



Health Beat

THE SPEARE MEMORIAL HOSPITAL NEWSLETTER

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DELIVERING *Miracles*

"Miracle Baby" Ben Ringlein

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The Miraculous Baby Ben



(L-R) Jack, Nick, Meghan, and Ben Ringlein

The first thing Meghan Ringlein thought when she woke that Tuesday morning was that something was wrong with her baby. Ben was due the next day but didn't seem to be moving as much as usual.

"I wasn't sure what it was. I just sensed that something was wrong," says Meghan.

She already had a scheduled office visit that morning at Plymouth OB/GYN, so she pushed aside her concerns.

Once at her appointment, Dr. Mark Banister determined that Ben had a good fetal heart rate. Meghan felt better. Anticipating that Meghan would go past her due date again, Dr. Banister began to schedule a nonstress test to check on Ben's health for Friday, three days away. A nonstress test is a common prenatal test used to check on a baby's health.

At the mention of the test, Meghan again felt uneasy.

"I finally told Dr. Banister that I wasn't sure, but it didn't seem like Ben was moving and I was worried," she says.

Dr. Banister immediately called the birthing suite and told them to conduct the test. As Meghan made her way to the suite she doubted herself.

"I realized that since the fetal heart rate was good, and I was already scheduled to return on Friday, I probably didn't need the test," she says. "I thought I might be over reacting and not myself in these final days of pregnancy."

Despite that Meghan has been an OB nurse at Speare, she didn't want to be a bother if it wasn't necessary.

She called her husband Nick to see if he was waiting to bring her home. He wasn't at the hospital yet.

"Since he was late, I changed my mind again and went for the test," Meghan says.

The nonstress test would provide information about Ben's oxygen supply by checking his heart rate and how it responds when he moves. Normally near the end of pregnancy, a baby's heart beats faster when he moves.

They conducted the test. Ben wasn't moving. They conducted a second test and realized that Ben was in trouble. Dr. Banister ordered a bedside ultrasound to measure Ben's breathing and amniotic fluid.

Meghan was shocked by the results. There was no amniotic fluid and there was a reverse flow in the umbilical cord.

"Before working as an OB nurse at Speare, I worked with high risk pregnancies at Dartmouth-Hitchcock and had never seen a reverse flow before," says Meghan.

Dr. Banister said she would need a emergency C-section.

"My OB experience has taught me the importance of having a great OB and Pediatric team at the time of birth," says Meghan.

She and Nick were happy to see Wilma Hyde, APRN, from Plymouth Pediatric & Adolescent Medicine walk in. Wilma has years of experience and had even cared for Nick when he was a child.

Upon birth, Ben was silent. His heart was not beating, and he was not breathing. The team leapt into action. He was given oxygen through a tube under his little nose. Within eleven minutes, he was stable enough to be moved from the OR. Three hours later he was whisked off by helicopter to Dartmouth-Hitchcock for monitoring and stabilization. He was home four days later.

"I had the best team possible," says Meghan. "Dr. Banister, Dr. Ebner, Wilma, Terry Copsey, nurse anesthetist and the labor and delivery nursing team were all amazing."

Meghan holds back tears when she remembers how the Speare team moved so effortlessly in her time of crisis.

"They just made me feel so proud," she says of her teammates. "It was an unexpected OB situation, but everything went so smoothly that it is a happy memory for us."

They learned that the umbilical cord had extra tight coiling that resulted in a large blood clot forming just inches from Ben.

"If I hadn't trusted my instinct and voiced my concern, I wouldn't have had the nonstress test. If I didn't have that, I would not have had the ultrasound. Without the ultrasound we wouldn't have known about the reverse flow and there would have been no C-section. I would have waited until Friday and Ben would have died," says Meghan.

"I am just happy that I had the expertise of the team at Speare. Without them I wouldn't be holding my little newborn right now."

Plymouth OB/GYN

A department of Speare Memorial Hospital



Dr. Lauren Blue joins Plymouth OB/GYN

Obstetrician and gynecologist, Dr. Lauren Blue, is a now an official addition to the team at Plymouth OB/GYN. Dr. Blue began working at the practice temporarily last October, seeing patients when needed, but has made the decision to stay permanently.

"I'm excited to be part of Plymouth OB/GYN and continue the tradition of providing high quality healthcare to women in the community," says Dr. Blue. "When I started last fall I quickly saw that Plymouth OB/GYN and Speare Memorial Hospital have something special to offer the region. Being a part of a practice where you can provide personalized, quality care to your patients and their families is important to me."

Dr. Blue earned her medical degree from Trinity School of Medicine after earning her bachelor's degree, cum laude, in the honors program at the University of Alabama. She completed her residency training in obstetrics and gynecology at both Northeast Ohio Medical University and Case Western Reserve University in Cleveland. She received awards for the research she conducted at both schools.

She has a special interest in comprehensive obstetrics — including high-risk pregnancies — birth control counseling, and the management of menopausal symptoms.

You can make an appointment with Dr. Blue by calling 603-536-1104.

Get to know the Team who will assist you throughout your pregnancy and into your child's life

The partnership you have with your obstetricians and pediatricians is one of the most important and rewarding experiences you will have when starting your new family. The medical teams at Plymouth OB/GYN and Plymouth Pediatric & Adolescent Medicine have decades of experience that you can trust.

"We personalize the care we provide for each unique expectant mother," says Dr. Joseph Ebner of Plymouth OB/GYN. "And one of us is at Speare when she gives birth. By that time we feel like family."

Not only will you have one of the physicians from Plymouth OB/GYN with you when you give birth, one of the pediatricians from Plymouth Pediatric & Adolescent Medicine will be with you. And your child can continue on with that pediatrician group in the years to follow.

"I think parents are looking for continuity of providers," says Dr. Ebner. "People like knowing their medical providers and they find it helpful when those clinicians already work together."

That relationship is made even stronger at Speare because all Speare physician practices share the same electronic health record system for patients. This means you don't need to repetitiously update changes when going from one physician group to another—they already have your updated medical information.

In addition to Dr. Blue, other clinicians at Plymouth OB/GYN include:



Mark Banister, MD



Joseph Ebner, MD



Brittania McDonald, PA-C

The medical team at Plymouth Pediatric & Adolescent Medicine:



Dr. David Cunis; Ashley Francis, APRN;
Dr. Oliver Salmon; Wilma Hyde, APRN;
Dr. Eric Shamansky

Plymouth
**PEDIATRIC &
ADOLESCENT MEDICINE**
A department of Speare Memorial Hospital



(L-R): Beth Simpson, RN, Director, Cindy LeMien, RN, Jennifer Hennessy, RN and Ashley Vittum, RN

Your Birthing Suite at Speare Memorial Hospital

The birth of your baby is a highly anticipated event and an experience you will always remember. You want a supportive, family-centered care approach to the delivery process that respects your personal needs and birth plan, as you welcome your baby into the world. At the same time, you want to be able to take comfort in knowing additional medical services and technology are available in an instant, should you or your baby need them.

The doctors and nurses on Speare's birthing suite specialize in labor and delivery. They have the knowledge and expertise necessary to provide you and your baby with the quality patient care you expect while ensuring your comfort, confidence, and privacy.

Both before and after your delivery, our staff is available to address your questions and concerns. We offer ongoing programs for childbirth preparation, baby care, and breastfeeding support.

An educated and highly trained medical staff is the hallmark of providing quality patient care, and our team of obstetric doctors and nurses are specialists in their field:

- Board Certified doctors in obstetrics and gynecology from Plymouth OB/GYN
- Board Certified doctors in pediatrics from Plymouth Pediatric & Adolescent Medicine
- Registered nurses certified for inpatient obstetrics and mother-baby care
- Registered nurse and certified lactation counselor specializing in breastfeeding techniques and strategies

The Birthing Suite at Speare Memorial Hospital combines state-of-the-art medical technology with a warm and comforting home-like environment.

THE BIRTHING SUITE FEATURES:

- Private, comfortable rooms for mom, baby, and family, with private bath and flat screen television
- Hydrotherapy tub for laboring mothers, as well as birthing stools, balls and showers to promote relaxation during labor
- Large labor & delivery rooms
- Specially designed birthing beds providing you a range of positions
- Aromatherapy to promote relaxation
- Epidural anesthesia available
- Nursery featuring the latest technology & equipment to support your baby as needed
- Sleep chairs for family & friends supporting you in the birth of your baby
- A nourishment center for the convenience of you & your family
- Family waiting area

White Mountain Eye Care & Optical



Dr. Ough —New Optometrist at White Mountain Eye Care & Optical

We are pleased that the community has so warmly welcomed Dr. Lance Ough, our new optometrist at White Mountain Eye Care & Optical.

Highly experienced, Dr. Ough earned his Doctor of Optometry degree from the Illinois College of Optometry in Chicago.

He has 22 years of experience treating eye disease and the eye-health needs of an aging population. He spent the past 9 years in a busy, full-service military clinic. Dr. Ough is experienced in assisting in corneal, cataract, retinal, and LASIK surgeries. He is also skilled at specialty contact lens fittings, foreign body removals, acute/emergency care, and the full scope of primary eye care.



(L-R): Tom Lapointe, Optician,
Dr. Paul Musco, Ophthalmologist,
Dr. Lance Ough, Optometrist

White Mountain Eye Care & Optical provides comprehensive eye care for the whole family. Our experts provide annual eye exams and treat:

- Corneal Abrasions & Injuries
- Infections
- Cataracts
- Glaucoma
- Implants
- Macular Degeneration
- Diabetic Retinopathy

White Mountain
EYE CARE & OPTICAL
A department of Spaulding Memorial Hospital

*For more information,
call 603-536-1284*

Our full service optical shop features more than 800 frames to suit every age and budget. We also provide:

- Advanced technology contact lenses and an in-house lab for fast turnaround
- Designer and special-order frames
- Imaging software to see how frames look
- Sports & safety glasses
- Designer sunglasses
- Rush orders

This comment from a patient in a recent Press-Ganey survey gives insight on what makes Dr. Musco so special.

"I witnessed a wonderful group of nurses, doctor, etc all working beautifully together as a team. They all were absolutely wonderful to me and so professional. I felt so comfortable and knew I was in good hands.

I am so extremely grateful for such a positive experience. So grateful that Dr. Musco took me as a patient even though he knew that it was a challenge.

I was legally blind in my right eye because of a cataract. And... now I have 20/20 vision!

My heart overflows with gratitude; it brings tears to my eyes. I am so happy to have my sight back. I feel blessed!"

Paul Musco, MD, Among Top Docs in NH!



An annual poll conducted by *New Hampshire Magazine* asks every licensed physician in the state to choose who they would send their friends and loved ones to for medical care.

They voted that they would entrust the eyes of their loved ones to Dr. Musco!

White Mountain
EYE CARE & OPTICAL
A department of Spaulding Memorial Hospital

Dental Health Program



Ruth Doane, Speare School Dental Program Coordinator, with local area children who receive dental care.

Providing dental services at schools to children like those pictured, has helped Ruth Doane, Speare School Dental Program Coordinator, to educate and train a new generation of dental hygienists.

Speare Trains Future Dental Hygienists for Underserved Areas

It can be tough to find dental care in rural areas throughout our country. Because there are still places in New Hampshire where people don't have access to dental care, Speare has been helping to train dental hygiene students to work in these settings after they graduate.

"This is a real asset to our state," says Ruth Doane, certified public health dental hygienist at Speare. "It has been my privilege to provide dental care to students in our rural schools and to train those who can meet these needs in the future."

Led by Ruth, students from the highly respected dental hygiene program at New Hampshire Technical Institute spend a semester gaining exposure to public health dental services at the schools and medical offices Ruth visits. This includes the eight schools within the Pemi-Baker Regional School District (SAU 48) and the Ashland, Lin-Wood and Warren School Districts.

Ruth teaches the students how to do cleanings and fluoride treatments in settings that vastly differ from a dental office. She demonstrates how to place sealants—a bit of resin material placed in the molars to prevent cavities—and how to make temporary fillings. Students also learn how to use silver diamine fluoride (SDF) on cavities located in molars and premolars to stop the progress of a cavity.

"The increased scope of services in the program is outstanding," says Ellen Young, RN, school nurse at Ashland Elementary School. "Many parents are electing for their children to have sealants and fillings for areas of decay here at school, most likely resulting in more expedient care."

While the dental hygiene students meet the requirements of their degree by gaining experience in educational and public health settings, they are learning first-hand the importance of providing dental services in rural schools.

"I was one of the original school nurses involved in getting Speare's School Dental Program started," says Elizabeth Mills, RN, school nurse at Thornton Central School. "Many students had never been to a dentist and had issues with decay. This caused missed school time with trips to the ER for dental infections."

Providing dental services and training at schools has helped to educate a new generation of dental hygienists while lowering the incidences of cavities in children — and Speare couldn't be more pleased with these results.



DON'T MISS OUT...

Speare's 20th Anniversary Golf Classic

**Thursday, June 7, 2018
Owl's Nest Resort & Golf Club
Campton, NH**

*To register or be a sponsor for Speare's 20th
Anniversary Golf Classic, call 603-238-2211
or visit SpeareHospital.com/Golf*

It has been twenty years since Speare established the School Dental Program to meet the dental health needs of area school children. The program has been a success and today provides free and low cost dental care to more than 1,500 children—as well as to infants and at-risk pregnant women—in our community each year.

Speare's golf classic has been the major funding source for the program since the beginning, raising nearly \$30,000 annually for the program in recent years.

More than 20 area dental practices, including Golf Classic Sponsor Plymouth General Dentistry, currently partner with the School Dental Program.



20TH ANNIVERSARY SPONSOR
PLYMOUTH
GENERAL DENTISTRY



Antibiotic Stewardship – Protecting the Health of our Community

by Meaghan DeNobile, PharmD, RPh

Antibiotics have been one of the most important discoveries of modern medicine. They have made a huge impact on the health and quality of life for millions of people all over the world. However, antibiotics are not worry-free. They can cause potentially severe side effects, such as nerve damage, changes in blood chemistry, and diarrhea due to the overgrowth of the bacteria *C. difficile* in the gut.

Additionally, overuse of antibiotics can lead to antibiotic resistance. This means that certain bacteria can no longer be treated with typical antibiotics. Infections caused by antibiotic-resistant bacteria are more difficult to cure and may require more expensive antibiotics that can only be given as an injection. Each year, there are 23,000 deaths in the US due to antibiotic-resistant bacteria.

Antibiotic stewardship is the process of carefully evaluating antibiotic use to make sure it is safe, effective, and appropriate. Speare Memorial Hospital is committed to making sure antibiotics are used only when necessary and to make sure the right antibiotic is chosen for each patient. Our hospital pharmacists monitor the care of every inpatient and pay particular attention to those on antibiotics.

Antibiotics are not needed for a variety of viral infections – such as the common cold, as well as most cases of bronchitis. In fact, current estimates suggest that 50% of antibiotics prescribed in the outpatient setting for respiratory infections are not necessary. Speare Memorial Hospital has recently started using a blood test called procalcitonin, which can help a medical provider determine if a respiratory infection is likely to be bacterial or viral. This test can also help determine how long a patient needs to be on antibiotics. Conventional wisdom has suggested courses of antibiotics for 7 to 14 days, but now studies show that many infections, such as pneumonia, urinary tract infections, sinus infections, and skin infections, can be treated with just 5 to 7 days of antibiotics.

Antibiotics are an important tool to keep our population healthy. Speare is making sure they are only used when absolutely necessary, and when they are helpful, not harmful, to our patients.



Medical providers pictured (L-R):
Back: Lisa Baker, PA-C, Dr. Michael Watto, Peggy Piette, APRN
Front: Dr. Nancy Quintero, Anne Thatcher, MSN, APRN

SPEARE PRIMARY CARE

A department of Speare Memorial Hospital

***Nancy Quintero DO,
Kevin Young MD and
Lisa Baker PA-C
join Speare Primary Care***



Dr. Quintero arrives in Plymouth from Vermont, but she is originally from Columbia. She retains her ties to Latin America through involvement in medical missions to countries in that region.

Dr. Quintero earned her medical degree from Michigan State University after completing her undergraduate studies in California. She is board certified in internal medicine and spent several years providing medical care in Michigan and Pennsylvania before moving to New England.



Dr. Young is well known to our community, having provided medical care for 36 years at Plymouth Family Practice. He brings a wealth of clinical experience in family health to Speare Primary Care.

After earning his bachelor's degree at Bowdoin College, Dr. Young went on to earn his medical degree from the prestigious University of Virginia Medical School. He completed advanced training in a family practice medicine residency at Midland Hospital Center in Midland, Michigan. Board-certified in family practice, Dr. Young provides a full scope of primary care services.



Lisa Baker, PA-C, has over twenty-five years of family practice experience as a certified physician assistant. She has worked in Lincoln since 1999 and is pleased to continue to see many of those patients at Speare Primary Care.

Lisa earned her physician assistant certification and a master of health professions at Northeastern University. She brings an abundance of experience in primary care.

***Speare Primary Care is accepting new patients and
same day appointments are available, call 603-536-1881.***

Lemon-Garlic Salmon Foil Pack with Green Beans and New Potatoes



*Salmon has never been easier to cook, wrapped up in a packet to bake in the oven.
As an extra bonus, crunchy green beans and garlicky potato slices
are added for a complete meal.*

INGREDIENTS: (4 Servings)

- 1 lb new potatoes (halved, thinly sliced)
- 2 teaspoons garlic (minced)
- 1 lb green beans (ends trimmed)
- 2 Tbsp canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4, (6-ounce) skinless salmon filets
- 1 to 2 lemons, sliced into wheels

DIRECTIONS:

Preheat the oven to 400 degrees. Make 4 sheets of aluminum foil about 30 inches long. Fold the foil in half widthwise (into almost a square) so it's extra sturdy.

1. Cut each potato into half lengthwise. Thinly cut each half into 1/8-inch slices and place into a heatproof container. Stir in the minced garlic, cover, and cook the potatoes in the microwave until halfway tender, around 90 seconds to 3 minutes, depending on microwave's power. Transfer mixture to a bowl, along with green beans, oil, salt, and pepper. Mix to combine.
2. Divide potato mixture into 4 equal portions into the center of each foil square. If possible, nudge green beans to face the same direction. Top each portion with salmon fillet in the same direction as green beans for easier folding. Sprinkle garlic powder onto each salmon piece; top with 2 lemon wheels.
3. Securely seal the top and sides of each foil packet. Place each foil packet onto a large baking sheet and bake into the preheated oven. Cook until salmon is cooked through, about 20 minutes.
4. Remove from oven and place each foil packet onto a plate. Carefully open each packet to serve.

QUICK TIPS

COOKING TIP: If you can't find new potatoes, peel and thinly slice Russet potatoes. Cook in the microwave until almost tender before adding to the foil packet. Because Russet potatoes are so much larger and denser than new potatoes, they need a longer cooking time.

KEEP IT HEALTHY: Remember that wild salmon not only has less calories than farm-raised salmon but also has almost half the amount of saturated fat.

TIP: If the green beans are extra-long, halve so they fit neatly into the foil package.

NUTRITION FACTS

Calories	394
Total Fat	15 g
Saturated Fat	2.0 g
Trans Fat	0.1 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	6.8 g
Cholesterol	79.5 mg
Sodium	286 mg
Potassium	0 mg
Total Carbohydrate	23.1 g
Dietary Fiber	5.1 g
Sugars	4.4 g
Added Sugars	0 g
Protein	40.4 g
Calcium	0 mg



Yoga as Therapy for Cancer Patients, Survivors, Caregivers & Families

Plymouth resident and certified yoga instructor, Jen Morris, is bringing together cancer survivors, cancer patients, their families, and their caregivers each week for a yoga class that is adapted to meet the needs of the participants in class whether they are experienced or new to yoga.

"For cancer survivors, it is a class that is safe, comforting, and a way to embrace your new normal," says Jen.

She understands what it means to create a "new" normal. In 2013, she was diagnosed with breast cancer.

"Before my diagnosis, I was an avid exercise enthusiast," she says. "I ran. I taught boot camp classes. I skied. I have always been active." But after receiving her diagnosis, Jen's focus was on treating cancer and exercise became more difficult because of the side effects from her treatment.

It was in the middle of her treatment plan that Jen was invited to a yoga class by a friend. Jen had taught yoga in the past but wasn't sure she had enough energy to make it through the class.

"I was so self-conscious," she remembers. "I had no hair, and, of course, my hat fell off in the middle of my first downward dog pose." When the class ended, Jen realized that she had received a good workout, felt relaxed and was much more centered.

Jen, now cancer-free, wants to share the positive health benefits of yoga with others who are experiencing cancer. On March 5th, Jen offered her first yoga class. There is no fee – participants are asked to make a donation, which will be given to Speare Memorial Hospital's Oncology clinic.

"Part of my treatment included an injection of the drug Neulasta, which needed to happen within 24 hours of each chemotherapy infusion," says Jen. "It was awesome that I could get the injection at Speare's Oncology clinic. I came in, received my shot, and I was back home in no time."

Jen also shares her gratitude for the support of her family and of the community. "Now it's my turn to help others going through cancer," Jen says.

*For more information, contact Jen Morris,
Wild Heart Yoga, 4petalpower@gmail.com or
Speare Memorial Hospital's Oncology program
at 603-238-6470.*

*Classes are on
Monday's from 5:30pm – 6:30pm
at Yoga Studio 8,
612 Tenney Mountain Highway,
Plymouth, NH*

Dear Speare...

Yesterday I had infusion therapy for my Crohn's diagnosis in Speare's Oncology Department. I had to work to transfer the treatments from Brigham & Women's in Boston to allow my insurance carrier to approve the change in venue. Small rural hospitals are a key element, I feel, in helping people have quality of care in a comfortable close to home environment.

The care I received from Kim at the reception desk in Oncology to Ann-Marie and Jo doing the direct patient care was a welcome and wonderful experience compared to traveling to Boston.

We are so blessed to have a patient focused hospital in Speare Memorial.

Thank you,
Priscilla Farrell



(L-R): Jo Boyce, RN, oncology staff nurse, Ann Marie Piper, RN, BS, OCN staff nurse, Chemotherapy certified nurse, Kim Brace, Health Unit Coordinator

Volunteer Flower Program

Kind gestures can spread happiness and wellness, especially when you are a patient in the hospital. The Volunteer Outreach & Scholarship Committee at Speare knows this firsthand. Last July the committee began a flower program, delivering flowers to people on our inpatient units. To date, they have delivered more than 350 flowers. Carnations, baby's breath, and greenery are purchased locally from the Flowersmiths. Speare volunteer Nancy arranges them in vases, and several volunteers deliver them during their daily rounds on the inpatient units.

The mission of Speare's Volunteer Outreach & Scholarship Committee is to provide scholarships for local students studying for a career in healthcare as well as provide items of cheer and encouragement for our patients. Funds for these projects are raised throughout the year from gift sales, an annual cupcake challenge, raffles, card/candy sales at the volunteer desk, and by participating in the town wide yard sale. This group is also looking forward to opening a hospital gift shop in May to help fund the flower program.



“Our volunteers enjoy seeing the response of the patients and our patients enjoy the cheer of a fresh flower and a friendly face,”

- Chris Fenn,

Student & Volunteer Services Coordinator at Speare



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www.SpeareHospital.com

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Speare Wound Center Wins Award!

The Wound Care & Hyperbaric Medicine Center at Speare Memorial Hospital has earned the prestigious Robert A. Warriner, III Center of Excellence award...AGAIN. The Center has achieved patient satisfaction rates higher than 92% and a healing rate of at least 91% in less than 30 median days. They were awarded this recognition last year and had earned an award for distinction in 2015.

Congratulations to the team!