

HEALTH NEWS *from*

Winter 2020

wellington

REGIONAL MEDICAL CENTER



FAIR Warning

Marybel Coleman's
not-so-silent symptoms
of heart attack

Also inside:

The new ER at Westlake

A family tells what made
their experience so special

When minutes matter

Could you recognize the
signs of a possible stroke?

Compliments of

 **Wellington Regional**
Medical Center

FROM THE CEO



It's been an exciting time at Wellington Regional Medical Center with the opening of our new freestanding emergency department, ER at Westlake, to expand access to 24/7 emergency treatment in the community. As we continue to build on our comprehensive services, we remain committed to delivering the safest, highest quality care possible.

We're excited to report that Wellington Regional earned its second consecutive 'A' Hospital Safety Grade in Fall 2019 from The Leapfrog Group, which is one of the nation's premier review organizations. This affirms that we're making it a top priority to keep you and your family safe when you come to us for care.

"Making the grade" as a healthcare provider requires an ongoing commitment to following best practices and continually seeking ways to improve. How can we support the best possible outcomes after a stroke? What services and technology can we offer to help detect cancer earlier and make treatment easier for our patients? And how can we provide caring, skilled support to help people who are struggling with chronic wounds? These are just some of the areas where we've earned recognition and made great strides.

It is an honor to support the health needs of the community and offer comprehensive, quality care right here – close to home. Thank you to all of the people we serve for making us **YOUR HOSPITAL.**

Pam Tahan
Chief Executive Officer

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Your **NEW** doctor is just a phone call or click away

NEED A DOCTOR? Our physician referral line and online physician directory are available to help you find a primary care provider or specialist.

Call **561-798-9880** for personal help in English and Spanish, Monday through Friday from 8 a.m. to 8 p.m. EST, except for holidays.

After hours, visit wellingtonregional.com/doc where you can search our physician directory and request an appointment.

EASY AND CONVENIENT

Wellington Regional Medical Center

RECENT AWARDS AND RECOGNITION



Another 'A' for patient safety!

For the second consecutive time, Wellington Regional was named an 'A' hospital for patient safety from The Leapfrog Group. The Fall 2019 Hospital Safety Grade designation recognizes the hospital's efforts in protecting patients from harm and providing safer healthcare. Wellington Regional also received an 'A' Hospital Safety Grade for Spring 2019.

The Leapfrog Group is a national nonprofit organization committed to improving healthcare quality and safety for consumers and purchasers. Twice each year, the Leapfrog Group assigns an 'A', 'B', 'C', 'D' or 'F' grade to hospitals across the country based on their performance in preventing medical errors, injuries, accidents, infections and other harms to patients in their care.



Excellence in breast imaging

In recognition of demonstrated excellence in mammography, stereotactic breast biopsy and breast ultrasound (including ultrasound-guided breast biopsy), Wellington Regional has been designated a Breast Imaging Center of Excellence by the American College of Radiology (ACR®). To achieve ACR accreditation, Wellington Regional voluntarily participated in a rigorous review process to ensure that the hospital meets nationally accepted standards of care. **To learn more about the Comprehensive Women's Imaging Center or to schedule an appointment, visit wellingtonregional.com/image, or call 561-798-8513.**



HIGH HONORS FOR WOUND CARE

The Center for Wound Care and Hyperbaric Medicine at Wellington Regional was one of only six in the nation to receive the distinguished Center of the Year award from Healogics, Inc., out of over 600 centers that had the opportunity to qualify for the award. In addition, the wound center was awarded Healogics' prestigious President's Circle award, achieving patient satisfaction rates higher than 92 percent and a healing rate of at least 91 percent in less than 30 median days to heal, for a minimum of two consecutive years. **To learn more, visit wellingtonregional.com/healing.**



"Elite" stroke care awards

In recognition of its commitment to ensuring the most appropriate stroke treatment, Wellington Regional received the American Heart Association/American Stroke Association (AHA/ASA) Get With The Guidelines® Target: Stroke Honor Roll Elite Plus Gold Plus Quality Achievement Award. Wellington Regional also received the AHA/ASA Target: StrokeSM Elite Plus Award, which required meeting quality measures developed to support swift care.

To find out more, visit wellingtonregional.com/elite.





Active, fit and diagnosed with a heart attack?

Marybel Coleman shares her story.



It can be so easy to ignore the symptoms ... write it off as a pulled muscle, lack of sleep or even hormone changes. After all, Marybel Coleman was the most active she had ever been in her life and had no risk factors when she felt that first twinge of pain in her chest.

“Something I ate did not agree with me,” she thought at first. ►

For about a week, Coleman had been feeling some pressure in her chest every so often, but nothing too significant. "Just a pulled muscle," she thought. "I must have pulled it while working out."

But, that all changed right before Christmas in 2015. She had been feeling that pressure again but decided to go to her law practice holiday party. Later that night she woke up with a really sharp pain in her chest. The thought ran through her mind that she might be having a heart attack, but her breathing was normal, there was no shortness of breath and no numbness. The pain eventually went away and she went back to sleep.

The next day she joined her daughter for some Christmas shopping, and the weird feeling in her chest was more constant. When she returned home, she was feeling unusually hot and was sweating for most of the night. "I remember thinking maybe it was menopause starting," she reflected with a chuckle.

Coleman, a lawyer, was in court the next morning and had a sensation that something was in her throat. Once again, she blew off the warning, but fate was about to intervene.

"It just so happened that I had a yearly doctor's appointment set for that afternoon, which I almost canceled," says Coleman, who is now 52. "As part of the appointment, my doctor did an EKG. After looking at the results she told me to go straight to the ER at Wellington Regional Medical Center."

At Wellington Regional, the heart attack was quickly confirmed, and it was also determined that the left anterior descending artery was 65 percent blocked. When blockages become too large, they restrict blood flow to the heart, which can lead to heart damage and a heart attack.

A cath lab procedure was booked for the next day, and Coleman had one stent, a mesh tube used to hold open an artery, placed to reopen the blockage. "I was very impressed with the timeliness and the professionalism of everyone involved at the hospital," she says.



Coleman (pictured left and above) at her law practice after her recovery.

"I was a little scared by the event but everything turned out to be wonderful – it ended up being a very positive experience."

In the end, Coleman considers herself lucky. There was no damage to the heart muscle and she has no restrictions. But she said she is now much more aware of her health and wants to be an advocate for healthy lifestyles. ■

SYMPTOMS OF A POSSIBLE HEART ATTACK MAY INCLUDE a feeling of pressure and squeezing in the chest; pain or discomfort in the arms, back, jaw or stomach; shortness of breath; and a cold sweat, nausea and lightheadedness. If you experience symptoms, call 9-1-1 immediately.

How are blockages diagnosed and treated?

The Cardiac Catheterization Laboratory (cath lab) at Wellington Regional Medical Center is used to diagnose blockages in the arteries and also to provide emergency cardiac care. Diagnostic procedures may be done on an outpatient basis, and patients are awake the whole time but slightly sedated, explains Director of Advanced Interventional Services Louise DeVivo. The medical team accesses the artery through either the wrist or groin, takes pictures of the heart and discusses the results with the patient when finished. In some cases, if a blockage is found, a stent can be put in right then and there. In acute situations like a STEMI heart attack (where there is a complete blockage of a coronary artery), the goal is to open the vessel within 90 minutes of initial contact to prevent damage to the heart muscle.

Learn more about cardiac services at wellingtonregional.com/cardiology.

“Phenomenal” ER care **CLOSE TO HOME**

When the Carter family needed help for a sudden medical problem, the new ER at Westlake made it easy.

John Carter and his wife first noticed that something was off while they were out to dinner with their 9-year-old son, Kyle, after a busy day. They’d taken Kyle swimming after school and everything seemed fine, but when they sat down at the restaurant to eat, the red flags started to appear. >



Kyle Carter is feeling better after getting emergency treatment for a playground injury.



ER vs. urgent care

Knowing what to do in certain medical situations can be tricky. Is it an emergency, or something less serious that can be treated in an urgent care setting?



Adam Bromberg, MD

ER Medical Director Adam Bromberg, MD, says that if you have a potentially life-threatening condition like chest pain, or symptoms

that cannot be easily assessed in an urgent care setting, such as weakness or abdominal pain, these issues should be treated in the ER. Emergency departments have the capability to provide advanced imaging that may be needed to address potentially serious health concerns, whereas urgent care centers do not, he says.

For more “run-of-the-mill” conditions like bumps and bruises, cold symptoms, strains and sprains, the urgent care setting is an appropriate place to go.

To learn more about Wellington Physicians Urgent Care, visit urgentcarewellington.com.

“Kyle was literally laying there with his head on the dinner table,” his dad recalls. “The restaurant we went to had a lot of ambient noise, and Kyle said a number of times that it was really loud and the noise was bothering him. When his dinner came he really didn’t have much of an appetite, which again is unusual.”

At this point, his mom asked him if he was feeling OK, and that’s when the unexpected news came. Their normally active and hungry boy told them that he’d bumped his head on a steel pull-up bar at the playground earlier that day and was knocked out cold. He said that when he came to, his buddy was sitting on his chest, yelling at him to wake up.

“Our jaws hit the table,” recalls Carter, who knew from his experience as a recreational soccer coach that their son might have a concussion and needed medical care.

Carter was familiar with the new ER at Westlake because he is a vice president at the company that developed the Westlake community. Opened in 2019, the freestanding emergency department is an extension of Wellington Regional Medical Center and provides 24/7 emergency care. When the symptoms unfolded with Kyle, it was absolutely a “no brainer” to go there and get treatment for their son right near their home, Carter says.

“We came in and we were quickly processed,” Carter recalls. The nurses immediately reassured Kyle and helped get him situated, and within minutes he was evaluated by the ER physician who then ordered a CT scan. “The CT scan was not only viewed locally by the attending physician, but the radiologic staff at the hospital also were able to provide input,” Carter says.

Based on the results of the evaluation and testing, Kyle was given a temporary moratorium on playing recreational soccer; and after a short time, he was feeling better and back to his old self.

What stood out to the Carters was how easy everything was in terms of the wait time and the process to be treated. This was Kyle’s first ER experience, and his dad says that the setting and the amount of engagement from the staff helped put him at ease. ■

.....
“The level of care was just phenomenal.”

— JOHN CARTER

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**IN AN EMERGENCY CALL
9-1-1 IMMEDIATELY OR GO
TO THE NEAREST ER.**

ER at Westlake is located at 16750 Persimmon Boulevard in Westlake at the corner of Seminole Pratt Whitney Road and Persimmon Boulevard East. To learn more about emergency services, visit wellingtonregional.com/emer.

Overcoming the unexpected with help from her *wound care “family”*

It was a simple MRI to determine the cause of pain in Cindy Johnson’s left shoulder. No big deal; this was not Johnson’s first experience with an MRI or healthcare services. As a two-time breast cancer survivor and an amputee of her right hand, she has become a bit of an expert when it comes to healthcare. Zip in, zip out – find the source of the pain and quickly start treatment.

As part of the preparation for her eventual hand prosthetic, Johnson was wearing a mesh compression sleeve on her right arm when she went for her MRI. However, not long after the test started at a local radiology center, she noticed something was not quite right. ►



Picture of healing success! Cindy Johnson (right) poses with Dr. Minnick to celebrate her "graduation" from treatment.

"A few minutes into the MRI, I felt pain in my right arm and thought, 'I should not be having pain' but decided to endure it since it was only going to be for a few minutes," Johnson recalls. "But when the MRI was completed, it was obvious something was not right." It turns out that the compression sleeve had silver threads woven in the fabric and those reacted with the MRI, resulting in burns to her arm, which were significant enough that she would need wound care therapy.

This is the point where she considers herself a little "lucky" to have previously had breast cancer. She had met Kathleen Minnick, MD, who served as the medical advisor for her breast cancer support group and is the co-medical director of the Center for Wound Care and Hyperbaric Medicine at Wellington Regional Medical Center. For the second time since making that connection, she turned to Dr. Minnick and her skilled wound care team for specialized treatment.

Her first wound care experience, and what brought her back

Just months earlier, Johnson had suffered serious injuries after she was found unconscious and facedown at her home. In addition to multiple pressure ulcers, her right hand had been under her body for an extended period of time, and the damage was so severe that her hand had to be amputated. Because of her relationship with Dr. Minnick, she chose to have wound therapy treatment at Wellington Regional. So, when facing wound care again after the MRI burn, she decided to return to the team she knew and trusted.

"I chose to come back to the Center for Wound Care and Hyperbaric Medicine at Wellington Regional Medical Center because of the success of my first wound care experience," says Johnson. "It is such a friendly place. Everybody there knows me and treats me like family."

During her weekly visits, her medical team debrided her wound using specialized medicines to remove dead tissue; and when the wound was clean, they applied growth factor to speed up healing. While this was happening, the prosthetic representative visited Johnson at the center to begin fitting her for her new prosthetic.

After Johnson completed her treatments, the center had a "graduation ceremony" for her. She is grateful for the supportive care she received, not just once but twice. "I am very appreciative of what they have done for me," she says. ■

Compassionate care for PERSISTENT WOUNDS

If you are suffering with a chronic wound due to diabetes, poor circulation or another condition, the Center for Wound Care and Hyperbaric Medicine at Wellington Regional offers highly personalized, award-winning care to promote healing (see page 3). Advanced treatments provided include negative pressure wound therapy, total contact casting, bio-engineered tissues, biosynthetic dressings and growth factor therapies. The center also offers hyperbaric oxygen therapy, which works by surrounding the patient with 100 percent oxygen to help the healing process.

**To learn more, visit
wellingtonregional.com/healwell.**



Could this be a **STROKE?**



It can be scary to think you might be having a possible stroke, but getting treatment right

away is critical in order to have the best possible outcome.

Stroke is the leading cause of adult disability in the U.S. and occurs when the blood supply to the brain is interrupted. Here, Stroke Program Coordinator*

Alice Cruikshank, RN, MSN, CNRN, *of Wellington Regional Medical Center, answers*

key questions.



**American Heart Association
American Stroke Association
CERTIFIED**
Meets standards for
Primary Stroke Center



Q. What if I'm not sure about the symptoms?

Sometimes stroke symptoms are very mild and people don't realize they may be having a possible stroke, or they may attribute their symptoms to something else. If you notice vision changes, numbness and other warning signs, call 9-1-1, even if you're not sure. Don't worry about being a bother, and don't wait to seek help.

Q. What is the danger in waiting?

Time is brain. The longer people wait, the more brain cells they lose and the more damage is done. Doctors have about 4 1/2 hours from when symptoms start to give the clot-busting drug, tPA. Timing also impacts the ability to be considered for a clot retrieval procedure to remove a blockage.

Q. Why should I call 9-1-1 and not have a friend drive me?

EMS crews are trained to screen for possible stroke and they can start treatment right away. Also, they can alert the hospital that you're coming so everything is ready when you arrive. It's all about minimizing the damage that's done. Getting that early alert from EMS is key.

Q. Can stroke be prevented?

Yes, up to 80 percent* of strokes are preventable. This involves managing risk factors such as high blood pressure, high cholesterol, atrial fibrillation, diabetes, diet, activity level and others. Also, it's important to remember that strokes can occur at any time and any age, so even if you don't think you're at risk, act immediately if you have symptoms. ■

Recognizing the symptoms can save your life.

BE FAST

by the American Stroke Association® offers an easy way to remember the most common signs of stroke.



BALANCE

Does the person have a sudden loss of balance or coordination?



EYESIGHT

Has the person lost vision in one or both eyes or have they had sudden double vision?



FACE

Ask the person to smile. Does one side of the face droop?



ARMS

Ask the person to raise both arms. Does one arm drift downward?



SPEECH

Ask the person to repeat a simple phrase. Is their speech slurred or strange?



TIME

If you observe any of these signs, call 9-1-1 immediately.

*National Stroke Association®



Special reunion: Retired firefighter Gary Swedenborg (center right) was recognized by hospital CEO Pam Tahan and Brandt Delhamer, MD, for providing lifesaving care to Raymond Mitchell Jr. (right).

HEROES AMONG US

When Raymond Mitchell Jr. went out for dinner at Flanigan's® one night, he had no idea that the man seated just steps away would help save his life.

"I was here, and then I was gone," Mitchell says, explaining that he had no warning of the heart condition brewing inside of him. He suffered from cardiac arrest, which occurs when the heart suddenly stops working. Without swift intervention, this condition is often fatal.*

Retired firefighter Gary Swedenborg happened to be dining at a nearby table when Mitchell lost consciousness and instinctively jumped into action. "I took one look at him and I pulled him down to the ground and started CPR," he says.

Some relief came as the 76-year-old's pulse and color returned, but Swedenborg's 36 years of experience told him he needed to continue with CPR until paramedics from Palm Beach County Fire Rescue arrived with a defibrillator to shock Mitchell's heart and help restore its rhythm.

Cardiologist Anderson Penuela, MD, who treated Mitchell at Wellington Regional, says that the swift emergency response saved his life. "It was excellent,

and it was right on time," Dr. Penuela says. "Often with cardiac arrest, patients can develop some kind of brain injury because of lack of oxygen," he explains. Thankfully, that was not the case this time.

Another important factor was treatment in the emergency room to control Mitchell's heart arrhythmia and thin his blood. "That gave us time to take care of him and find out why he had the problem," Dr. Penuela says. Testing showed that he had three blockages in his coronary arteries, and he subsequently had bypass surgery. Today he is recovered and doing great.

Mitchell and his emergency crew had a chance to reunite at Wellington Regional's "Call of the Quarter" ceremony held to honor the work of first responders. Having this opportunity to meet with a patient after recovery is rare and "kind of puts the human element into it," says EMS Captain Danielle Satchell, EMT. "This is exactly why we do what we do."

Mitchell says it's hard to express the full gratitude he feels. "How do you really thank people who gave you back your life?" he says. ■

Wellington Regional is honored to work closely with first responders to provide emergency care in the community. Learn more at wellingtonregional.com/emer.

*American Heart Association®

A-mazing

Wellington Regional Medical Center
earned consecutive 'A' Hospital Safety Grades
in both Spring and Fall 2019 from The Leapfrog Group!



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