

Health Beat

Fall 2013 | The Newsletter of Speare Memorial Hospital



*Cardiac Rehab
Receives National
Certification*

SPEARE
Memorial Hospital
A Critical Access Hospital

Plymouth OB/GYN
Welcomes Dr. Haller
Page 2

Workplace Wellness
Program Introduced
Page 4

www.spearehospital.com



More than you expect[®]



Meeting Community Needs

By: Michelle McEwen, FACHE, President & CEO

Access to dental care, having enough health insurance, getting more exercise, healthy eating, and access to primary healthcare—these are among the top 10 most pressing health issues in the central New Hampshire region. These issues were identified by you, residents of the 17 towns in the greater Plymouth, Lin-Wood, and Newfound communities, through an ongoing needs assessment process. Responding to these needs ties directly to Spcare Memorial Hospital’s mission to provide excellent healthcare to our community every day.

Last year Spcare provided \$1,755,060 in services to address community health needs. While this dollar amount does include Community Care assistance for uninsured and underinsured patients, it also represents specific programming developed in direct response to other identified needs.

Dental Health Program: Consistently identified as the region’s number one health need, Spcare’s Dental Health Program is in its fifteenth year offering preventative dental services. Originally established as a school-based program in partnership with SAU 48, the Ashland, Lin-Wood, and Warren School districts, the program has been expanded to include infants and “at risk” adults.

Health Screenings: Spcare holds two community health and wellness fairs—Plymouth and Meredith—each year offering free clinical screenings including: blood pressure, cholesterol, glucose, bone density, skin cancer, blood oxygenation levels, vision, and dental. For many in our community, these health fairs provide access to services they may otherwise not be able to afford.

Community Education: On an annual basis, our providers develop specific programming to address a variety of health issues through community education and outreach. Last year these included:

- *Women’s health event with a focus on thyroid disease*
- *Men’s health event discussing hearing loss and joint health*
- *Diabetes education and monthly support meetings*
- *Nutrition education through school and workplace presentations, as well as partnering with the town of Ashland’s Healthy Eating and Active Living (HEAL) initiative*
- *StepUP to Healthy Eating & Living video series available online and local cable access providing simple steps you can take today toward a healthier lifestyle*

Health Care Support: Spcare has staff and resources available to assist the community in ensuring access to the care they need. These include:

- *Financial counseling and Community Care*

- *Prescription assistance*
- *Breast & cervical cancer screening*

Community Support: In addition to our own programs and services addressing health needs, Spcare is an active community partner supporting other organizations efforts to address health and safety needs. This includes sponsorships and donations for:

- *health walks, road races, and triathlons*
- *cancer awareness and prevention*
- *domestic violence prevention*
- *mental health awareness*
- *alcohol and drug abuse prevention*
- *transportation services*

Our vision is that our community will achieve optimal health with Spcare as a leader in our regional healthcare system. Getting there depends on our collective efforts to make a difference in our communities’ health every day.

For more information about our community needs, visit online at www.spcarehospital.com to view the *Community Needs Assessment and Community Benefit Report*.

Welcome Dr. Linda Haller



Plymouth OB/GYN is pleased to welcome Linda Haller, M.D., FAOCG, to the practice. Dr. Haller has lived and practiced in New Hampshire for 22 years. Completing her premedical degree work at California State University, she earned her doctorate from the University of California, Irvine, College of Medicine. While there, she participated in a medical expedition to Nepal.

Dr. Haller completed her residency in obstetrics and gynecology at the University of Vermont Medical Center Hospital, now known as Fletcher-Allen, in Burlington. During that time she returned to Nepal to work on a World Health Organization Safe Motherhood Initiative. Dr. Haller is board certified by the American Board of Obstetrics & Gynecology, is a fellow of the American College of Obstetrics & Gynecology, and a member of the North American Menopause Society.

Dr. Haller is accepting new patients. To make an appointment, call Plymouth OB/GYN at (603) 536-1104.



Mammograms: When to Screen is the Question

By: Dr. Joseph Ebner, Plymouth OB/GYN



It seems that every couple years a new study is published that calls into question the timing of breast cancer screening with mammograms. This is because medicine is a science, and as a science, our knowledge continues to grow, often adding to current knowledge, but at times replacing our understanding with new information.

To assist physicians and patients in incorporating this new information into clinical practice, health organizations periodically gather their scientific members to review all the data and create clinical guidelines. Clinical guidelines are recommendations for clinicians about the care of patients with specific conditions. They are based upon the best available research evidence and practice experience. Sometimes, the different medical organizations— The American Cancer Society, The American College of Obstetricians and Gynecologists, The World Health Organization, and the U.S. Preventative Task Force (among others)—agree, but at times, they arrive at different

conclusions, even when reviewing the same scientific studies.

The majority of breast cancer cases in the U.S. are diagnosed as a result of an abnormal mammogram screening study. There was an increase in breast cancer incidence through the 1990s, mostly in early stages, that was attributed to the increased detection of early stage disease because of screening. The mortality (death) rate has been decreasing since this same time period, and is currently at its lowest level since 1969 when national statistics began.

Not all women have the same risk for developing breast cancer. Various prediction tools have been developed that combine major risk factors such as race, ethnicity, family history, and estrogen exposure. The most widely used tool to calculate breast cancer risk is the Breast Cancer Risk Assessment Tool (BCRAT), sometimes called the Gail Model. It is available online at www.cancer.gov/bcrisktool/. This can assist patients and clinicians in developing a customized

approach to breast cancer screening with mammography. A woman with a higher risk of developing breast cancer might choose to have her mammograms performed earlier and more frequently than a woman of lower risk.

At Plymouth OB/GYN we recommend:

- *Average-risk women between the ages of 50 – 70 be screened yearly with mammography.*
- *Women age 40 – 50 should discuss the risks and benefits of mammography with your healthcare provider.*
- *The ideal interval screening for women in their 40s is not known, but we suggest screening every one to two years. Women getting screened for breast cancer should also undergo clinical breast examination.*
- *Women over the age of 70 should consult with their doctor in regard to whether a mammogram is needed.*

If you have questions or want more information, call Plymouth OB/GYN at (603) 536-1104 to schedule an appointment with Dr. Banister, Dr. Haller or Dr. Ebner.

Workplace Wellness

It just makes cents!

For Ramandeep “Deep” Davis, a pharmacy technician at Speare, it was seeing herself in vacation pictures that made her take action. She did not want to follow in the family footsteps of developing diabetes, high blood pressure, high cholesterol, and heart disease after the age of 50. She lost 35 pounds, and thanks to ongoing support from Speare’s Certified Health Coach Janette Gaumer, she has maintained her weight loss.



Ready for a change, Norma Shields joined the Speare team as a medical technologist in the laboratory one year ago. She arrived at Speare just in time to take part in an employee “Biggest Loser” weight loss challenge. Having worked the 11 a.m. – 7 p.m. shift for the previous 10 years, she saw her weight, blood pressure, and blood sugar creep up over time. Thanks to a lot of support from her new coworkers and inspiration from Janette, she has lost over 30 pounds. Now she exercises regularly including walking during her breaks— rain or shine, snow or cold—and has cut out the junk food.

These are two of the many employee success stories Speare Memorial Hospital has realized as a result of implementing a workplace wellness program over the last three years. It began in 2010 when the Hospital became tobacco free and tied-in savings to employees’ health insurance premium for being non-smokers. It has grown from there to include health risk assessments which include measurement of blood pressure, cholesterol, glucose, height, and weight. Employees meet with wellness coaches to review their results and are encouraged to seek support from our own health professionals at no charge.

Over the last two years, Speare has seen an increase in both employee physical activity and weight loss. Now we want to

help you invest in a healthy workforce with our new Workplace Wellness program.

According to a 2012 report by the Wellness Council for America, businesses save \$3 for every \$1 invested in employee wellness. Among the benefits for your organization are:

- **Enhanced productivity**
- **Lower healthcare costs**
- **Decreased rates of illness and injury**
- **Reduced employee absenteeism**
- **Improved employee morale**

Additionally, individual employees benefit from decreased stress, improved self-image, physical fitness and health, as well as, weight loss.

Together our registered dietitians and registered nurses have developed a comprehensive program aimed at promoting your employees’ personal healthy eating and active living goals. Choose between the five-week *Know Your Numbers* option or customize a program that best suits your organization’s health and wellness needs.

To learn more and get started on the road to Workplace Wellness, contact our wellness experts today at (603) 238-2244 or via email at wellness@spearehospital.com



Speare's Cardiac Rehabilitation Program Nationally Certified

Speare Memorial Hospital is proud to announce the certification of its Cardiac Rehabilitation program by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Speare's Cardiac Rehab was recognized for its commitment to improving the quality of life by enhancing standards of care.

Cardiovascular and pulmonary rehabilitation programs are designed to help people with cardiovascular problems (e.g., heart attacks, coronary artery bypass graft surgery) and pulmonary problems (e.g., chronic obstructive pulmonary disease [COPD], respiratory symptoms) recover faster and improve their quality of life. Both programs include exercise, education, counseling, and support for patients and their families.

Cardiac Rehab Exercise Physiologists Craig Johnson and Rachel Kindl explained the nearly year-long application process, "We developed a new patient care plan which identifies risk factors in four categories: exercise, nutrition, social, and educational. For example, in the exercise category, each patient completes a pre- and post-program walking assessment. AACVPR requires this data to be submitted to show the percent change of our patients' exercise tolerance."

"Each of the four categories requires one tool to show the effectiveness of our program as a whole," Craig and Rachel



continue. "During this process, staff had to revise all policies and procedures to comply with AACVPR and CMS standards. Receiving our certification in September was a relief . . . and something we are proud of."

AACVPR Program Certification is the only peer-review accreditation process designed to review individual programs for adherence to standards and guidelines developed and published by AACVPR and other professional societies. Each program is reviewed by the AACVPR Program Certification Committee and certification is awarded by the AACVPR Board of Directors.

AACVPR certified programs are recognized as leaders in the field of cardiovascular and pulmonary rehabilitation because they offer the most advanced practices available. AACVPR Program Certification is valid for three years.

"National certification of our Cardiac Rehab program, along with Craig and Rachel's individual certifications, is a significant achievement and a reflection

of their engagement with patients and commitment to improved patient outcomes," says Linda Nestor, director of Cardiopulmonary Services at Speare. "Being certified by the AACVPR benefits our patients through the knowledge that the best care is right in their own backyard. Additionally, it gives the cardiologists from the New England Heart Institute who are directing our patients' cardiac care, confidence in the care they are prescribing."

For more information about Speare's Cardiac Rehabilitation program call (603) 238-6440 or visit online at www.spearehospital.com.

Photo Caption: The Cardiac Rehab team celebrates the program's national certification (l-r) Exercise Physiologist Rachel Kindl, Dietitian and Certified Health Coach Janette Gaumer, Exercise Physiologist Craig Johnson, Pharmacist Tim Murray, Director of Cardiopulmonary Services Linda Nestor and Dietitian and Certified Diabetes Educator Jean Baker. Not pictured is Dr. John Jehl, medical director for Cardiac Rehab.



Giving Matters

By: Julie DeGalan, Director of Development

In our continuing efforts to better serve your healthcare needs, Spcare will be undertaking a renovation this fall in the patient treatment areas in our Emergency Department (ED). We take pride in knowing that the ED provides exceptional 24-hour emergency care. Last year, Spcare responded to almost 15,700 ED visits, which averages out to 43 visits per day. As a full-service emergency department, we offer a multitude of medical and trauma services to community members of all ages. The renovation will improve upon the current layout and workflow and will maintain the current number of private rooms. It will: improve our ability to care safely for psychiatric patients; improve communication between providers and ED staff; improve and meet the requirements for

medication administration; and improve the initial privacy of the patient while gathering information and assigning bed placement.

During this upcoming season when we give thanks for our many blessings, please consider making a gift to Spcare. Your charitable contribution will support improvements like the ED renovation and may make the difference for a family member, friend, co-worker, or fellow community member. A gift amount that is meaningful to you is significant to us. Thank you for your support!

If you are interested in making a gift of stock or other appreciated asset, or if you would like to discuss the capital gains savings and other tax benefits you can enjoy by "giving out of the market," please contact me at (603) 238-2211 or jdegalan@spcarehospital.com

It is with sincere appreciation that the Board and Staff of Spcare Memorial Hospital recognize gifts totaling \$18,733 from the following individuals, families, businesses, and foundations.

Each and every gift contributes to Spcare's ability to provide excellent care when you, your family, your friends, and neighbors need us. Thank you for your generosity!

8 Anonymous Donors
Janet K. Adams
Catherine Armstrong
Ashland Woman's Club
Sindee L. Atwood
Carrie Ayers
Paula Baker
Mr. and Mrs. Steven V. Ball
Michael L. Barney
Charlotte (Charlie) Barry
Scott and Liz Bartlett
Scott and Sharon Bartlett
Mrs. Janet B. Batchelder
Binnie Media Group
Jonathan and Penelope Bourne
Kim Brace
Dina Brodis
Richard and Lillian Brown
Bruss Construction, Inc.
Burleigh Fund of the Fidelity Charitable Gift Fund
Warren Burroughs
Catholic Medical Center
Central Paper Products Co.
Donna Champagne-Patten
Jessica Charon
Richard and Jean Chisholm
Cigna Group Insurance
Tom Costigan
Linda M. Crawford, M.D.
Donna E. Creley
Richard Davenport
Julie DeGalan and Bryon Middlekauff

Sara J. Dembiec
Ray Duquette
EMS District A-5
Keith and Gloria Ferland
Gary, Sally and Liesl Filteau
Katie Foley
Glenn R. Ford
Susan M. Fuller
George V. Durgin Charitable Trust
Roger Goupil
Mil Haines
Marsha Hall
Angie and Keith Harger
Ruth E. Harlow
Phil Haskell and Terri Johnson
Barbara Hendrick
Kris Hering
Highland-Mills Foundation
Chris and Tiffany Hodges
Cheryl Hoppe
Marguerite Houseworth
Melissa Howard
Ross and Sally Humer
Irwin Automotive Group
Anthony P. Keefer
Howard and Frances Kellogg
Ms. Cheryl Kenney
Rachel Kindl
Kristen King
Jim and Ann Marie Laauwe
Earl and Barbara LaFlamme
Lakes Region Coca-Cola Bottling Co.

Joy Leda
Stacey Lembo
Loon Mountain Resort
Sue Lopes
Nancy Mace-Benham
Helen F. Mathieson
Mary Mauchly
Morgan Maxner
CSM (R) Thomas M. McNamara Jr.
Dana Merrithew, M.D.
Katherine Moody
Patrick and Linda Nestor
Newfound Knitters
NH Dental Society Foundation, Inc.
Roger and Susan Nicholls
Leslie Nicola
Northeast Credit Union
John Olmstead
Procter & Gamble Company
Riverside Dairy Joy
Mary E. Ruppert
Mary Sampson
Patricia P. Schlesinger
Norma Shields
Judy and Steve Siegel
Beth Simpson
Joy Sobetzer
Sara Jayne Steen and Joseph Bourque
Murray and Jean Swindell
Debra Thompson
Town of Thornton

Peg Trimby
Juanita Wade
William Gallagher Associates
Foundation of the Fidelity Charitable Gift Fund
Crystal Williams
Eugene and Gloria Winslow
Brooke Wolters
Darby Woodman
Woodsville Guaranty Savings Bank
Karen A. Young
Sharon Yunghans

In Memory Of

Ernestine W. Barney
by Michael L. Barney
by Michele Hutchins
by Michael S. Barney
Pauline L. Jeffrey
by Gary, Sally and Liesl Filteau
Dale Russell LaFlamme
by Earl and Barbara LaFlamme
Katherine J. McNamara
by CSM (R) Thomas M. McNamara Jr.
Clare Mowbray
by Richard Davenport

In Honor Of

Dr. Alex Medlicott
by Patricia P. Schlesinger



Pulmonary Rehabilitation:

It's Never Too Late

In recognition of World COPD (Chronic Obstructive Pulmonary Disease) Day, your Pulmonary Rehabilitation team at Speare Memorial Hospital reminds you it is never too late to improve your quality of life. According to the American Lung Association:

- COPD is the 3rd leading cause of death in America
- For 10 consecutive years women have outnumbered men in deaths attributed to COPD
- Smoking is the primary risk factor for COPD
- In an American Lung Association Survey of persons with COPD
 - 51% say that it limits their ability to work

- 70% say it limits their normal physical exertion
- 56% say it limits their ability to perform household chores
- 53% say it limits their social activity
- 50% say it limits sleep
- 46% say it limits family activities

Pulmonary Rehabilitation can clinically improve the overall quality of life for persons with COPD. *For more information about Pulmonary Rehabilitation at Speare, call (603) 238-2288.*

Save the Dates!

We are planning ahead for next year's events. Mark your calendars and plan to join us in spring 2014. Check our website for more details as the dates get closer: www.spearehospital.com.

Speare's Shamrock Shuffle 5K Saturday, March 15

Leapin' Leprechauns spring is just around the corner! Time to get up, get out, and get moving with our family friendly 5k health walk/run at the Plymouth Regional Senior Center.

Community Health Fair in Meredith Saturday, March 22

Free health and wellness screenings and information 8 – 11 a.m. at the Meredith Community Center.

Wine, Women & Wisdom Thursday, April 3

Our annual girls' night out and health event 5:30 – 8 p.m. at the Common Man Inn, Plymouth.

The intent of the *Health Beat* newsletter is to provide useful health-related news in a timely, accurate manner. It is not intended to provide medical advice on personal health matters. Such advice should be obtained directly from a qualified healthcare provider.

Published by:

Speare Memorial Hospital
Office of Community Relations
16 Hospital Road
Plymouth, NH 03264
(603) 238-6468
www.spearehospital.com

On the Cover:

Cardiac Rehab Exercise Physiologist Craig Johnson
monitors patient Joan Parris.



You've Got the Look

Read the full story online at www.spearehospital.com



You can get the latest styles and the hottest looks in eyewear at the Optical Shop at White Mountain Eye Care, located at 103 Boulder Point Road off Tenney Mountain Highway in Plymouth.

Opticians Joanna Preve and Kelly Laflamme understand the difference the right pair of frames can make, and finding

the right mix of function and fashion that meets each individual patient's needs is at the heart of their full-service, patient-centered approach.

“Understanding how patients use their glasses and where they will be wearing them is part of the discovery process to meet their vision care needs that best fits their lifestyle,” explains Joanna. Adds Kelly, “There are so many variables between patients, that getting to know what they need and expect from their eyewear is key. Sometimes it is the little things that make a difference, from minor repairs or adding nose pads for a better fit, to suggesting a different frame style.”

Joanna and Kelly stand ready to help you see the difference. Stop in or call (603) 238-2143.

NEW: Wound Care Center

Through a partnership with Healogics, Speare Memorial Hospital will be opening a new comprehensive center offering specialized wound care and hyperbaric medicine in early 2014. Healogics is the nation's largest provider of advanced wound care services, utilizing an evidence-based systematic approach to chronic wound healing.

Associated with inadequate circulation, poorly functioning veins, and immobility, non-healing wounds lead to a poorer quality of life and, if left untreated, could lead to amputations. When wounds persist, a specialized approach is required for healing. Typically, a wound that does not respond to normal medical care within 30 days is considered a problem, or chronic, wound.

That's where the new wound care center can help. With the state-of-the-art treatments available including debridement, hyperbaric oxygen therapy, dressing selection, special shoes, and patient education, people with non-healing and chronic wounds now have a place to turn. Designed as an outpatient, hospital-based program staffed by a team of medical specialists, they will work closely with primary care providers to coordinate a care plan for each patient.

More information will be posted on our website about the center as it becomes available. Please visit www.spearehospital.com.