

Healthbeat

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Newport Hospital
Lifespan. Delivering health with care.®

Message from the President of Newport Hospital



Spring is a time of new beginnings and exciting news and services at Newport Hospital.

Inside this edition of *Healthbeat*, you'll meet Lifespan's

new CEO, who will guide our health system's strategic direction into the future. Additionally, I am pleased to welcome several new providers to Newport Hospital, helping us to expand access to primary care, behavioral health, and neurosurgery in our community. We also share the findings from our triennial Community Health Needs Assessment, an essential component in analyzing and identifying the health priorities in our community.

Newport Hospital continues to enhance our services and our approach to caring for our patients. Two notable new additions include the EksoNR, a robotic exoskeleton to help physical rehabilitation patients walk again, and an innovative tele-ICU service to enhance our intensive care unit. We are also celebrating our two-year anniversary of our Lifespan Pharmacy at Newport Hospital; you can learn more about the convenient services offered there on page 6.

This year is Newport Hospital's 150th anniversary, and we have been enjoying a year of celebrations with our community and staff. I hope you've been able to join us at recent events, such as the Newport St. Patrick's Day Parade (our hospital's first time participating in this cherished tradition!). We will also host our annual summer celebration, A Salute to Health, on July 12. Funds raised at this event will support Newport Hospital's development of an eight-bed adolescent behavioral health unit to support the mental health needs of our youth population in Newport County. More information can be found at www.salutetohealth.org.

Visit www.newporthospital.org/150years to learn more about our hospital's rich history and other ways you can get involved in this momentous occasion. Also, if you're on Instagram, I hope you'll follow @newporthospital - the newest way to keep in touch with Newport Hospital!

In health and partnership,

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

Inside this issue:

Lifespan's New CEO

The Latest in Rehabilitation Technology

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And More!



John Fernandez Appointed President and Chief Executive Officer of Lifespan



Lifespan welcomed a new president and chief executive officer in January: John Fernandez.

John previously served as president of Mass Eye and Ear and of Mass General Brigham Integrated Care, both located in Boston, Massachusetts. He

succeeded Timothy J. Babineau, MD, who stepped down in May of 2022 after 10 years at the Lifespan helm.

John will guide the Lifespan health system's strategic direction, build upon its already strong quality and safety program, and focus on Lifespan's ambulatory footprint to ensure patients receive the best possible care in the most appropriate setting. He will continue Lifespan's work to develop relationships focused on embracing unique patient and community needs, and on building a diverse and inclusive culture to ensure our employee base is representative of and responsive to our community.

John's appointment comes after an extensive national search that was led by a nine-member search committee comprised of board members, physicians, management, and Lifespan's community and academic partners, including The Warren Alpert Medical School of Brown University. John has a demonstrated track record of increasing health care options and improving health services.

Prior to his Mass Eye and Ear appointment, John served as vice president at Brigham and Women's Hospital for several areas including surgical services, imaging, cancer, pathology, laboratory and network development.

Lifespan partners include Newport Hospital, Rhode Island Hospital and its Hasbro Children's Hospital, The Miriam Hospital, Bradley Hospital, Gateway Healthcare, Lifespan Physician Group and Coastal Medical.

On behalf of everyone at Newport Hospital, we welcome this new Lifespan leader.

New Rehabilitation Technology Helps with Faster Recoveries

From virtual reality to biofeedback, the Vanderbilt Rehabilitation Center has the newest technology and treatments to help our patients return to the activities of their daily lives. We can track their progress while making exercises more fun and interactive, which results in better outcomes.

The newest addition to our suite of equipment is the EksoNR – a wearable robotic exoskeleton that helps patients with stroke, acquired brain injury, spinal cord injury, and multiple sclerosis stand and relearn to walk in a rehabilitation setting with a trained physical therapist.



Scan the QR code or visit our website to watch the EksoNR exoskeleton in action.



Welcome New Providers in Newport County



Valerie Anderson, DNP, is a nurse practitioner, specializing in adult geriatric care, with Lifespan Physician Group, Primary Care, Newport. She earned a doctor of nursing practice degree from Medical University of South Carolina and is a member of the American Association of Nurse Practitioners. Prior to joining the

Newport practice, she worked at Jamestown Family Practice, where she treated adult patients of all ages, and was a staff nurse in perioperative services at Newport Hospital. Before relocating to southeastern New England, Anderson was a nurse in several units at the University of Maryland Medical Center in Baltimore including pediatric intensive care, medical intensive care, post-anesthesia care, and lung rescue.



Joaquín Q. Cámara-Quintana, MD, is a neurosurgeon who practices at the Norman Prince Neurosciences Institute. He earned his medical degree at Stanford University School of Medicine, Stanford, California, with a concentration in the molecular basis of medicine, and completed a neurosurgery residency

at Yale New Haven Hospital.

Dr. Cámara-Quintana was awarded a Howard Hughes Medical Institute research training fellowship in the Scott Lab at the Stanford medical school's department of genetics and developmental biology. He is an active researcher, with work published in numerous peer-reviewed journals, and is a co-contributor of book chapters. He is also a native Spanish speaker with experience treating Spanish speaking patients for spinal disorders.

Amanda Phillips, PhD, is a clinical health psychologist with Lifespan Psychiatry and Behavioral Health Services and sees patients via multiple programs and locations, including in the integrated behavioral health program at Lifespan Physician Group, Primary Care, Tiverton.

Dr. Phillips earned her doctoral degree in clinical health psychology from the University of North Texas. She completed her predoctoral internship in behavioral medicine at the VA San Diego Healthcare System/University of California San Diego. Dr. Phillips completed her postdoctoral fellowship in behavioral medicine at the VA San Diego Healthcare System.

Dr. Phillips' clinical interests include working with people who are experiencing diabetes burnout or are seeking assistance adjusting to complex self-management regimens. She uses evidence-based therapeutic approaches in her work, including cognitive behavioral therapy, acceptance and commitment therapy, and motivational interviewing.



Erika J. Raposa, NP, is a nurse practitioner with Lifespan Physician Group, Primary Care, Tiverton. Raposa received her registered nursing degree from St. Joseph School of Nursing, where she graduated as valedictorian. She then received her family nurse practitioner degree from George

Washington University. She is licensed by both the Massachusetts Board of Nursing and the Rhode Island Board of Nursing.

Newport Hospital Partners with Hicuity Health for Tele-ICU Services

To enhance patient safety and quality of care in the intensive care unit, Newport Hospital has partnered with Hicuity Health to provide 24/7 virtual intensivist support for ICU patients.

Newport is the only Lifespan hospital, and the first in the state of Rhode Island, to partner with Hicuity. A key benefit of the partnership is knowing that patients are being vigilantly monitored at all times by experienced critical care nurses and intensivists at Hicuity, in addition to their bedside team. With the press of a button, our ICU team can easily start a video call with an intensivist to consult with the patient and their families. This new program complements and supports our existing ICU team. This partnership will provide added support to ensure emerging issues are dealt with immediately.

“Having intensivists managing patients in the ICU reduces complications and improves patient outcomes. Partnering with Hicuity Health is yet another example of how we will continue to deliver the highest possible level of patient care and safety,” said Jeffrey Gaines, MD, MHCM, FACEP, vice president, medical affairs and chief medical officer, Newport Hospital.

Hicuity Health is the nation’s largest provider of tele-ICU services. Its intensivist-led team provides around-the-clock care to critically ill patients, operating from centralized operation centers that are electronically connected to receive feeds of real-time patient data. Connected by audio/video in each patient room, they work in collaboration with the ICU bedside team and in partnership with the hospital physicians.



An Award-Winning Hospital Serving Newport County and Beyond

- 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
- 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



Community Health Needs Assessment – The Results Are In

In the Fall 2022 edition of *Healthbeat*, we shared information about our Community Health Needs Assessment (CHNA), a collection of community forums, surveys, interviews, and data analyses that Newport Hospital conducts every three years to identify health priorities in our community. That effort has generated valuable insight. We appreciate your feedback and look forward to finding creative solutions to *Deliver health with care*.

We have prioritized five significant health concerns:

1. Access to primary care and specialty services
2. Access to mental and behavioral health services
3. Outreach, education and navigation assistance to address health and social services
4. Establish a patient-family partnership
5. Healthy aging



Newport Hospital leadership has developed a plan to address these health concerns over a three-year period. Here are some of the goals and ideas:

- Recruit specialists in high-demand services including obstetrics/gynecology, orthopedics and urology.
- Collaborate with Bradley Hospital and Lifespan's psychiatry services to improve access to mental and behavioral health services for adolescents on Aquidneck Island.
- Deliver active living and healthy eating programs in community settings.
- Create more social media and web-based patient education on healthy living and safety for seniors.
- Partner with community organizations and schools to provide education on requested topics including prevention of child and elder abuse, domestic violence, youth initiation of tobacco products, and suicide.
- Engage family partners to co-design hospital spaces and hire a community health worker to improve access to services among our increasingly diverse patient population.
- Launch a mentoring program for high school students interested in healthcare careers.
- Increase utilization of Lifespan Pharmacy services available to the public, such as home delivery of medications and drug take-back program.

We will continue to keep you informed as we implement strategies to address the health concerns of our community. To read the CHNA report and Newport Hospital's action plan, please visit <https://www.lifespan.org/centers-services/lifespan-community-health-institute/learning-our-community>.

Your Neighborhood Pharmacy, Right Here at Newport Hospital

This spring we are celebrating our two-year anniversary of the Lifespan Pharmacy at Newport Hospital. In honor of this anniversary, we're sharing some fun facts and reminders about the extensive services offered to our community at this convenient pharmacy.

- **20,000 prescriptions (and counting!) filled since opening at Newport Hospital in 2021.**

The Lifespan Pharmacy is open to anyone – you do not need to be a patient at the hospital to take advantage of our services. We offer automatic courtesy refills and a free home delivery option. You can easily transfer your existing prescriptions to the Lifespan Pharmacy at Newport Hospital by calling 401-845-1100, and then manage your refills using MyLifespan.

- **4,425 customers served by the Lifespan Pharmacy since opening in 2021, including 2,060 Meds to Beds patients.**

Designed with our patients' health in mind, the Meds to Beds program is Lifespan Pharmacy's bedside prescription delivery service. The program allows patients to fill their necessary prescriptions and have them either delivered to their room or picked up at the Lifespan Pharmacy on-site, eliminating the need for a stop on the way home.

- **750 COVID-19 vaccines administered since opening at Newport Hospital in 2021.**

We offer a variety of vaccinations for adults, right here at the pharmacy, provided as a walk-in service or by appointment.

- **The Lifespan Pharmacy at Newport Hospital has three employees.**

The small but mighty team of professionals includes one pharmacist and two pharmacy technicians.

- **Our most commonly purchased over-the-counter (OTC) medications are ibuprofen (Advil), acetaminophen (Tylenol), and commonly used gastrointestinal medications (generic versions of Miralax or Tums).**

Lifespan Pharmacy offers a variety of over-the-counter (OTC) medications, including allergy medicine, vitamins, and cold and cough medication, all at a substantially discounted price compared to larger pharmacies. We typically stock generic versions of these common medications to provide the greatest cost savings to patients.

- **We offer an easy and safe way for you to dispose of your medications.**

Lifespan Pharmacy is committed to providing our communities with a safe place to get rid of unwanted, unused, or expired medications. We have a MedSafe® "drop box" at the pharmacy for prescription and over-the-counter medications. Give us a call or visit www.lifespanpharmacy.org if you have questions about specific medications.



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

Primary Care in Newport County: 401-606-4727 (401-606-4PCP)

Jamestown Family Practice: 401-423-2616

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

Lifespan Physician Group Primary Care, Tiverton: 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





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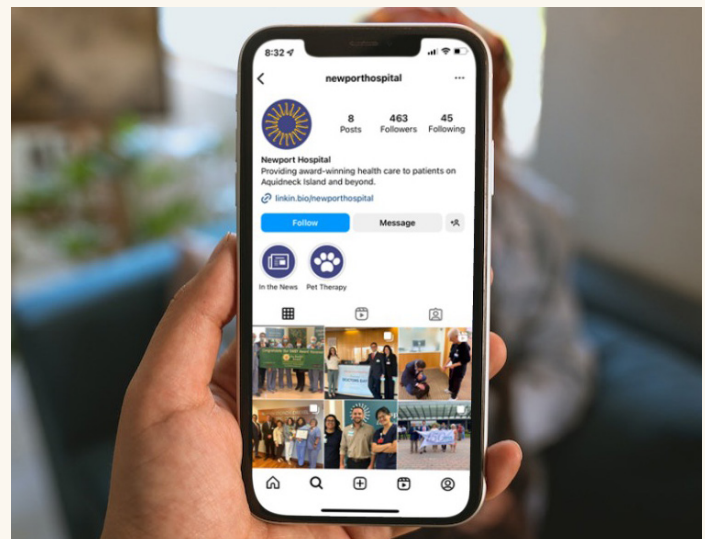
150 YEARS
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NEWPORT HOSPITAL

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Follow us **@newporthospital** for the latest updates from your community hospital.



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