

HEALTH NEWS *from*

Winter 2017

# wellington

REGIONAL MEDICAL CENTER



*Celebrating*

30  
YEARS

1986~2016

## *Inside:*

Treating hard-to-heal wounds

One local resident's success story

The Birthing Center

Postpartum expansion makes its debut

*Compliments of*

 Wellington Regional  
Medical Center

# FROM THE **CEO**

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A special anniversary  
for Wellington Regional  
Medical Center

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Saving lives, improving  
outcomes

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Shorter recovery time,  
smaller scars



It is hard to believe that when Wellington Regional Medical Center was built 30 years ago, it stood at the crossroads of a two-lane road and a flashing red traffic signal. It was a rural area where horses grazed on farms.

Today, Wellington Regional is the epicenter of the town, and it has grown right along with the community. We are continually adding more services as we strive to provide the

best of both worlds – a community-centered facility and advanced medical care.

In this issue, we have much to celebrate, starting with our 30th anniversary story on page 4. Showcased on pages 6-7 is the new neurointerventional suite for advanced stroke and other arterial or venous conditions of the brain. Share in the excitement of our remodeled and expanded postpartum unit, as well as a new suite dedicated to minimally invasive procedures. And read about how our Center for Wound Care And Hyperbaric Medicine helped a local man heal.

We want Wellington Regional to be "your hospital." No matter what kind of care you or your family needs, Wellington Regional Medical Center has you covered.

Here's to your good health!

Sincerely,

**Robbin Lee**

Chief Executive Officer



## What's new at Wellington Regional

At Wellington Regional Medical Center, we are continually expanding and adding to our programs, services and facilities. As we honor our 30th year, we celebrate the hospital's new service lines.

- *Intraoperative Radiation Therapy*
- *Weight Management Center*
- *Advanced Interventional Procedures*
- *Comprehensive Lung Program*
- *New Interventional Radiology Suite*
- *New Postpartum Rooms*
- *Hepatobiliary Surgical Procedures*
- *Comprehensive Stroke Center*

**Make Wellington Regional your hospital. For more information visit us at [www.wellingtonregional.com](http://www.wellingtonregional.com). To find a doctor call Direct Doctors Plus® at 561-798-9880.**



## The warning signs of a possible **heart attack** and **stroke**

Did you know that heart disease is the number one killer of both men and women? And that stroke is the second leading cause of death?\* Recognizing the symptoms of possible heart attacks and stroke can greatly increase your chances of survival.

### **Symptoms of a possible heart attack include:**

- Discomfort, tightness, uncomfortable pressure, fullness, squeezing in the center of the chest
- Crushing chest pain
- Pressure or pain that spreads to the shoulders, neck, upper back, jaw or arms
- Dizziness or nausea
- Clammy sweats, heart flutters or paleness
- Unexplained feelings of anxiety, fatigue or weakness – especially with exertion
- Stomach or abdominal pain
- Shortness of breath and difficulty breathing

### **To recognize the symptoms of possible stroke, memorize the acronym **FAST**:**

**Face** – Smile. Does one side of the face droop?

**Arms** – Raise arms. Does one arm drop lower?

**Speech** – Recite a simple phrase. Is speech slurred?

**Time** – If you notice any of these symptoms, call 9-1-1 immediately.

\*cdc.gov

## Welcome NEW PHYSICIANS!



**Alvaro Castillo, MD**, is a hepatobiliary surgeon. He is a medical school graduate of the Universidad Americana, Managua, Nicaragua. He completed an internship and residency in surgery at the University of Miami, Florida. He is a Fellow in Hepato-Pancreato-Biliary Surgery with the Oregon Health & Science University and the Portland VA Medical Center in Portland, OR.



**Juan Gomez, MD**, is a neurointerventionalist who graduated from Universidad Del Valle in Colombia. He interned in General Surgery at New York Hospital in Queens, NY; was Chief Resident in Diagnostic Radiology at Tulane University School of Medicine in New Orleans, LA; and holds fellowships in Vascular and Interventional Radiology and Diagnostic Neuroradiology.



**Mark Meyer, MD**, is a thoracic surgeon who graduated from Rutgers – Robert Wood Johnson Medical School, in New Brunswick, NJ. He was a Robotic Thoracic Research Fellow at The Washington Institute of Thoracic and Cardiovascular Surgery, and completed his residency in General Surgery at The George Washington University Hospital in Washington, DC.



**Adam Wellikoff, MD, FCCP**, is an interventional pulmonologist and graduate of Saba University School of Medicine, Saba Netherlands-Antilles. He completed his residency and internship in Internal Medicine at Flushing Hospital Medical Center in Flushing, NY. He is a Fellow in Pulmonary and Critical Care Medicine at the Louisiana State University Health Sciences Center in Shreveport, LA.

# *30 years of service*

**The tradition continues with expanded services and advanced technology for a growing community**

*Wellington Regional Medical Center recently celebrated 30 years of service with a community event attended by hundreds of people that included health information booths and entertainment. A proclamation, delivered by Wellington Mayor Anne Gerwig, established October 1 as Wellington Regional Day, in honor of the hospital's service and dedication to the community. ▶*



**1986**

Wellington  
Regional  
Medical  
Center opens

**1991**

The Center  
for Family  
Beginnings  
maternity  
unit added

**1992**

The Regional  
Cancer Center  
at Wellington  
Regional debuts

**1995**

The Center for  
Wound Care  
and Hyperbaric  
Medicine  
introduced  
  
First Emergency  
Department  
expansion

**1999**

1999 to 2008 –  
Four 50,000  
square foot  
medical office  
buildings are  
built

**2002**

Level II Neonatal  
Intensive Care  
Unit and three  
additional  
orthopedic  
operating rooms  
are added

**2003**

Outpatient  
Diagnostic Center  
and the Women's  
Tower are opened  
  
Intensive Care  
Unit increases to  
16 beds

**2005**

Cardiac  
Catherization  
Lab opens

## Continuing a tradition of excellence

Hospital CEO Robbin Lee says she is proud to continue a tradition of quality healthcare that started 30 years ago. "When the hospital was built, it was the only building at the crossroads of the village and was surrounded by green pastures and horse farms," says Robbin. "But through the years, our advanced services and programs have expanded to include, interventional radiology, robotic

surgery, minimally invasive surgery, cardiovascular services, neurosurgery and orthopedics, as well as bariatrics and maternity services. Wellington Regional also has the only Level III Neonatal Intensive Care Unit (NICU) in the western communities."

Robbin explains that people no longer have to travel long distances to get quality

healthcare. "If you have a healthcare need, we can address it right here," she says. "We are always expanding and improving, from implementing new technology, to teaching future doctors in our residency program. We look forward to what the future in medicine will bring to Wellington Regional, and apply that to care for the community." ■



**2008**

Emergency and Imaging Departments expanded

**2009**

Only Level III Neonatal Intensive Care Unit in the Western Communities opens

Outpatient Surgery Center on the hospital grounds acquired

**2012**

Alan B. Miller Pavilion debuts; expands WRMC to a 233 bed facility

**2013**

da Vinci® Robotic Surgery System acquired for minimally invasive surgery

**2014**

Clinical Laboratory expands

**2015**

Interventional Radiology Suite available

**2016**

Birthing Center updated and expanded  
Additional minimally invasive and surgical suites added

Neurointerventional suite added to expand stroke services

# High-level *stroke* and *neurological care* close to home



A new neurological suite is now being used by doctors at Wellington Regional Medical Center (WRMC) to support diagnosis and treatment of conditions such as stroke, brain aneurysms, arteriovenous malformations and other intracranial vascular pathologies. The suite was opened last fall as WRMC achieved designation as a Comprehensive Stroke Center by the Florida Agency for Health Care Administration. ➤

*Juan Gomez, MD, says thanks to the new neurointerventional suite, better outcomes are possible for more patients.*

Neurointerventionalist Juan Gomez, MD, describes the new suite as "the best room you can get" for neurovascular pathology diagnosis and treatment. It is equipped with a biplane angiography system, which provides highly detailed views of the brain blood vessels to diagnose and treat neurovascular diseases. "The room allows us to do three-dimensional reconstruction images for endovascular treatment purposes," Dr. Gomez explains. "Having these advanced resources means we are able to perform complex procedures at WRMC, including advanced care for stroke patients," Dr. Gomez says.

Not every patient who has a stroke will be treated in the new suite, Dr. Gomez notes. The most common kind of stroke, an "ischemic" stroke, occurs when there is an obstruction within a blood vessel supplying blood to the brain. Some patients can be successfully treated with medication to dissolve the clot that is causing the blockage. But having access to endovascular procedures that require catheterization to remove a brain clot can be life-saving for certain patients.

"In the setting of an acute ischemic stroke, the sooner we can restore blood flow, the greater the chance of a favorable outcome," says Dr. Gomez.

"Being designated a Comprehensive Stroke Center underscores our

commitment to the community to provide excellent, high-level care," says Robbin Lee, CEO of WRMC. "Previously, patients were transported out of the area for stroke care. Now, not only can we treat our residents here in their community, we follow nationally recognized guidelines that ultimately save lives and improve the outcomes of stroke."

WRMC is one of only 40 hospitals in Florida and five in Palm Beach County to earn the Comprehensive Stroke Center designation. This ensures that the hospital complies with the highest standards in clinical practice guidelines, performance measurements and continuous improvement programs for stroke patients. WRMC's dedicated, multi-disciplinary stroke team, which is specially trained and available to care for stroke patients 24 hours a day, seven days a week, includes a neurointerventionalist, neurosurgeon, neurologists, emergency room physicians, intensivists, critical care registered nurses and a stroke coordinator.

"The new suite at WRMC is an invaluable resource for patients needing neuroendovascular care," concludes Dr. Gomez. "Having a Comprehensive Stroke Center with the capacity to treat strokes and brain vascular pathologies means that EMS can now bring patients to WRMC first," he adds. ■

**For more information about neurological and stroke care at WRMC, visit [www.wellingtonregional.com](http://www.wellingtonregional.com) and click on "Neurosurgery" under "Hospital Services."**

## Act FAST... And Pay It Forward



THE SIGNS OF A POSSIBLE STROKE CAN BE SPOTTED  
**F A S T**

 **F Face droops**

 **A Arm weakness or numbness**

 **S Speech is slurred**

 **T Time is critical – call 911 immediately**

When you know the symptoms of a possible stroke, you can help get appropriate treatment quickly.



### Comprehensive Stroke Center

Wellington Regional Medical Center is now an official sponsor for the American Heart Association's "Together to End Stroke." For more information, visit [www.strokeassociation.org](http://www.strokeassociation.org).



Nationally sponsored by

**Medtronic**

# The Birthing Center's new features accommodate the whole family

## Suites, “man caves,” birthing classes and more ...

A new postpartum unit was recently unveiled at a community open house in July at Wellington Regional Medical Center. The Birthing Center, as it is now known, boasts a labor and delivery area with 18 rooms, a postpartum wing with 16 suites with queen-sized beds and “man caves,” one mini-suite, 10 fully renovated regular rooms, and a Level III neonatal intensive care unit (NICU).

Rebecca Boyer, RNC-OB, BSN, Director of Maternal Services and Nurse Leader, says they have seen a dramatic increase in patients over the last year. “Patients are having a positive experience and are recommending Wellington Regional to their friends and family,” she says. “Our childbirth and parenting classes are designed to help prepare mothers and families and are well attended, especially our bootcamp.”

Rebecca adds that The Birthing Center offers birthing classes, a lactation support group, breast pump rentals, private consultations and tours. “All services are available to patients and community members alike,” she says. “Every time we connect with someone, it is an opportunity to bring a new patient to the hospital.”

NICU Director Kimberley Masterson RN, BSN, MSNc , says “the NICU is the only Level III facility in the western communities and attracts patients from all over Palm Beach County. Many of the maternal-fetal medicine physicians send their high-risk patients here because they know our NICU can treat infants needing acute care, is the only unit offering donor breastmilk, and can accommodate premature babies born weighing less 13 ounces,” she says.

Kimberley and Rebecca work hand-in-hand to accommodate patients from the minute they arrive until they are discharged. “We aim to create the best birth experience for them,” says Kimberley. “If their baby needs urgent care, the NICU is right here, and that is reassuring to them.” Yearly reunions of “NICU babies” and their families are a much-anticipated event. “We have a lot of success stories, and it’s always great to see the babies again, thriving and meeting milestones.” ■

To learn more about the services and classes offered through The Birthing Center at Wellington Regional Medical Center and arrange for a guided tour, call 561-798-9880.



# *Introducing our new*

## MINIMALLY INVASIVE SUITE

### Taking advanced surgery to the next level



Benefits like shorter hospital stays and faster recovery times continue to make minimally invasive surgery a compelling option for many patients. Wellington Regional Medical Center is pleased to now offer a new surgical suite dedicated specifically to these procedures.

**Srinivas Kaza,  
MD, FACS  
General  
Surgeon**

The minimally invasive suite is equipped with advanced technology to support a seamless surgical experience, says Srinivas Kaza, MD, FACS, a board-certified general surgeon and the Director of Robotic, Bariatric and Minimally Invasive Surgery at Wellington. Integration with the hospital's secure electronic medical record system enables doctors to access X-rays and other patient information during a case, if needed. Surgeons can also talk with other physicians while in the suite, using secure technology. The highly advanced surgical equipment and room setup support optimal efficiency, with a positive impact on safety, visibility and surgical times, Dr. Kaza says.

Minimally invasive surgery is not recommended for all patients, but may be used for weight-loss surgery, urology and gynecology procedures, thoracic surgery, gallbladder procedures and general surgery, including colorectal procedures and hernia repair. It is performed by making incisions that are less than an inch in size, where doctors insert tiny cameras that provide a magnified view of the surgical area. They then use special instruments to perform the surgery through the incisions. Along with faster recoveries, patients may have smaller scars than with conventional surgery.

The advanced technology really sets the new suite apart, Dr. Kaza says. "We're taking minimally invasive surgery and making it better." ■

**For more information about minimally invasive surgery and other surgical options, visit [www.wellingtonregional.com](http://www.wellingtonregional.com) and click on "Surgery" under "Hospital Services."**

*Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.*





From left, Marie Neshe, RN; Kathleen Minnick, MD, and Ismael Ceron at a follow-up visit after successful hyperbaric oxygen treatment for his wounds.

# *The Center for Wound Care and Hyperbaric Medicine*

PATENTED PROTOCOL OF CARE TREATS CHRONIC  
WOUNDS AND SAVES LIVES

According to the National Institutes of Health, chronic wounds affect more than 6.5 million patients per year. More than \$25 billion is spent treating chronic wounds each year, and it's expected to increase due to the rise in diabetes and obesity. ▶

## **A**t the Center for Wound Care and Hyperbaric Medicine at Wellington Regional Medical Center, a talented team of specialists treats stubborn, chronic wounds with a healing rate of more than 90 percent.

Marie Neshe, RN, Director of Wound Care and Hyperbaric Medicine, says most patients experience wound closure in just a few months using treatments such as tissue grafting and hyperbaric oxygen therapy. "We also offer specialized services devoted to foot health for diabetic patients," she says.

Marie explains some wounds are difficult to heal, such as pressure ulcers, and arterial, venous and post-op wounds. "If you have a wound that doesn't heal by 50 percent in four weeks, you need to seek medical treatment," she says. "People with diabetes can have wound complications if their sugars are not controlled, and sometimes poor circulation can impede healing," she says.

Kathleen Elizabeth Minnick, MD, CWSP, Co-Medical Director for the Center and Zone Medical Director for Healogics™, states there is a patented nine-step essential protocol to heal a wound. "Healogics is a leader in wound care, and we use their program here at the Center," she says. An interdisciplinary team of specialists is also involved in weekly wound evaluation, including podiatric, vascular, plastic and general surgeons, as well as infectious disease specialists.

Their protocol helped save the life of Ismael Ceron, a double amputee. Ismael lost both legs below the knee due to a condition called calciphylaxis, which results in painful skin ulcers. "When we first saw Ismael, his doctor told him he would have to remove more of his legs. But he decided to come to our wound care center to see what could be done," says Dr. Minnick.

Ismael received 90 minutes of hyperbaric oxygen therapy five days a week on an outpatient basis, and also saw specialists weekly to debride and apply dressings and treatments as appropriate. "They prevented me from having further amputation and healed my wounds," says Ismael. "I was able to get back into my prosthetics and walk again! My family and I are so grateful to everyone who took care of me here at the Center – they saved my life," he says.

Dr. Minnick says the "it takes a village" mindset at The Center for Wound Care and Hyperbaric Medicine is a guiding force for the care they provide to their patients. "Ismael's case is a perfect example. Many doctors joined together in his care and treatment, and because of that, he was able to walk out using his prosthetics. Making the difference for our patients is what matters most," she says. ■



## **SPECIAL TREATMENT FOR lymphedema**

The Center for Wound Care and Hyperbaric Medicine also cares for patients with lymphedema. Lymphedema is swelling of the arms or legs caused by damage to the lymph nodes. It is commonly a result of cancer treatment, and the smallest cut to the affected area can lead to infection. Treatment includes wearing compression garments and massage. "We saw a need to provide treatment, and other facilities are now calling us to learn what our protocols are for treating lymphedema," says Marie.



**The Center for Wound Care and Hyperbaric Medicine at Wellington Regional Medical Center provides treatment for chronic wounds and specialty care for those with diabetes. For more information, visit [www.wellingtonregional.com](http://www.wellingtonregional.com) or call 561-753-2680.**

## calendar of events



### The Birthing Center tour

Come see everything we offer to help get the new addition to your family off to a great start. You'll learn about the comprehensive care we provide and meet some of our dedicated staff. Each tour is limited to eight expectant mothers and her partner. Parents-to-be will meet in the main entrance lobby.

**Every Tuesday at 7:30 p.m.**

**Every Thursday at 5:30 p.m.**

**Every Sunday at 9:30 a.m.**

### Preoperative Joint Replacement Class

If you are preparing for a hip, knee, or shoulder replacement at our hospital, this class will teach you what to expect before and after surgery. Feel free to bring your spouse, a family member or friend for support.

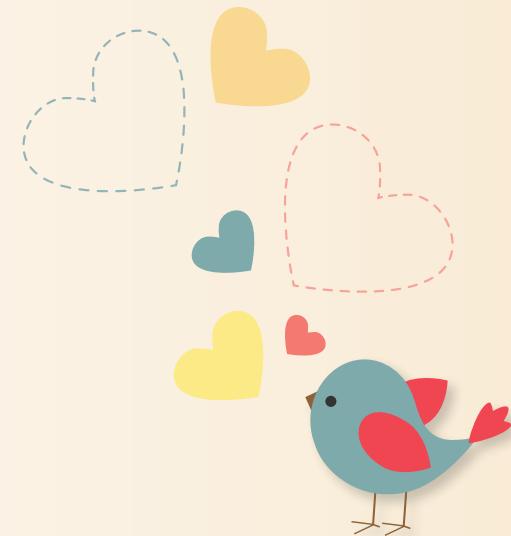
**Every Wednesday, 1:30 to 2:30 p.m.**

**Location: Wellington Regional Medical Center, Community Room**  
**Call 561-798-9880 to register**

### Childbirth and Parenting Classes

We offer a variety of classes, including Lamaze Childbirth Education, Baby Care Class, Infant CPR, ABC's of Breastfeeding, Infant Massage Class, Siblings Class and Bootcamp for Dads throughout the weekdays and weekends.

**Dates, times and locations of each class vary. For more information or to register, call 561-798-9880, or visit [www.wellingtonregional.com](http://www.wellingtonregional.com). Click on "Hospital Events" under the "Community Information" tab, and scroll down to the "Learn more about Childbirth Parenting Classes" link.**



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### HEALTH NEWS FROM WELLINGTON REGIONAL MEDICAL CENTER

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**Jamie Taylor**  
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