

Life & Health

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A JOURNAL DEVOTED TO HEALTHFUL LIVING

One of top 100 rural hospitals in America

SENTARA Halifax Regional Hospital was named one of the Top 100 Rural & Community Hospitals in the United States by iVantage Health Analytics and The Chartis Center for Rural Health.

“This achievement is very gratifying and validates our daily commitment to providing the highest level of quality health care possible to our community, while maintaining an efficiently operated facility,” says Chris Lumsden, President and Administrator of Sentara Halifax Regional Hospital.

Cornerstone of our community

Sentara Halifax Regional Hospital scored in the Top 100 Rural & Community Hospitals on iVantage Health Analytics’ Hospital Strength Index. The Index is the industry’s most comprehensive rating of rural hospitals. It provides the data for the annual rural relevance study, and its results are the basis for many of



rural health care’s most prominent awards, advocacy efforts and legislative initiatives.

The Top 100 Rural & Community Hospitals play a key role in providing a safety net to communities across America—and the Index measures them across eight pillars of hospital strength: inpatient share ranking, outpatient share ranking, cost, charge, quality, outcomes, patient perspectives and financial stability.

“We are incredibly proud to be selected as one of the top 100

rural and community hospitals in the country,” says Sherri Bee, R.N., M.S.N., Director of Cardiovascular Services and Quality. “We work diligently every day to improve our quality scores and patient satisfaction. We believe this award showcases this effort and its benefits to our community.”

Excellence in customer service

In 2016, Sentara Halifax Regional Hospital also received the VHQC Quality Innovation Award given by Virginia Health Quality Center, a nonprofit health quality consulting company that conducts studies for exemplary infection control and customer service. Only hospitals that

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INSIDE

Quality health care for women
NOW OPEN



Sentara Obstetrics & Gynecology **4**

Protecting our patients with copper

How we use copper-infused products to reduce risk of drug-resistant infections

SENTARA Halifax Regional Hospital is excited to announce that since April 19, we have been using copper-infused linens and patient gowns in all inpatient rooms to reduce the incidence of healthcare-associated infections (HAIs). Patients will notice that the copper-infused linens have a distinctive tan or salmon color. The hospital will also be retrofitting all inpatient rooms with copper-infused bedside tables and bed handrails later this year.

Copper reduces infectious organism growth

The switch to copper-infused products is based on a 10-month clinical trial conducted at Sentara Leigh Hospital in Norfolk, Virginia. It was the world's largest clinical trial testing the use of copper against healthcare-associated infections. The trial determined that hard surfaces and linens infused with copper oxide compounds contributed to a significant reduction in *Clostridium difficile* (*C. diff.*) and multidrug-resistant organisms. These results occurred in a hospital with a robust protocol for managing infection risk, certified by the healthcare accrediting body DNV-GL Healthcare.

The results of the trial were published in the peer-reviewed *American Journal of Infection Control* on Sept. 28, 2016, and presented at the annual



INFECTION PROTECTION: Hard surfaces and linens infused with copper oxide compounds contributed to a significant reduction in *C. diff.* and multidrug-resistant organisms.

conference of the Infectious Disease Society of America on Oct. 26, 2016.

Our commitment to your safety

Sentara, an integrated, not-for-profit healthcare system, is making the change to copper-infused products in all 12 of its hospitals in Virginia and North Carolina.

“This change to using copper oxide-infused linens and hard surfaces in inpatient rooms is in keeping with the Sentara commitment to provide the safest, highest-quality care to our patients,” says Chris Lumsden, President and Administrator, Sentara Halifax Regional Hospital. “Our incidence of healthcare-associated infections already outperforms many hospitals across the nation.

We’re firmly committed to a patient-centered approach to care with patient safety at the forefront every day. We are a leader in patient safety, and this change is one of the most significant developments in our ongoing vigilance against infection that we’ve seen in a number of years.”

Integrating copper into our infection control practices

Sentara Halifax Regional Hospital is confident that this change—coupled with the rigorous infection control practices already in place—will serve to further protect patients from potential HAIs.

“The incidence of healthcare-associated infections is a source of serious concern to healthcare providers nationwide, so this new technology is very promising,” says Meredith Weddle, Infection Control Practitioner, Sentara Halifax Regional Hospital. “Copper is not a substitute for implementing a rigorous infection prevention program in the hospital, but it is one more tool, and a very vital one, to help us provide the kind of safe, quality care our patients expect of us.”

To learn more about Sentara Halifax Regional Hospital and our available services, visit sentara.com.

Don't wait—get it checked out

ONE in 5 Americans will develop skin cancer in the course of their lifetime, according to the Skin Cancer Foundation. For Sophronia Zhang, that statistic became a reality.

Zhang noticed a growth that began to change and hurt. “I had a growth on my ear,” she remembers. “My daughter pushed me into going to see my PCP (primary care provider) to see what was going on because it was starting to hurt the more that it grew.”

Diagnosis: Skin cancer

Zhang’s PCP referred her to Fernando Gomez, M.D., an ear, nose and throat physician with Sentara Southern Virginia Ear, Nose & Throat.

“I went to him and within two weeks he had scheduled my surgery,” Zhang says. “I was a nervous wreck, but I knew it had to be done. I had skin cancer, and it had to be removed.”

When the time came for surgery, Zhang says the operating room staff helped her feel calm. “They kept telling me, ‘Don’t worry, we’re going to take care of you,’ and that made me feel really relaxed.”

Following her procedure, Zhang

was amazed at how good she felt. She expected it might take time for her to feel like herself again, but not this time. “I felt great!” she recalls.

Keeping regular checkups

Looking back, Zhang urges people to see a doctor when they see changes in their skin or unexpected differences in their body.

“Please, if you find anything abnormal on your skin, go get it checked out, because I had no idea I had skin cancer,” she says, adding that her confidence and comfort with Dr. Gomez was a big factor in her experience.

“I really just recommend anyone who has any problem with their ear, nose or throat to go to [Dr. Gomez] because he is just wonderful,” she says. “I would highly recommend him to my relatives—to anyone.”



Fernando Gomez, M.D. 434-517-8095.



For more information about Dr. Gomez and the services available at Sentara Southern Virginia Ear, Nose & Throat, call



Sophronia Zhang

SUN SAFETY

Tips to beat the heat



COVER UP

Cover as much of your skin as possible. Dark colors and tightly woven fabrics offer the most protection. A hat with a 2- to 3-inch brim all around is a good choice, as is a cap with fabric down the side and back. Don't forget to protect your eyes. Melanoma can develop in the eyes, so choose glasses that block 99% to 100% of UV rays.



USE SUNSCREEN

Choose a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or more. Apply it generously to all exposed skin before you go outside. Reapply every two hours and after swimming or sweating. Protect your lips by wearing lip balm that contains sunscreen.

Sources: American Academy of Dermatology, American Cancer Society

Sentara Obstetri

ACCESS to high-quality, convenient obstetric and gynecological care is important for every woman. Sentara Obstetrics & Gynecology presents the women of Halifax County and the surrounding area with a new, comprehensive, high-quality women's healthcare option, right here in their home town. The clinic is now open and accepting new patients.

New OB-GYN practice at Sentara

"Going forward, we have chosen to support and invest in women's health services," says Chris Lumsden, President and Administrator of Sentara Halifax Regional Hospital. "We hope that the new practice and the revitalization of these services will demonstrate our commitment to quality women's health care. Our two new OB-GYN providers are now offering these integral services right here on the Sentara Halifax Regional Hospital campus at Sentara Obstetrics & Gynecology."

Two new OB-GYN providers

The new Sentara Obstetrics & Gynecology practice is located in Medical Office Building 1, on the hospital campus. With two OB-GYN providers on board, C. William Rosche, M.D., and Carlos Pottinger, M.D., there will be more access and more options for women who need these services.

"We've brought these two providers on board to launch this practice," says Grey Watson, Executive Director for Sentara Halifax Regional Hospital. "Women can make appointments now with either provider. Both providers are exceptionally talented and are board-certified in obstetrics and gynecology."

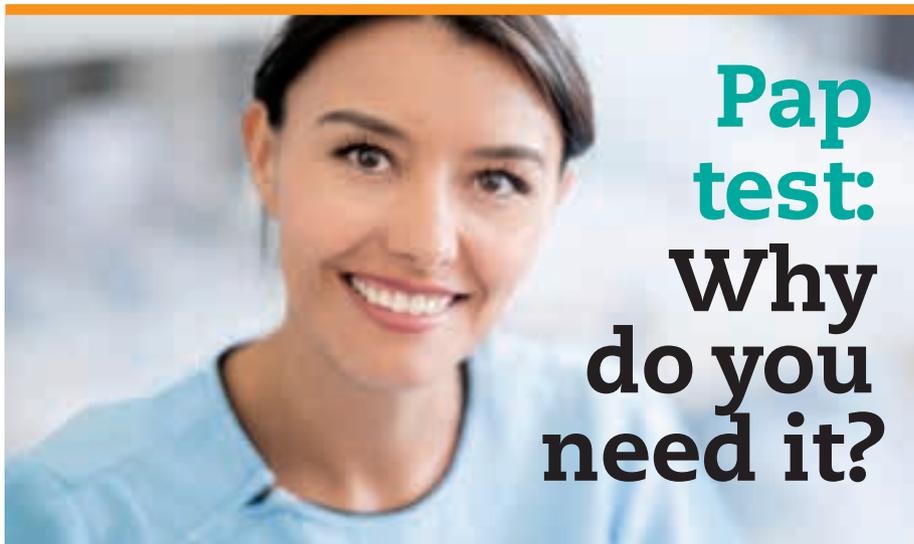
Providing comprehensive women's health care

Together, Dr. Pottinger and Dr. Rosche will provide a full spectrum of care, including gynecological surgery, complete prenatal and obstetric care, and annual gynecological cancer screenings.

Keeping the women of our community healthy

"We are so pleased to have Dr. Pottinger joining Sentara and Dr. Rosche joining the new practice to continue providing women's health care in our community," says Carla Sanford, R.N., B.S.N., Manager of Labor and Delivery at Sentara Halifax Regional Hospital. "Coupling their expertise with that of our existing OB-GYN medical staff members, we will have the means to enhance what we have to offer expectant mothers in our community."

Need to see an OB-GYN? Dr. Rosche and Dr. Pottinger are now accepting new patients. To schedule your appointment, please call 434-517-8627.



Pap test:
Why do you need it?

ONE of the most important defenses against cervical cancer is having a Pap test on a regular basis. This test helps prevent cancer by finding cell changes that can be treated before the cells turn malignant. The test can also help doctors find cervical cancer early enough to treat it successfully. In other words, this test can save your life.

How it works

The Pap test is often done along with a pelvic exam. During the test,

cs & Gynecology



a special brush or other instrument is used to collect some cells from in and around the cervix so they can be examined in a lab.

The test is used to diagnose abnormal cell changes, which can be caused by the human papillomavirus (HPV). Since treating these cells usually stops cervical cancer from starting, getting the Pap test regularly is a key way to prevent this disease.

When and how often do you need a Pap test? Here's what the American Cancer Society recommends:

- ▶ Starting at age 21, women should have a Pap test every three years.
- ▶ At age 30, the Pap test should be combined with the test that looks for HPV. Women should have the two tests every five years. Or women can continue screening with just the Pap test every three years.
- ▶ If you're over 65 or have had a hysterectomy, ask your doctor if you still need Pap tests.

Based on your health history, you might need more frequent screenings.



C. William Rosche, M.D. Carlos Pottinger, M.D.

Teaming up for your best care

C. William Rosche, M.D., has decided to join Sentara Obstetrics & Gynecology as a continuation of the women's health services he has provided to the community for many years.

"I have served our community since 1996 as an independent OB-GYN provider, and I feel that joining Sentara [with] my new partner, Dr. Pottinger, is a natural transition for me," says Dr. Rosche. "As I gain a new partner in practice and become a part of Sentara Obstetrics & Gynecology, I know that the care we provide as a team to the women of our community will be phenomenal."

Carlos Pottinger, M.D., agrees with this sentiment completely and is excited to begin practicing in the community.

"I have practiced for years in a small town much like South Boston, and I enjoy the sense of community that comes with being a provider in a rural area," says Dr. Pottinger. "I am excited to get started and begin practicing with Dr. Rosche at Sentara Obstetrics & Gynecology. He is a talented OB-GYN provider, and I am glad to be working alongside him to provide women's health care to the area. I know we will make a great team."

A regular checkup saved her life



Margaret Hunt

KEEPING an appointment for a six-month checkup became a life-changing decision for Margaret Hunt, who was diagnosed with stage II colon cancer after a regular visit to her primary care provider at Sentara Halifax Family Medicine.

“In September 2015, I had my regular checkup with Amanda Igata, F.N.P. I really hadn’t been sick, but I was getting tired,” Hunt says. “But at my age, I really didn’t pay attention to it.”

After Hunt’s bloodwork returned a low hemoglobin level, Igata had her do a Cologuard test, a noninvasive stool sampling test.

“I did [the test] and they found blood,” says Hunt. “She got me an appointment with ‘Dr. Jay’ the following week, and he went on and set me up to have a colonoscopy.”

Hunt’s colonoscopy, done by Suresh Jayatilaka, M.D., from Sentara Halifax Regional Hospital Endoscopy Services, revealed three polyps, with the largest being the source of the blood.

Diagnosis: Stage II colon cancer

“I had an appointment that Friday at his office,” Hunt remembers. “It was about 5:30, when everyone else had left, that he came in and told me I had stage II colon cancer. It’s not a good thing to hear.”

Hunt’s next step was to undergo a CT scan, after which she was told

where the cancer was and what the surgery would remove. Her surgery was scheduled for October, and the procedure took three to four hours. A little over a foot of her colon and 32 lymph nodes, were removed.

Hunt spent seven days in the hospital and admits she was a little sick at first but overall did very well.

“My first impression is, I praised God—and then I praised this hospital and I praised Dr. Jay,” Hunt says. “[We] have one of the best doctors around. I don’t see myself going anywhere else, and this is me being honest.”

Thankful, healthy and cancer-free

Hunt returned to see Igata after her recovery, and Igata sent the results to her oncologist, who checked everything and determined Hunt did not need any follow-up treatments. All the cancer had been removed.

“That’s the biggest blessing I could have heard, and I’m doing great,” says Hunt.

These days, Hunt is quick to tell people to get their regular checkups and praises the quick work of her doctors.

“Get your checkup. Do a colonoscopy, especially if you are 50 and over,” she says. “[My doctors] were, for me, very quick, rapid and thorough. If they hadn’t been, who knows what would have happened.”

“Get your checkup. Do a colonoscopy, especially if you are 50 and over.”

—Margaret Hunt

Bone health by the numbers

Wondering why and how to take care of your bones? A few facts and figures can help answer those questions.

THE WHY

40

YEARS

The age at which most people slowly begin to lose bone mass.

43

MILLION

The number of Americans age 50 and older with low bone mass. This condition puts people at risk for the bone-thinning disease osteoporosis.

10

MILLION

The number of Americans age 50 and older with osteoporosis, which can cause bones to become weak and fragile.

80

PERCENT

The portion of people with osteoporosis who are female.

THE HOW

0

The number of cigarettes you should smoke if you want to lower your risk for osteoporosis.

1,200

MILLIGRAMS (MG)

The amount of calcium a woman 51 or older should consume daily to help keep bones strong. Men are also at risk for osteoporosis. They need 1,000 mg of calcium a day from ages 51 to 70. After age 70, they need 1,200 mg daily. Low-fat dairy products have calcium. It's also found in leafy green vegetables and almonds.

600

INTERNATIONAL UNITS (IU)

The amount of vitamin D needed for healthy bones in men and women ages 51 to 70. At age 71, that amount jumps to 800 IU per day. Salmon and tuna contain vitamin D. So does low-fat vitamin D-fortified milk.

30

MINUTES

The minimum amount of physical activity adults should get each day to help maintain a strong skeleton. Start with weight-bearing exercises, like walking or playing tennis. Then add strengthening exercises, such as weightlifting.

Sources: American Academy of Orthopaedic Surgeons; National Institutes of Health; National Osteoporosis Foundation

Top 100

—Continued from front page

scored in the top 10 percent of a CDC assessment for prevention received the award.

“Quality health care is the backbone of what we offer here at Sentara Halifax Regional Hospital,” says James Priest, D.D.S., Vice President of Medical Affairs at Sentara Halifax Regional Hospital. “We take infection control and patient satisfaction very seriously. Our quality indicators speak volumes about the kind of health care you receive here.”

Putting patients first

As a part of these efforts, Sentara Halifax Regional Hospital is improving patient access. For example, the goal for the amount of time between an abnormal mammogram and a biopsy is eight days. Due to incredible teamwork and patient-first efforts, the hospital has far surpassed this goal and has decreased that time to only two days.

“These clinical improvement initiatives provide a symphony of efforts that improve patient experience and care provided,” says Habib Bassil, M.D., Chief Cardiologist and Chair of the hospital’s Medical Affairs Committee. “When our goals are met through the hard work and dedication of our staff, excellence is achieved for our community.”

Sentara Halifax Regional Hospital will continue improving at every level to ensure that quality, innovation and patient satisfaction thrive into the future.

“Such an outstanding award would not be possible for us if we didn’t have such an incredible team meeting these goals and making them a reality,” says Lumsden. “Our unique model of working directly with our medical staff to provide outstanding acute care has made us one of the best community hospitals in America.”



AUGUST
National Immunization Awareness Month

Are you up-to-date on your shots? Make an appointment with your doctor by calling **434-517-3879**.

EVENTS

for your health

See and search our entire event calendar online. Go to sentara.com and click on "Classes & Events." All classes are located at Sentara Halifax Regional Hospital, unless otherwise indicated.

Alzheimer's Support Group
Fourth Tuesday of each month,
Sentara Woodview, 103 Rosehill Drive,
South Boston

Join others who are caring for someone with Alzheimer's disease or a similar form of dementia. Call **434-517-7534** for more information.

Baby Basics and Beyond
Especially beneficial for first-time moms and dads. Learn about diapering, infant illnesses, feeding and bathing a newborn, cord and circumcision care, and much more. Call the Family Birthing Center at Sentara Halifax Regional Hospital at **434-517-3336** to register.

Better Breathers Support Group
For people who have lung problems, who are caring for someone with lung disease or who are interested in learning about lung disease. To learn more, call **434-517-3846**.



The Arc of Southern Virginia
Meets quarterly, Leggett Auditorium
The Arc helps people with intellectual and developmental disabilities in Mecklenburg, Halifax and Charlotte counties be fully active in their communities. Call **434-222-8931** for more information.

Breastfeeding Class
This class prepares moms-to-be for successful breastfeeding experiences. To register, call **434-517-3336**.

Cardiac Disease Support Group
If you or a loved one has been diagnosed with heart disease, join us at Sentara Halifax Regional Hospital. Various speakers will address the physical and emotional burden of living with heart disease. Call **434-517-3846** for dates, times and locations.

Diabetes Group Class
Learn to monitor your blood glucose levels, take medication appropriately, plan nutritious meals and snacks, make exercise an important part of your life, manage stress, and prevent complications related to diabetes. Registration is required. Call **434-517-3804**. Free.

Lymphedema Awareness Group
Small Dietary Conference Room
This group promotes awareness and education for individuals who are living with lymphedema and the family members who care for them. Call **434-517-8325** for more information.

Prepared Childbirth Class
Moms-to-be and their birthing partners learn how to work together to have a positive birthing experience. Class includes discussion of relaxation techniques, anesthesia and postpartum adjustments, as well as a tour of the Family Birthing Center at Sentara Halifax Regional Hospital. Call **434-517-3336** to register or for more information. Fee required.

Stroke/Aphasia Support Group
Edmunds Room
This support group is for stroke survivors, co-survivors, and anyone wishing to learn more about stroke and aphasia. Call **434-454-7606** for more information.