

Healthbeat

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • SPRING 2021



Newport Hospital
Lifespan. Delivering health with care.®

Message from the President of Newport Hospital



Welcome to the spring edition of our community newsletter! Each year, I look forward to the weather getting a little warmer and seeing

Newport County come alive as we get ready for the summer season. This will likely still look a little different this year, but with COVID-19 vaccines rolling out across the country, we are filled with hope as we look forward.

2020 tested us all in many ways. A huge thank you to our community for your continued support through this challenging time, and to the Newport Hospital team for your unwavering resilience and courage. As a community hospital, we are committed to doing all that we can to help our friends and neighbors. Newport Hospital has begun offering COVID-19 vaccine clinics to the public and we are honored to do our part in helping to build herd immunity against this virus.

Every aspect of the pandemic changes daily, so we are not exactly sure how the world will look when this issue of Healthbeat

is published. I encourage you to continue checking health.ri.gov, cdc.gov, and lifespan.org for the latest information.

Since our fall edition of Healthbeat, I am incredibly proud to share that Newport Hospital has achieved two additional designations from Leapfrog: an 'A' grade for hospital safety and a Top General Hospital award. We are also continuously working to improve our hospital and have several construction projects underway. We recently completed a renovation of our Women's Health Center, and we are excited to open a new Lifespan Pharmacy at the hospital later this spring.

As always, we are here to Deliver Health with Care, whenever you need us. Stay well.

In health and partnership,

Crista F. Durand, MBA, FACHE
President, Newport Hospital

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A Look Back at the COVID-19 Pandemic from the Beginning

Where were you when you first heard the term COVID-19? It may feel like just yesterday, or may seem like a lifetime ago. While the pandemic is not over yet and the ripple effects of COVID-19 will continue to linger, there has been tremendous progress in the last year.



First COVID-19 case confirmed in the United States.

January 2020

As the virus spreads, various degrees of lockdowns, stay-at-home restrictions, and executive orders regarding face coverings are instituted globally.

The Newport Hospital Emergency Preparedness Fund is created to ensure we are able to provide critical services to our community during times of crisis.

March 2020



Lifespan resumes elective procedures across all hospitals.

May 2020

February 2020

To respond to the rising number of COVID cases, Newport Hospital stood up its Incident Command System, a standardized structure that brings together key hospital leaders and managers to efficiently respond to an emergency. It began meeting daily and coordinated closely with a related command structure for the entire Lifespan health system.

Spring 2020

Newport Hospital leadership and experts begin hosting regular briefings with news media to keep the public updated on how the hospital is responding to the pandemic.

The pandemic will continue to evolve beyond the last item on our timeline. We hope that there have been further positive developments as you're reading this edition of Healthbeat later this spring.

Thank you for your continued support of Newport Hospital!



Newport Hospital begins using GenMark ePlex testing system as a way to perform on-site rapid tests for a variety of pathogens, helping to quickly identify whether patients have COVID-19.

October 2020



Following guidelines from the Centers for Disease Control and Prevention and Rhode Island Department of Health, Lifespan and Newport Hospital begin to vaccinate patients and community members. At this point, our program at Newport Hospital is the only hospital-based COVID vaccine clinic open to the public in Rhode Island. You can make a vaccine appointment at www.lifespan.org or by calling 401-475-7468 (401-475-SHOT).

February 2021

June 2020

Using the Newport Hospital Emergency Preparedness Fund, Newport Hospital acquires two Clorox Total 360 electrostatic sprayer disinfecting machines to enhance cleaning procedures.

December 2020

Lifespan opens its Alternative Hospital Site, a field hospital at the Rhode Island Convention Center designed to provide care for stable, hospitalized COVID-19 patients.

March 2021

Through the generosity of our donors, the Newport Hospital Emergency Preparedness Fund has raised \$1,680,144, which has been used to acquire essential equipment, technology, and resources needed to support the care of patients and our workforce during the pandemic.

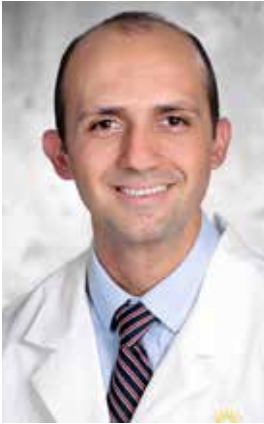


Lifespan begins vaccinating its frontline workers. Anthony Napoli, MD, the medical director of emergency medicine and chair of the John A. and Hope H. van Beuren Emergency Department, is the first Newport Hospital employee to receive the vaccine.

More than 75% of Newport Hospital employees have been vaccinated.

More than 4,800 COVID-19 patients have been discharged from Lifespan hospitals to date.

Understanding Non-Surgical Pain Management Options



*By: Laert Rusha, anesthesiologist/
pain management specialist at the
Norman Prince Spine Institute*

Chronic pain is one of the leading causes of disability in the United States. It may come and go or slowly worsen, but left untreated, pain can lead to frustration and inability to work, enjoy recreational activities, or live a fulfilling life.

Non-surgical pain management is simply defined as any treatment that does not require surgery. For patients who may not want to have surgery or may not be good candidates for surgery, there are many options available that are proven by research to be effective for pain management, including:

- **Medication Management:** Many different classes of medications are effective for pain, including analgesics, anti-inflammatory drugs, neuropathic medications and skeletal muscle relaxants. Medications are one of the mainstays of treating pain because of their ease of use, ability to gradually increase or decrease doses, and variety of formulations such as pills, ointments, and patches.
- **Physical Therapy:** One of the first treatments we try for pain is physical therapy. Exercise is a great treatment tool for pain – it increases blood flow to promote healing, releases endorphins (“feel good” hormones), and may help promote weight loss, which is helpful in many pain conditions such as arthritis. Physical therapy programs are tailored to each patient and can focus on aerobic exercise, stretching, strengthening or special techniques such as traction therapy, myofascial release, or dry-needling.
- **Injection-Based Therapy:** Commonly known as “cortisone shots,” injection-based therapy encompasses many types of injections. The most effective variety will depend on the patient’s type

of pain. For example, we perform intra-articular joint injections for joint pain. But for back pain, we perform epidural steroid injections, sacroiliac injections or radiofrequency ablations.

These injections take less than 20 minute to perform, require minimal recovery, and the patient can resume normal activities within hours.

- **Alternative Treatments:** Other effective treatments include acupuncture, massage therapy, yoga and tai-chi. There are many scientific studies that show improvement in pain scores and functional status when one of these techniques is used in conjunction with treatments discussed previously.

These are just some of the treatments of non-surgical pain management. Some patients may require surgery despite our best non-surgical treatment options, but for many patients the benefits of minimal or no recovery, ease of use and convenience of these treatments offer a huge advantage.

Introducing the Norman Prince Spine Institute at Lifespan

In the fall of 2020, the new Norman Prince Spine Institute replaced the Comprehensive Spine Centers at Rhode Island Hospital and Newport Hospital in coordinating and expanding world-class spine treatment across the Lifespan system.

The institute provides the highest level of comprehensive, multidisciplinary care for spine patients, including non-operative treatment (physical therapy, chiropractic care, acupuncture, and pain-intervention procedures); minimally invasive and endoscopic surgery; and complex reconstructive surgeries.

The Norman Prince Spine Institute not only continues to offer cutting-edge care for Rhode Islanders and patients from the wider New England community, but also serves as a national and international destination for spine care, education, and research. This institute is a new addition to the Norman Prince Neurosciences Institute. Visit goodback.org or call 401-845-1190 for more information.

Newport Women's Health Moves to New Space and Welcomes New Nurse Midwife

Newport Women's Health, a Lifespan Physician Group practice, recently consolidated its Newport locations into one newly renovated space at the hospital. This convenient location offers 10 exam rooms, an ultrasound room, and a consult room, all in a soothing and spacious atmosphere designed with patients' needs in mind. The practice also has a second location in Portsmouth.

Sarah West, MN, CNM, FNP (pictured at left in bottom left photo) recently joined Newport Women's Health as a board-certified nurse midwife. She earned her master of nursing degree in nurse midwifery at Oregon Health & Science University in Portland. She received a post-master's certificate as a family nurse practitioner from the University of Massachusetts Boston. In addition to midwifery, Allen performs routine gynecological procedures. She is also a holistic health practitioner and trained at Heartwood Institute in Garberville, California for massage therapy.



Scan the QR code to view more photos of this new space and take a virtual video tour on our website.



Having a Baby During the Coronavirus Pandemic

The team at the Noreen Stonor Drexel Birthing Center at Newport Hospital remains committed to doing all we can to protect our patients during the coronavirus outbreak. We are here to help each family write their birth story, despite a pandemic.

We have made some changes to our birthing center process for everyone's safety. Every patient who is admitted to Newport Hospital, including the birthing center, is tested for COVID-19. Testing is necessary for your safety, and that of your partner and baby, and our staff. Right now, we can do rapid testing on our patients and have results in approximately an hour.

If a mother presents with COVID symptoms or tests COVID positive, she will be placed in a negative pressure room, if available, in the birthing center and will be placed on isolation precautions. The birthing partner can stay so long as he or she screens free from COVID symptoms and will have to wear personal protective equipment for their safety. After delivery, we have procedures in place to provide the safest care for you and your newborn.

Mothers can have one birthing partner the entire time they are in the hospital. The birthing partner will be asked the same COVID screening questions as anyone coming into the hospital and will not be allowed in if symptomatic. The mother and birthing partner must wear a hospital-issued, non-cloth mask, covering both mouth and nose, when any health care worker is in their hospital room. When you are alone together in the room, masks can be removed.



Lewis Kent Coutre was the first baby born in 2021 at our Noreen Stonor Drexel Birthing Center.

Despite the pandemic, there are no real changes to the discharge process. By 48 hours, typically everyone is ready to go home; sometimes as early as 24 to 36 hours. We find that most of our families prefer to be home during this trying time.

As recommended by the Centers for Disease Control and Prevention, we encourage expectant mothers to self-quarantine and practice safe social distancing throughout pregnancy. This remains true after returning home with baby; try to limit visitors to your home as much as possible. Many families find that they're enjoying the continued quarantine time as a new family. It can help to bring the family unit close together and focus on each other during this adjustment.

The pandemic hasn't changed the care we provide, and we are also able to continue several programs for new moms, just in a different format. Childbirth and breastfeeding classes, as well as our breastfeeding support group, are now available through Zoom.

For more information about the birthing center at Newport Hospital, visit <https://www.lifespan.org/centers-services/noreen-stonor-drexel-birthing-center>.

What is the Lifespan Community Health Institute?



Carrie Bridges Feliz, MPH, Director of the Lifespan Community Health Institute

Have you heard of the Lifespan Community Health Institute (LCHI)? Maybe you recognize some of our programs like Safe Sitter, Food is Medicine, or the Community Health Ambassadors. The LCHI works across the Lifespan system to eliminate health disparities and promote health equity through healthy behaviors, healthy relationships, and healthy environments. We accomplish this, in part, by bringing clinical services and expertise outside the hospital walls and into the communities we serve.

We offer skill-building education programs (e.g., Parenting Matters and Temas Familiares workshops, healthy cooking demonstrations), clinical interventions (e.g., blood pressure and glucose screening, flu shots), and long-lasting protective interventions (e.g., CPR training, diabetes prevention program). Many of our programs are free of charge and available in English and Spanish. We also collaborate with other organizations on health improvement strategies, which allows us to reach larger audiences, have greater impact, and look upstream to address the root causes of poor health. All told, the Lifespan Community Health Institute served more than 55,000 Rhode Islanders through more than 2,700 activities during the last fiscal year!

We tailor our menu of programs to respond to the needs in the community, as identified in the Community Health Needs Assessments (CHNA) that are conducted every three years in the communities surrounding each of our Lifespan hospital affiliates.

Newport Hospital's 2019 community health needs assessment identified five priorities:

1. Access to Primary Care and Specialty Services
2. Outreach and Education
3. Access to Mental and Behavioral Health Services
4. Wellness Programs
5. Aging in Place

The LCHI will continue working with Newport Hospital to make progress in these priority areas. Look for us to report back on the following initiatives for residents in the Newport Hospital service area in future editions of Healthbeat:

- Educational programs for school-age children and teachers
- Creative new strategies to engage with local communities
- Improved access to health professional training programs
- Timely, relevant health and well-being programs delivered virtually and in community settings
- Compassionate responses to help all our neighbors weather these difficult times



LCHI and the Partnership for Rhode Island hosted COVID-19 vaccine clinics for Providence teachers, school staff and licensed child care workers.

For additional information on the Lifespan Community Health Institute's programs, visit us online at www.lifespan.org/centers-services/lifespan-community-health-institute or call us at 401-444-8009.

Physician Spotlight



Melvin Philip, MD, is an internal medicine physician at Lifespan Physician Group Primary Care, Newport. He is welcoming new patients and can be reached at 401-606-4510.

Q. What inspired you to pursue the field of medicine, and internal medicine specifically?

A. I chose this career path as it involves lifelong learning, constantly challenges me, and most importantly provides me an opportunity to improve the quality of life of people who I care for. I enjoy internal medicine as it allows me to create bonds with patients so that I can focus on the whole person and not just the disease.

Q. What do you find most rewarding about your job?

A. The most rewarding part of the job is learning the stories of people and treating them in the context of their story.

Q. How do you hope your work impacts the lives of your patients and their families?

A. My goal is to create practical treatment plans with the focus on improving quality of life.

Q. How do you put patients at ease and build trust when you first meet them?

A. I listen. I aim to provide a safe and open environment for honest discussions about patients' health.

Q. When you are not practicing medicine, how do you like to spend your time?

A. I like to be active when I can. I enjoy playing sports (soccer/volleyball) and hiking or biking outdoors. Outside of being physically active, my other interests solely revolve around food. I enjoy cooking, discovering new places to eat and I am always looking to try new cuisines.

Coming Soon: Lifespan Pharmacy at Newport Hospital

Lifespan Pharmacy will open its newest location on the first floor of Newport Hospital this spring. The pharmacy can handle all your prescription needs, whether you're currently in the hospital, a patient at one of our outpatient practices, or just looking for a new pharmacy in the neighborhood.

Consider your pharmacist a part of your health care team. We partner with your physician to provide comprehensive, safe care. As part of Lifespan, our pharmacists are close to your health care provider and close to where you live. Your physician can electronically transmit your prescription to the pharmacy and we can start working on filling your prescription right away. With

automatic courtesy refills and an option for free home delivery, we help to make sure you always have the prescriptions you need. Plus, if you have a MyLifespan account, you'll have the added benefit of viewing and managing all your prescriptions in one place.

We can help you maximize your pharmacy budget by working with your physicians and insurance company to find the least expensive, most effective medications to manage your health. Our prescriptions are competitively priced and we accept most insurance plans.

To learn more, visit LifespanPharmacy.org.



Newport Hospital Receives Two Leapfrog Honors Amid Pandemic

Newport Hospital has earned its seventh consecutive ‘A’ grade for safety from Leapfrog – the longest streak in the state – while also being named one of Leapfrog’s 2020 Top Hospitals in the country, the only hospital in the state to make the list.

Newport Hospital received the ‘A’ in the fall 2020 Leapfrog Hospital Grades, recognizing the hospital’s achievements in providing safer health care. The hospital has received the top grade in each of the last seven twice-yearly ratings that Leapfrog issues.

The achievement coincides with Leapfrog presenting Newport Hospital with a 2020 Top Hospital Award. The award is given to less than 5 percent of all eligible hospitals in the country. Honorees are divided into four categories, with Newport joining 28 other “Top General Hospitals.”

“Safety is our number one priority and something we focus on unrelentingly, from our daily manager ‘safety huddles’ to address timely safety concerns to the conscientious care our medical professionals deliver to patients every single day,” said Newport Hospital President Crista F. Durand. “Being named a Top Hospital in the country, in addition to achieving a seventh straight A-grade from Leapfrog, is a reflection of our unwavering pursuit of excellence and the hard work and commitment of our entire staff, even as we navigate the daunting challenges of the coronavirus pandemic.”



Excellence across many areas of hospital care is considered for the Top Hospital award, including preventing infections, reducing unnecessary C-sections, avoiding medication errors, maternity care, and safe surgery. Data used to identify Top Hospitals are gathered and publicly reported through the Leapfrog Hospital Survey. The survey compares hospitals’ performance on national standards of patient safety, quality, efficiency, and management structures that prevent errors. The data collected also enable hospitals to benchmark their progress toward The Leapfrog Group’s standards and measure the care they deliver.

“2020 put hospitals nationwide to the test in the most unforeseen and unprecedented ways, so we are particularly proud to recognize excellence in the hospital industry this year,” said Leah Binder, president and CEO of The Leapfrog Group. “All hospitals deserve our gratitude and these facilities, in particular, shine. Receiving the Top Hospital award, Leapfrog’s most prestigious and competitive award, should be celebrated. But all facilities that participate with Leapfrog

deserve recognition for upholding the highest possible standards for patient care. That’s the level of commitment and transparency all Americans deserve when they entrust their lives to a hospital.”

Developed under the guidance of a national expert panel, the Leapfrog Hospital Safety Grade uses up to 28 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. acute-care hospitals.



Your Doctor on Call is Here

Newport Hospital's Doctor on Call program is an innovative seasonal on-call physician service, designed to provide you and your family with personalized attention and high-quality health care. This program offers exclusive 24/7 access to a board-certified family practice physician, providing on-demand patient care, including house calls, telehealth visits, and phone consults in coordination with your overall health care needs.

This year's Doctor on Call program provides six months of service, from May 28 through November 30, 2021, to members in our service area (Newport, Jamestown, Middletown, Portsmouth, and Tiverton).

Members enjoy:

- A personalized health and wellness assessment upon your arrival to provide seamless enrollment into the program
- Assistance with member-specific health care needs, preventive testing, or executive physicals
- Facilitated referrals to specialty physicians as needed
- Send-off prior to the conclusion of the program to review and coordinate care with your primary care physician

As a program benefit, Doctor on Call members have the option to extend coverage to visiting friends and family at the member's residence, for an additional fee.



Call 401-845-4339, email DoctorOnCall@lifespan.org, or scan the QR code to learn more.



Keeping You Safe with a Visitor Badging System

Public safety and security are always top priorities at Newport Hospital. This winter, we enhanced our security with the launch of EasyLobby, our new visitor management system. When checking in at the hospital's main entrance and John A. and Hope H. van Beuren Emergency Department, you'll be asked for your photo ID, and we will then print a badge sticker with your name, photo, destination, and date and time you've arrived at the hospital. The process is fast and easy, and fits seamlessly with our quick COVID screening and check-in process.

By logging this information each time someone enters the hospital, we are able to always have a pulse on how many people are here, and in which areas, at any given time. Hospitals across the country are using photo ID badging systems, including our affiliate at The Miriam Hospital. We've invested in this technology to stay up to date with the best standards in security, and to keep our patients, staff and community safe.



Get in Touch with Us – Virtually

VIRTUAL COMMUNITY LECTURE SERIES

This educational series is held monthly via Zoom and features health tips and medical expertise from clinicians at the hospital.

Lectures are held from 6 to 7 p.m. Check back for dates and details at www.newporthospital.org under Events. If you aren't able to attend live, all webinars are also recorded and shared online to view at your convenience. We hope to "see" you soon!

VIRTUAL SUPPORT GROUPS

Stroke Support Group

- Second Wednesday of every month
- 6 – 7:30 p.m.
- Join by phone: 401-226-0907, Conference ID 53621149
- Join by Skype meeting: <https://meet.lync.com/lifespanhospitals-lifespan/nbrown1/BD8VT2KS>
- For more information: Nakeesha Brown, 401-444-8237, nbrown1@lifespan.org

Breastfeeding Support Group

- Thursdays 12:30 – 2:30 p.m.
- Zoom video meeting (requires personalized link)
- For more information: Noreen Stonor Drexel Birthing Center, 401-845-1110

WADK'S "HOUR OF HEALTH"

Tune in to WADK 1540 AM for the "Newport Hospital Hour of Health" program on the first Thursday of each month at 9 a.m. Host Bruce Newbury interviews Newport Hospital employees for a lively discussion on a variety of health care topics from local experts. Podcast recordings of the radio show are also posted online afterward at www.wadk.com.

Helpful Phone Numbers

Primary Care in Newport County

Jamestown Family Practice
401-423-2616

Lifespan Physician Group Primary Care, Newport
401-606-4727

Lifespan Physician Group Primary Care, Tiverton
401-624-1400

Newport Orthopedics

401-845-1474

Total Joint Replacement

401-845-4330

Norman Prince Spine Institute

401-845-1190

Lifespan Cardiovascular Institute

1-855-332-8474

Newport Women's Health

401-848-5556

Lifespan Medical Imaging

401-444-7770

Newport Hospital Laboratory

401-845-1260

Lifespan Urgent Care – Middletown

401-606-3110

Newport Hospital Foundation

401-845-1536

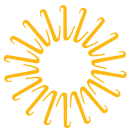
Doctor on Call Enrollment

401-845-4339

Friend of the Foundation

401-845-4339





Newport Hospital

Lifespan. Delivering health with care.®

Newport Hospital
11 Friendship Street
Newport, RI 02840
401-846-6400

An Award-Winning Hospital Serving Newport County and Beyond

- Four-time designation as a Magnet hospital, the gold standard for nursing excellence
- Five Star rating for overall quality for the national Centers for Medicare and Medicaid Services
- ‘A’ Grade for patient safety and Top General Hospital award from the Leapfrog Group
- Baby Friendly designation from the World Health Organization and UNICEF for excellence in support of breastfeeding mothers and infants
- Blue Distinction Center for excellence in hip and knee replacement
- American Heart Association/American Stroke Association Get With the Guidelines Stroke Gold Plus Quality Achievement Award
- Joint Commission-certified Primary Stroke Center
- Certification by the American College of Radiology as a Breast Imaging Center of Excellence
- Target: Type 2 Diabetes Honor Roll Award from American Heart Association/American Stroke Association

