurting when I lay down to sleep; I just couldn't wait any longer," said O'Malley. "(Dr. Mason's practice) got me in right away—he walked in and said, 'You must have a high tolerance for pain! I saw your X-rays, and I'm going to take care of you.' My hip was so deteriorated, he could see what I was going through. This was early December—he said, 'You're going to come back in two weeks, and within 90 minutes you're going to be out of pain. You need to be out of pain by Christmas.'"

O'Malley came in to Newport Hospital for a total hip replacement just before the holiday. She was amazed at the speed and ease of her recovery. "I woke up from the surgery, and felt totally fine, like I had woken up from



a nap; Dr. Mason and his team were able to do a spinal block rather than full anesthesia, and it helped so much—no nausea, no feeling disoriented.

"I really recovered so beautifully—I had two physical therapy sessions the day of surgery, and I was able to walk around the hall and even climbed a set of stairs; I went home the next day. I used the crutches at first, but in days I didn't even need those. I was only out of work for four weeks."

Today she is back to flying around the globe, keeping up with her busy work, social, and family life—and doing it all pain-free.

"Dr. Mason is an incredibly skilled doctor. His attitude made it clear that he really cared," O'Malley says. "I was so grateful to be his patient because of his sincere concern. Dr. Mason could see how much pain I was in and wanted to help. It was just a fabulous experience."



**NewportOrthopedics.org**

**NOW** in Portsmouth and Newport

Newport Orthopedics has expanded its services to a second location on Aquidneck Island — 77 Turnpike Avenue in Portsmouth. To make an appointment, call 401-845-1474.



## Food for Thought

*Soup season is here! This recipe is adapted from one by Mary Flynn, PhD, RD, LDN, who will be a special guest at the November community lecture, "Eating Wisely & Well: Tips for Healthy Eating." (See back cover for details.)*

*More of her recipes, and a downloadable PDF, can be found at <http://medfooddiet.com>*

### Vegetable-Bean Soup Yield: 4 Servings

6 tablespoons extra virgin olive oil	1 14.5-ounce can white beans, rinsed and drained
2 cups corn: canned, drained, or frozen, defrosted	28-ounce can diced tomatoes
2 cups green beans: canned, drained, or frozen, defrosted	6 cups of broth — any kind, including made with bouillon cubes or granules
1 cup peas: canned, drained, or frozen, defrosted	Salt and pepper to taste

Heat 2 tablespoons of the olive oil on medium heat in a large soup pan. Add the corn and cook for about 5 minutes.

Add the rest of the olive oil along with the green beans and peas. Cook for 3 to 5 minutes, stirring occasionally.

Stir in the can of drained, rinsed white beans and heat 3 to 5 minutes. Add the crushed tomatoes and heat through. The vegetable mixture can be covered and left to simmer on low heat. When the vegetables are cooked as much as you want, add the vegetable broth. Heat through. Season to taste with salt and pepper.



**Tips:** You can add cooked pasta, rice or potatoes, if you like, just before serving. The soup can be frozen in individual servings. Add herbs as desired.

**Per portion:**  
460 calories;  
carbohydrate, 56 grams;  
servings of starch, 1;  
servings of  
vegetables, 3.5.

## Vanderbilt Rehabilitation Center Turns 40

In June, Newport Hospital celebrated a very important milestone: the 40th anniversary of the opening of the Vanderbilt Rehabilitation Center.

The center's inpatient unit is known throughout the region for its excellence and is held up as a national model for rehabilitation programs. When it opened in 1979, Vanderbilt was the first inpatient program of its kind in Rhode Island.

The inpatient program has received four Press Ganey Guardian of Excellence awards for outstanding patient experience and accreditation by the Commission on Accreditation of Rehabilitation Facilities (CARF) and The Joint Commission.

"Vanderbilt Rehab has earned many accolades, yet the most rewarding for us are the personal stories of patients' successes, patients who have been able to return to their busy lives after recovery from devastating illnesses and injuries. Being a part of this process is what makes our jobs so rewarding," said physiatrist Mustapha Kemal, MD, medical director of the center.



## 5K Road Race and Fun Run Returns as a Fall Event

Newport Hospital invited the community to "Fall into Fitness" at its 5K race/walk and family fun run October 27 at Newport County YMCA. Coming just before Halloween, the event offered an extra element of fun — a costume competition for runners.

Check out photos of the event and the winners on the Newport Hospital Facebook page.

## Fall into Fitness





## 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 401-845-1547.

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

**Community Walking Program.** Indoor walking program in a safe hospital environment with trained leaders, 11:30 a.m. Tuesdays and Thursdays, Hill Courtyard. Free. Call 401-845-1845.

### FREE SUPPORT GROUPS

#### Alzheimer's Caregivers Support Groups

This group offers a safe and positive place for those dealing with the daily issues of being a caregiver to an individual with Alzheimer's disease. This group meets from 2 to 4 p.m. the second and fourth Monday of each month at Tiverton Senior Center, 207 Canonicus St., Tiverton.

Another group is held particularly for caregivers of LGBTQ individuals, but open to all, at 10 a.m. on first and third Tuesdays at Calvary Methodist Church, 300 Turner Road, Middletown. For more information please call Child and Family Services at 401-848-4119.

#### Brain Injury Association of Rhode Island Support Group

This support group meets the second Tuesday of each month, 6:30 to 7:45 p.m., in the Gudoian Conference Room at Newport Hospital. Registration is requested.

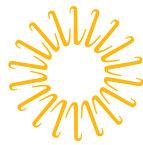
For more information please call 401-228-3319 or visit the Brain Injury Association of Rhode Island website, <https://biari.org/>

#### Breastfeeding Support Group

This postpartum support group is offered to assist new mothers and provide support in the first few weeks of breastfeeding. Moms are encouraged to share their ideas and concerns with other new mothers. A board-certified lactation consultant leads the group that meets weekly on Thursdays at 12:30 in the Noreen Stonor Drexel Birthing Center. Free.

For more information, please call 401-845-1110.

*Groups may cancel on holidays or in bad weather so it is always best to call ahead to verify. 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**

## An Award-Winning Hospital Serving Newport County and Beyond



- Four-time designation as a **Magnet® hospital**, the gold standard for nursing excellence
- **Five-star rating** for overall quality from 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**



## Ribbon-Cutting Ceremony Held for Renewed, Enlarged ED

Newport Hospital celebrated the expansion and renovation of its emergency department – and the naming of the unit as the **John A. and Hope H. van Beuren Emergency Department** – during a ribbon-cutting ceremony August 14.

Watching Hope H. “Happy” van Beuren cutting the ribbon are, from left to right, Norey Dotterer Cullen, chair of the Newport Hospital Foundation board of trustees; Crista F. Durand, Newport Hospital president; Peter Capodilupo, a foundation board member and past chair, and vice chairman of the Lifespan board of directors; Lawrence Aubin Sr., chairman of the Lifespan board; and Timothy J. Babineau, MD, Lifespan president and CEO.