

HEALTH NEWS *from*

Fall 2018

# wellington

## REGIONAL MEDICAL CENTER



### *Investing in tomorrow*

Our special role in training future healthcare providers

#### *Inside:*

##### **Advances in breast care**

3D mammogram screening and more

##### **No more knee pain**

Alice Jolson's joint replacement success

*Compliments of*



**Wellington Regional**  
**Medical Center**



# Calendar of events

## **American Lung Association Better Breathers Club®**

A free support group for patients and caregivers affected by chronic lung diseases including COPD, pulmonary fibrosis and lung cancer.

**When:** December 11 at 2 p.m.

**Where:** Wellington Regional Medical Center (WRMC) Community Room

For more information, contact Chris Apergis at 561-472-2522.

## **Preoperative Joint Replacement Class**

Learn how to prepare for a hip, knee or shoulder replacement at our hospital.

**When:** Every Wednesday, 1:30 to 3 p.m., and the fourth Thursday of each month, from 5:30 to 7 p.m.

**Where:** WRMC Community Room

## **Prenatal Yoga**

Free to expectant mothers who are registered to deliver at WRMC. Bring a mat, blanket, towel and water bottle.

**When:** Mondays at 7 p.m.

**Where:** WRMC, Conference Room A

## **Childbirth and Parenting Classes**

Lamaze, infant CPR, breastfeeding, daddy and siblings classes, and more! Register at [wellingtonregional.com/reg](http://wellingtonregional.com/reg).

## **Weight-loss Surgery Seminars**

Meet our Weight Management Center staff and learn about bariatric options.

**When:** December 11 at 6 p.m.

**Where:** WRMC Weight Management Center, 10111 Forest Hill Blvd., Ste. 230

## **Weight-loss Support Group**

For individuals who have had weight-loss surgery or are considering it.

**When:** December 10, 6 - 7:30 p.m.

**Where:** WRMC Weight Management Center (see address above)

Call 561-798-8587 to make a reservation.

## **Quit Smoking Now Classes**

**When/Where:** Most Wednesdays at 6 p.m. at WRMC

For more information, visit: [tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway).

## **The Birthing Center Tour**

Come see everything we offer to help get your family's new addition off to a great start.

**When:** Sundays at 11 a.m., and Tuesdays at 7 p.m.

**To register for events or for more information, visit [wellingtonregional.com/reg](http://wellingtonregional.com/reg) (unless otherwise noted).**

## **Join us for this year's final Wellness Series events (Free!)**

### ***"Navigating your vascular health: Treatment options for leg pain"***

Thursday, December 6,  
11:30 a.m. - 1 p.m.

Featured speaker: Juan Gomez, MD,  
Neurointerventional Radiology  
Wellington Community Center

\*Seating is limited. RSVP required.  
Call 561-791-4796. Lunch provided.

### ***"Colon cancer screening guidelines: What you should know"***

Friday, December 7, 12 - 1 p.m.

Featured speaker: Naveen Reddy,  
MD, Gastroenterology  
Wellington Regional Medical  
Center (Community Room)

Lunch provided.

### ***"Understanding weight-loss surgery"***

Wednesday, December 12, 2 - 3 p.m.

Featured speaker: Srinivas Kaza, MD,  
General & Bariatric Surgery  
Royal Palm Beach Library

Register online at  
[wellingtonregional.com/well](http://wellingtonregional.com/well).





Any time you visit our website or read this newsletter, you can find events and happenings to support your good health. Over the past several months, we've been pleased to reach out to the community through our Wellness Series, which provides free educational seminars on a variety of health topics. Your response and participation have been amazing! We hope you can join us for the remaining sessions, which are listed on the opposite page.

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Alice Jolson tells what stood out (in a good way) about her knee replacement surgery

Here at Wellington Regional Medical Center, we know that good health is about so much more than just treating illnesses. To support the development of tomorrow's healthcare professionals, we're proud to be an academic medical center, providing training and education in a variety of medical areas.

Having this pipeline of learning and innovation is a win-win for students and patients. Not only does it help to bring highly skilled providers to our community, but it also encourages the advancement of research and new medical treatments right here in our hospital. In this issue, read about our specialized services for wound care, joint replacement surgery and breast cancer care, and hear from patients about how advances in technology are changing their lives.

Please continue to follow us on social media and check our website at [wellingtonregional.com](http://wellingtonregional.com) to learn about upcoming events and news at Wellington Regional.

Here's to your good health!

**Robbin Lee**  
Chief Executive Officer

## Lung cancer screening

Please note that an article in our Summer 2018 issue listed the incorrect age of people who may benefit from lung cancer screening. The correct age and screening criteria, per the Centers for Medicare and Medicaid Services, are as follows:

- Between the ages of 55 and 77
- Asymptomatic with no signs or symptoms of possible lung cancer
- Current smokers
- Non-smokers who have a history of smoking at least one pack a day for 30 years
- Smokers who quit within the last 15 years

**Learn more about lung screening at [wellingtonregional.com/lung](http://wellingtonregional.com/lung).**



# Training healthcare professionals



Richard Hays,  
MD, CMO

Providing outstanding care is only part of the mission of Wellington Regional Medical Center (WRMC). Founded on the principles of educating new physicians for central and western Palm Beach County, WRMC provides a base for more than a dozen education programs to provide clinical training for future doctors, nurses and numerous other healthcare specialists.

At the center of its role as an academic medical center is the hospital's Internal Medicine Residency Program, which is accredited by the Accreditation Council for Graduate Medical Education. The hospital also hosts more than 20 medical students from the Edward Via College of Osteopathic Medicine at Auburn University for their third year of training, as well as pharmacy, nursing, surgical techs and radiology techs, to name a few.

"The breadth of services currently offered at WRMC and the amazing things happening every day in areas like comprehensive stroke care, advanced cardiac care and minimally invasive surgery create an ideal learning environment," said Berry Pierre, DO, program director of the Internal Medicine Residency Program. He added that "for patients, the collaborative, innovative approach to care can mean an even better experience, with better outcomes."

Professionals-in-training participate under the supervision of the faculty physicians and may share ideas and input, as well as provide extra care.

Not only do students benefit from the learning atmosphere, but "the culture of learning spreads out to other members of the medical staff," said Richard Hays, MD, chief medical officer. "This has inspired the sharing of knowledge through a wide array of physician conferences, as well as research opportunities for both physicians and students that help keep the hospital on the cutting edge."

Sharon F. Beckley, administrative director of medical education and medical staff, adds, "Having a role in the growth and development of healthcare professionals as they begin their medical practice is very rewarding." ■



Dr. Pierre (center) with the residency team.



## PREPARING FOR THE FRONT LINES

Paramedics in-training at Palm Beach State College also receive a "phenomenal clinical experience" at Wellington Regional, learning about key skills they may need in the field, such as inserting a breathing tube and delivering a baby, says Michael Rodriguez, Captain of Delray Beach Fire Rescue. "They're truly helping the community by preparing these students," he says of the educational program. "I think that's something Wellington should be very proud of."

# of the future



## Are you interested in a career in healthcare?

"Choosing where to receive your education is a big decision, and it's important to do your research in order to find a program that will help you reach your goals," says Jean Josephs-Tackore, MSN, RN, director of staff development. For example, what are the school's academic standards? How are students prepared clinically? What accreditations does the program have?

"Wellington Regional is proud to be affiliated with top academic facilities in the state, which provide a solid foundation for successful and rewarding careers in many different areas. Additionally, the hospital works in other ways to foster education and build connections in the community," says Josephs-Tackore.

One way that people are being inspired is through the hospital's participation in the Palm Beach County STEM Education Council's Teacher Externship Program. This program sends local teachers into real work environments, where they complete a project and then bring back information to their students. Natasha Jovanovic, of Loggers' Run Middle School, worked on an orthopedic project at Wellington Regional and said, "This experience will help me as a teacher because I had the opportunity to become a student again. I also plan on sharing the clinical experience with the students because they really enjoy hearing about what goes on in a hospital."

"There are so many people who contribute to the successful care and administration at a hospital," says Josephs-Tackore. "Through education and outreach, Wellington is working hard to provide valuable resources and opportunities right here close to home."

AFFILIATE SCHOOL	PROGRAM
Appalachian College of Pharmacy	Pharm D
Barry University	Physician Assistant
Drexel University	Physician Assistant
Florida Atlantic University	Nursing
Florida Gulf Coast University	PT/OT/Medical Technology
Florida State University	Speech Pathology
Keiser University Pembroke	Physician Assistant (ED only)
Keiser University	Nursing, PTA, Occupational Therapy
Meridian Surgical Assisting	OR
NRI Institute of Health	Nursing
Nova Southeastern University	Pharmacy (Pharm D), Physician Assistant, Respiratory, PT/OT
Palm Beach Atlantic University	Nursing, DNP (ED only), Pharmacy (Pharm D)
Palm Beach State College	Nursing, EMT/Paramedics, Respiratory, Radiology (X-ray Tech), Ultrasound, MRI, Surgical Technology
South University	Nursing, Physical Therapy, Occupational Therapy Assistant, Physical Therapy Assistant
South Tech Academy	Phlebotomy (Lab)
Southeastern College	Pharmacy Tech



To learn more about careers at Wellington Regional, visit [wellingtonregional.com/learn](https://www.wellingtonregional.com/learn).

# TAKING BREAST CARE TO

## New advances improve cancer screening and treatment



**Andrew Shapiro,  
MD, Medical  
Director,  
Comprehensive  
Breast Center**

Earliest possible detection of breast cancer has always been a critical step in providing more successful treatment for the millions of women affected. Wellington Regional Medical Center is proud to announce the addition of new and innovative technology to aid in the ongoing battle against breast cancer.

These advances in technology continue to make screening and treatment more effective than ever and help women live longer, healthier lives.

To help find cancers earlier, Wellington Regional Medical Center's Comprehensive Women's Imaging Center has added advanced 3D mammography equipment as part of a facility-wide renovation. 3D imaging, also known as tomosynthesis, is superior to conventional 2D mammography because it takes more X-ray images at different levels, providing more detail without adding additional radiation.

In addition to providing earlier detection, 3D mammography also may reduce callbacks for repeat screening and the anxiety and expense they cause women. 3D mammography is used to assist stereotactic breast biopsies if an abnormality is found. It even allows biopsies to be performed while patients with limited mobility are seated or lying down.

To support customized care and identify the safest, most effective treatment plan, a multidisciplinary team of doctors and specialists meets regularly and reviews each patient's care. Under the leadership of the Medical Director of the Comprehensive Breast Center, surgeon Andrew Shapiro, MD, Wellington Regional will offer patients the full spectrum of options for their care. Also, an oncology nurse specialist, Sonia Polack, RN, MSN, has joined the team as a new breast care navigator to provide extra guidance and support. ■

### Early detection matters

According to the American Cancer Society,\* the five-year relative survival rate for women with stage 0 or stage I breast cancer is close to 100 percent; and for women with stage II breast cancer, the five-year relative survival rate is about 93 percent.

**To schedule your mammogram or learn more, visit [wellingtonregional.com/mammo](http://wellingtonregional.com/mammo).**

\*<https://www.cancer.org/cancer/breast-cancer/understanding-a-breast-cancer-diagnosis/breast-cancer-survival-rates.html>





# THE NEXT LEVEL

## Providing high-tech compassionate care

### SAVI SCOUT®: Going wireless with surgical treatment

New wireless technology has revolutionized the process for patients needing a lumpectomy or surgical biopsy, supporting a more comfortable experience and better outcomes. In the past, patients were required to go to the hospital early on the day of their procedure to have a wire placed, which protruded from their breast until the biopsy was completed. Using the wireless SAVI SCOUT® Surgical Guidance System, surgeons implant a tiny device, called a reflector, in the breast, up to 30 days before the procedure, which precisely identifies the surgical site.



Surgeons are now able to more accurately pinpoint the tumor and preserve healthy breast tissue, increasing the rate of complete cancer removal, and decreasing the potential for follow-up surgeries. When Cynthia Juarbe needed a diagnostic biopsy, she was reassured by the greater precision the new system offered. "I thought it was going to hurt, but it didn't," says Juarbe of having the reflector placed. She was grateful to receive care that was "a lot easier and less painful."

### IORT: Radiation mission accomplished – in one single session

Violet McDonough, 77, has always had her annual mammograms faithfully – "even in the same month." Everything was fine until her most recent mammogram showed an abnormality. She was referred to breast surgeon Kathleen Minnick, MD, Medical Director of IORT, and was determined to be a candidate for a procedure known as intraoperative radiation therapy (IORT). This allows doctors to perform a lumpectomy and one-time radiation all in one single session, instead of requiring multiple radiation treatments, as with traditional therapy. Women over 50 who have a small, low-grade, early tumor can be considered for IORT.

"There was nothing to it, really," says McDonough regarding the outpatient procedure. "There was a little discomfort, other than that I was good. I didn't have to go back and get any other treatment, that was a plus." IORT is an example of how technology is helping to lessen the negative effects of treatment. Dr. Minnick says, "It's about giving people their life back and making sure it's a good quality of life."

*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.*

# *Michael's hopeful story of healing*

**Chronic wounds are often associated with diabetes or older patients, but they can affect many other people as well. For 54-year-old Michael Taylor, problems with ulcers on his leg began with an injury in high school, while he was weightlifting. ►**

Michael Taylor  
and Elizabeth  
Davis, DPM.





"When I would do curls, I was supposed to hold the weight and let it burn," he says, explaining that he would then let the weight drop, and it would hit him on his leg. "The constant pressure of hitting my leg started a blood clot," he says.

He recalls that his thigh swelled up until it was "about as big around as a watermelon." He received treatment and thought the problem was resolved, but soon after he developed an ulcer on his ankle. "I had to get a tutor and couldn't go back to school. It was tough," Taylor says.

For the next three decades, Taylor continued to struggle with swelling and chronic wounds on his leg. He sought help at different places before he was referred to the Center for Wound Care and Hyperbaric Medicine at Wellington Regional Medical Center.

"The care at our center is uniquely tailored to each individual and addresses the multiple factors that contribute to delayed healing," says Podiatrist Elizabeth Davis, DPM, who is board certified by the American Board of Wound Management. A multidisciplinary team of physicians, specialized nursing staff and physical therapists offer advanced treatments that can only be found in specialty facilities, such as skin grafting, which Taylor received as part of his comprehensive care.

Taylor also visited the wound center regularly to have his wound debrided (which involves removing unhealthy tissue), and he received treatment to address an issue he was having with his circulation, which is vital to healing.

Medical Director of Interventional Radiology Juan Gomez, MD, explains that Taylor had severe, chronic venous insufficiency. This condition occurs when valves in the veins don't work properly, causing blood to go back down in the legs and pool.

To treat this problem, Dr. Gomez performed a minimally invasive procedure called radiofrequency ablation to close up the diseased vein, so that blood flow was redirected to a healthier vessel. The procedure took about 20 minutes, and Taylor was able to return to daily activities immediately, Dr. Gomez says.

Additionally, Taylor received compression therapy to help reduce swelling and improve blood flow, and he focused on a healthy diet and quitting smoking. "Michael is representative of how important it is for patients to participate in their care and want to heal," Dr. Davis says.

She emphasizes that a key part of treatment is the emotional bond that is developed through weekly follow-up. Clinical specialists become part of patients' support system, helping them stay on track with their care and celebrating their successes with them.

Having this connection made a difference for Taylor. "She would take more time with me," he says of his regular visits with Dr. Davis. This dedicated, team approach helped Taylor finally achieve the success he was looking for. ■

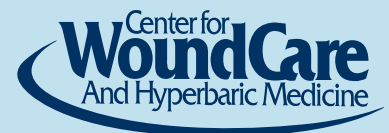
*Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.*



## **Our wound care program has been recognized!**

The Center for Wound Care and Hyperbaric Medicine at WRMC recently received the Robert A. Warriner III, MD Center of Excellence award for continued excellence in wound healing. This honor is given to wound treatment centers in the Healogics™ network that have met the highest level of quality standards for a minimum of two consecutive years.

WRMC offers specialized wound care for patients with diabetic ulcers, pressure ulcers, infections and other chronic wounds. For select patients, treatment may include hyperbaric oxygen therapy (HBOT), which involves lying in a clear, pressurized chamber and inhaling 100 percent oxygen to enhance the body's natural healing process. WRMC has three hyperbaric chambers and also offers a number of other advanced treatments.



**For more information about our services, visit [wellingtonregional.com/heal](http://wellingtonregional.com/heal) or call 561-753-2680.**

# Goodbye, joint pain *hello, new knee!*

## Alice's "terrific" experience with knee replacement surgery



**Nicholas Sama,  
MD**

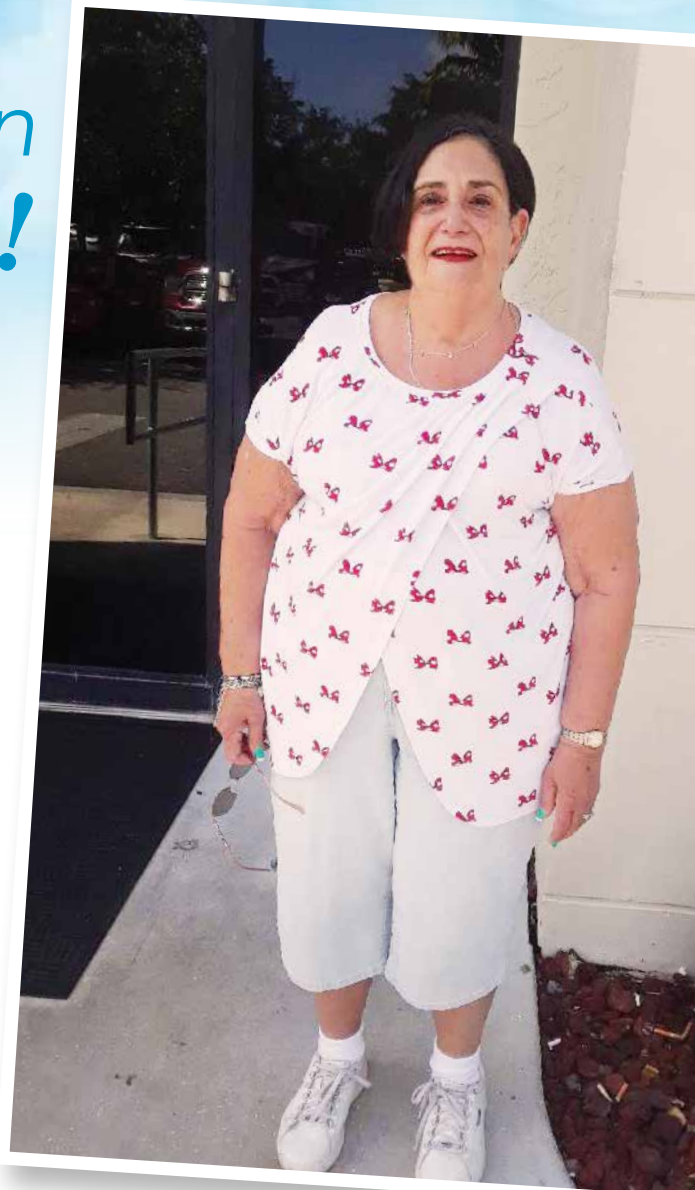
After suffering with knee troubles for a while, Alice Jolson reached a breaking point while she was on a cruise with her husband. "I was sitting on a chair and couldn't get up because the pain in my leg was so bad," she says.

When she returned home, she went to see her orthopedic doctor, Nicholas Sama, MD. He'd helped her manage her knee pain with other methods, including cortisone shots, but those were no longer working. They talked about knee replacement surgery, and she decided that was "the way to go."

Jolson says the team at Wellington Regional Medical Center put her at ease right away. To help prepare for her procedure, she attended a preoperative class at the hospital. "It was wonderful," she says. "They explained everything they were going to do and made me feel like they really were going to go out of their way to make things comfortable for me," she says. "It was just such an easy process it was amazing."

She experienced this same high level of care and attention when she went to the hospital for her surgery. "I can't say enough nice things about Dr. Sama, and the nurses were fabulous. Also, Joe from Dr. Sama's office did a wonderful job taking care of me."

Jolson says one thing that really stood out when she woke up from her procedure was that she had "virtually no pain." Dr. Sama explains that she benefitted from a new pain management protocol that provides an injection during surgery as well as



*Alice Jolson on the go with her new knee.*

medications administered afterward. Consistent with best practices, the staff helped her get on her feet after surgery and start her recovery right away. "The physical therapy was amazing," she says.

Today she can enjoy being active again, worry-free. "Everything with the surgery was terrific, and the hospital was wonderful," she says. From start to finish, the team at Wellington Regional reassured her every step of the way. "The experience was so much better than I had anticipated," she says. ■

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



## We've earned gold status for joint replacement!

Following best practices can make a big difference when it comes to joint replacement surgery. As a demonstration of Wellington Regional's commitment to meeting requirements and exceeding expectations for quality of care, the hospital has earned the Gold Seal of Approval® for its total hip and total knee replacement programs from The Joint Commission, the premier healthcare quality improvement and accrediting body.

"The goal is to create a multidisciplinary program that starts before patients come in and continues after they go home," says Stacy Morast, RN, director of surgical and orthopedic services. Meetings are held regularly to discuss outcomes, processes and ways to improve the patient experience. Best practices include:

- **A multidisciplinary approach.** A whole team of providers collaborates to support patients' optimal care, from the orthopedic surgeon to nurses, pharmacists and physical therapists. While patients are in the hospital, the team participates in daily rounding to address any special requests or concerns.
- **Pre-op joint class.** Knowing what to expect and how to prepare can help patients feel more reassured about surgery and make the most of their recovery. (See below.)
- **Multimodal pain management.** Using a combination of different medications starting preoperatively can minimize pain in the hospital and throughout recovery.
- **Early mobility.** Getting patients up right after surgery and into physical and occupational therapy at the hospital can help to advance recovery and support optimal outcomes.



*"We believe joint replacement is much more than just a surgical procedure," says Dr. Sama, there's also a great focus on preparation and recovery.*

## Setting up for success at pre-op class

What will joint replacement surgery entail? How can you prepare? What will the recovery be like? You can learn it all at the pre-op class held regularly at Wellington Regional for patients preparing for a hip, knee or shoulder replacement. During the class, patients meet hospital staff who will be part of their medical team and learn about the activity that will be required in rehab, which can help them to be more successful. Friends, spouses and family members are also invited to attend for support.

To register for the class, visit [wellingtonregional.com/preop](http://wellingtonregional.com/preop).



# "Wellington Regional Medical Center is my hospital"



**For emergency care**

Ric Bradshaw



**For specialty NICU services**

Natalie and  
Finleigh Weber



**For advanced cardiac care**

Steve Calia



**For comprehensive stroke care**

Cheryl Kovalsky

We're proud to serve our community, delivering quality care for more than 30 years. With advanced certification and accreditations, Wellington Regional is recognized as a leader in specialty care. We're here for all of your healthcare needs.

• **Accredited chest pain center with PCI and resuscitation**

*Wellington Regional is the first hospital with this accreditation in Central Palm Beach County*

• **Comprehensive stroke center**

Designated by the Florida Agency for Health Care Administration

• **Certified total knee and total hip replacement programs**

Awarded by The Joint Commission



ACC  
Accreditation  
Services



In collaboration with  
**American Heart Association**  
Hospital Accreditation



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HEALTH NEWS FROM  
WELLINGTON REGIONAL  
MEDICAL CENTER

**Robbin Lee**  
Chief Executive  
Officer

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