

IN TOUCH



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Health care is changing—Southeastern Health is leading

Imagine a child in the future being told, “Once upon a time, the hospital was a place you’d go when you were sick.”

It seems farfetched now, perhaps, but that’s how people may one day talk about hospitals. Though hospitals will always have a role in caring for people who are ill or injured, much of their focus will shift to promoting health and keeping people well. In fact, it’s happening already.

That’s due, in part, to changes in the health care system brought about by the Affordable Care Act. And in many ways, it’s a good thing. But it’s creating challenges too. For example, hospitals may now be penalized financially if some recently discharged patients are readmitted too soon.

This could have a dramatic impact—especially in these times of budget-tightening. Some hospitals may not be prepared for these and other changes that lie ahead. But Southeastern Health (SeHealth) is ready.

“SeHealth is built on a firm foundation,” said **Joann Anderson**, president and chief executive officer of SeHealth. “We are stable as an organization, and we have a definitive plan for how we’re going to meet the challenges of the future.”

In big ways and small, SeHealth is strengthening the health care community to meet the needs of the residents within their service area. How? Through collaboration with local organizations, improved service and cost containment.

Here are five ways SeHealth is fulfilling its vision for a healthier future:

1. **Emphasizing prevention.** If you can stop a medical problem before it starts, you can keep people healthy and out of the hospital. Exercise and good nutrition are key. That’s why SeHealth is teaching area children the importance of eating well through Project H.E.A.L.T.H.

SeHealth has also partnered with local high schools to provide them with athletic trainers to support student athletes. And SeHealth is promoting fun and fitness in the community by helping schools develop walking trails and sponsoring events featuring physical activity, like the Rumba on the Lumber.

2. **Creating medical homes.** A primary care doctor gives you a place to turn for health care other than the expensive emergency department. When that doctor is part of a medical home, as

SeHealth’s physicians are, you have the added advantage of care that’s tailored to your needs. “The provider looks at the patient with a holistic approach,” said **Teresa**

Barnes, vice president of acute care services.

That means the doctor not only prescribes antibiotics when you have a bacterial infection, but he or she will also

let you know when it’s time for a colonoscopy. “They’re managing that whole flood of things that need to occur on the prevention and wellness side—something we’ve really not focused on in the past,” said Barnes.

3. **Lending a hand to discharged patients.** These days, insurers may limit hospital stays. As a result, many patients leave with their condition stabilized but not fully healed. They’ll need to care for themselves at home. And for some, that’s difficult.

To assist them, SeHealth has created transition teams. Made up of medical professionals, they meet with patients needing some extra attention while they’re still in the hospital and then maintain a relationship for at least 30 days. They help patients stay on top of their care by identifying—and correcting—potential problems before they turn into bigger issues.

4. **Bringing health care providers together.** Doctors’ offices, long-term care facilities, home health agencies—like SeHealth, they all have a role in caring for the community. It’s clear there’s better care for everyone when all work together. So SeHealth is working to share information, improve communication and find the best ways to do things.

A good example of that is the software package recently purchased for patient education. It’s offered communitywide, including to providers unaffiliated with SeHealth. It helps ensure that when different providers communicate with patients, everyone is using the same language—so a clear and consistent message is conveyed.

“Our mission is to be a catalyst for improving the health of our community. That means we have to open the doors a lot of times,” said Anderson. “It’s about getting the right people to the table and having the right conversations.”

5. **Innovating.** Imagine coming home from the hospital after being treated for heart failure and not being sure how to take your medicines or what symptoms should lead you to call your doctor. Nationwide, it happens a lot. Heart failure patients discharged from hospitals too often need to be readmitted soon after their first hospital stay.

Thanks to the Paramedic Partners Program, discharged heart failure patients in Lumberton don’t have to wonder what to do. This free, voluntary program is the collaborative effort of SeHealth, Lumberton Rescue and EMS. It brings paramedics to the homes of heart failure patients within 24 hours of their hospital discharge. The paramedics make sure patients understand their condition, have the right medications and are living in a safe environment. It’s a unique way for like-minded organizations to jointly address community needs.

These are just a few ways SeHealth is preparing for the future—and making the most of the present.

SeHealth will continue to partner with others to ensure it’s here for the long run, making life better. After all, “better health starting with you” is SeHealth’s tagline.

From the president

Recent months have been difficult for Southeastern Health from a financial perspective. The financial performance has created a sense of uncertainty and a question of stability for the organization. I can understand that feeling. I think it is important for us to know that while the financials are not where we would like, Southeastern Health is a stable organization.

While I can say we are stable today, for us to remain stable in the future, we all have to be working toward the same goals and using the tools we have available to us. Fully implementing and promoting U-Care concepts is critical for future success. Getting our patients in the right location, for the right reason at the right time will ensure we are an affordable option. The completion of the Southeastern Health Park is a part of making care affordable by giving an ambulatory setting available.

The patient experience throughout our system must be excellent every time. Listening to each patient and designing his/her care to meet his/her needs and expectations is required. Patients choose providers based on experience or reputation. If we are not meeting expectations of the public, we will continue to see people leaving Robeson County for care. If they leave, they take money and jobs with them. When they choose to go somewhere else, they are telling us that we are not meeting expectations. Over the past month, I have had a number of patients and families share experiences with me about great care but poor service. Those people described experiences where they waited longer than expected, communication was not clear, and response was slow to requests. All of this could have been different if we had truly listened to the patient and understood his/her expectations. Our future is dependent on our ability to provide a positive experience every time.

Documentation of care and treatment must be complete and accurately reflect the care provided. We have opportunities in all areas where care is delivered. Payers are becoming more diligent in their review of documentation and charges. Our bill must reflect what we put in the chart.

The three items listed above are crucial for us to be successful in the health care world after the Affordable Care Act of 2010. We have the ability to control these areas. We can't change our environmental factors like the economy, education or health status, but we can ensure we improve what is in our control. My request is that each employee consider his/her role in the above areas. You have the ability and responsibility to help us remain a stable system.



Joann Anderson,
President/CEO

Joann Anderson
Joann Anderson, MSN, FACHE
President/CEO

Gala raises more than \$117,400 for therapeutic garden

More than 470 guests enjoyed an evening of dancing and fun to raise funds for a therapeutic garden as the Southeastern Health Foundation hosted its 22nd annual gala on Friday, Feb. 21 at the Southeastern Agricultural Center in Lumberton.

The event's gold sponsors, benefactors, sponsors, patrons and guests raised more than \$117,400, which will enable SeHealth to

create a serenity/therapeutic garden for exercise and reflection by short-term rehabilitation patients of WoodHaven Nursing, Alzheimer's and Rehabilitation Center as well as patients of Gibson Cancer Center. Family members of patients will also be able to spend time with their loved ones in the garden.

Chairing the gala committee, pictured at left, were Mr. and Mrs. John Barker and Dr. and Mrs. Peter Villani, along with SeHealth President/CEO **Joann Anderson** and her husband, Terry, Foundation Chairman **Coble D. Wilson Jr.** and his wife, Jill, and Board of Trustees Chairman **Bo Stone** and his wife, Missy, were on hand to greet guests as they arrived for an evening of dancing to the music of Liquid Pleasure of Chapel Hill.

The Foundation volunteers carried out the *Garden Path for Healing* theme with green plaid cloths, green hydrangeas, white stock, white lilies, queen anne's lace and a variety of green foliage. Billy Davis and staff of Flowers by Billy assisted with the floral design and decorations. A unique menu of beef tenderloin and Asian chicken sliders, among a variety of delicious hors d'oeuvres, was provided by A Thyme Savor Catering of Wilmington.

Wilson expressed appreciation on behalf of the Foundation for the gala's five gold sponsors, 38 benefactors, 18 sponsors, and 38 patrons. He also thanked the gala co-chairs and volunteer committee for their efforts and recognized past gala chairpersons who were also in attendance. Beautiful pieces of artwork painted by local artists Bunny Barker and Thomas Ard, who were assisted by gala committee members, were sold through a silent auction. A Rhythm of Love diamond necklace was donated by Bob's Jewel Shop and awarded through a raffle. For information about the programs supported by the SeHealth Foundation, log on to www.southeasternhealth.org/foundation.



Pulmonologist joins SeHealth



Shishir Ojha, M.D.

Pulmonologist Dr. **Shishir Ojha** has joined Southeastern Pulmonary and Sleep Clinic and the medical staff of Southeastern Health.

A native of India, Dr. Ojha completed his medical degree from Sardar Patel Medical College in India. He completed a master's degree in public health with a concentration in epidemiology from State University of New York at Albany in 2005. He completed a residency in internal medicine at Johns Hopkins University/Sinai Program in 2009 as well as fellowships in geriatrics from the University of Maryland in 2010; pulmonary medicine at Virginia Tech/Carilion Clinic in 2012; and critical care medicine at Wake Forest University in 2013. He is board certified in internal medicine, geriatrics, pulmonary medicine and critical care medicine by the American Board of Internal Medicine. His areas of special interest within pulmonary medicine include pleural effusion, lung cancer and interstitial lung disease.

Dr. Ojha lives in Lumberton with his wife, Dr. Swati Pandey, who plans to join Southeastern Regional Medical Center as a hospitalist later this year.

He joins Dr. **Somnath Naik** at the clinic which is located at 401 W. 27th Street in Lumberton. To schedule an appointment, call (910) 738-9414.

Christy joins Southeastern Spine and Pain

Certified Physician Assistant **Windy Christy** has joined Southeastern Health and will provide care at Southeastern Spine and Pain.

Christy completed a bachelor's degree in athletic training with a minor in biology from Wingate University in Wingate, N.C., in 2001. She completed a master's degree in health sciences in the physician assistant program at Duke University in Durham, N.C., in 2006. She worked as a physician assistant with Raleigh Orthopaedic Clinic for seven years and also worked as an athletic trainer there and with Rex Healthcare in Raleigh for five years.

A native of Rutherfordon, N.C., Christy lives in Lumberton with her husband, Dick, who joined UNC Pembroke as athletic director in May.

"To make an impact on a community, you must become a part of that community in order to share your skills and gifts," said Christy. "My husband and I are honored to have this opportunity in Robeson County."

Christy joins Neurosurgeon Dr. **Virgilio Matheus** at the clinic, which is located at 106 Farmbrook Drive in Lumberton. To schedule an appointment, call (910) 671-9298.



Windy Christy, P.A.-C.

Chavis joins Red Springs clinic



Nantachie Chavis,
F.N.P.-C.

Family Nurse Practitioner **Nantachie M. Chavis** will join Southeastern Medical Clinic Red Springs, an affiliate of Southeastern Health, in early February. She was previously associated with Southeastern Health's Mobile Medical unit and Dr. A.J. Robinson Medical Clinic in Lumberton.

A Lumberton native, Chavis earned a bachelor's degree in nursing from UNC Greensboro in 2008 and a master's degree with family nurse practitioner training from Winston Salem State University in May 2012. She lives in Lumberton with her husband, Larry, and their three-year-old daughter, Maya.

Chavis joins Physician Assistant **Bob Hollingsworth** at the clinic, which is located at 302 Mt. Tabor Road and provides primary health care services for all ages. To schedule an appointment, call (910) 843-9991.

Dr. Van Wyk completes da Vinci training



Rustan Van Wyk, D.O.

Urologist Dr. **Rustan Van Wyk** of Lumberton Urology Clinic is the latest Southeastern Health physician to be trained on the da Vinci surgical system.

The da Vinci system's advanced level of technology takes surgery beyond the limits of the human hand. The magnified view of the operating field, combined with the flexibility and precision of the computer-controlled surgical tools, allows for very small incisions during surgery. Compared with traditional surgery, these smaller incisions potentially result in less blood loss, less pain and a quicker recovery.

A native of Iowa, Dr. Van Wyk earned his medical degree from Kirskville College of Osteopathic Medicine in 1991. He completed residency training in urologic surgery at Midwestern University/Chicago College of Osteopathic Medicine in 1997. He is certified in urology by the American Osteopathic Board of Surgery.

To schedule an appointment with Dr. Van Wyk, call (910) 738-7166.

2013 Service awards



45 years

Phyllis W. Richardson
(Patient Care Services)



40 years

Anne Marie Hendren
(Revenue Cycle), left, and
Gale L. Blackmon
(Food and Nutrition Services)

35 years



From left, are Ramona P. Gonzalez (Patient Care Services); Loraine B. Lowery (Pulmonary Services), and Judy Pittman (Infection Control). Not pictured is Carol F. Patterson (Maternal/Child Health).

30 years



Front row, from left, are Patricia Ramsaur (Food and Nutrition Services) and Michael Davis (Engineering and Facility Mgmt.). Back row from left are Kaye B. Allen (Anesthesia); Jim N. Tripp (Pharmacy) and Annette B. Melvin (Occupational Health W.O.R.K.S.). Not pictured are Levern Graham (Laboratory); and Archie W. McRae (Patient Care Services).

25 years



Front row, from left, are A. D. Smith (Southeastern Recovery Alternatives); Audrey L. Hester (Southeastern Home Care Services); Jonathan D. Everson (Laboratory); and Vivien J. Lunsford (Supply Chain Mgmt.). Back row, from left, are Bonnie F. Fuller (Fiscal Services); Marie W. Wright (Information Technology); Michael L. Pate (Emergency Services); Carol L. Evans (Lumberton Medical Clinic); Deborah A. Godwin (Southeastern Health Heart and Vascular); and Toni L. Shipman (Revenue Cycle). Not pictured are Joyce F. Allen (Patient Care Services); Laura A. Baker (WoodHaven); Melissa A. Clark (WoodHaven); Merita Ann Davis (WoodHaven); Elizabeth W. Devine (Anesthesia); Kathleen A. Hansen (Business Development); Tonia J. Hurley (Patient Care Services); Deborah K. Ingram (Patient Care Services); Stephen A. Martin (Pharmacy); Tammy P. McPhatter (Rehab Services); Michael D. Page (CAP); Lisa A. Rowe (Patient Care Services); Lillian K. Singletary (Customer Relations); Audrey Strickland (Surgical Services); and Clarissa D. Woodman (Revenue Cycle).

20 years

Service awards



Front row, from left, are Patricia F. Klingensmith (Revenue Cycle); Josephine Davis (Patient Care Services); Betsy N. Long (Information Technology); Barbara A. Martin (Surgical Services); Linda J. McLean (Emergency Services); Judy L. Horton (Southeastern Hospice House); Rebecca A. Davis (Southeastern Orthopedics); and Johnna J. Westmoreland (Physician Practices). Back row, from left, are Magalene M. McLean (Revenue Cycle); Ronald J. Crain (Employee Services); Steven W. Sirois (Medical Imaging); Sherry L. Edwards (Infection Control); Stephanie M. Davis (Laboratory); James P. Barr (Environmental Services); Rhonda M. Cannady (Patient Care Services); Diane M.

Thompson (The Clinic at Walmart); and Betty A. Savage (Southeastern Home Medical Equipment). Not pictured are Shirley A. Boyce (WoodHaven); Jennifer M. Davis (Maternal/Child Health); Mindy M. Deese (Revenue Cycle); Sergio A. Eubanks (Engineering and Facility Mgmt.); Allen O. Haymore (Engineering and Facility Mgmt.); Norma F. Ivey (Environmental Services); Sharon R. Kinlaw (Gibson Cancer Center); Margie Lesane (Food and Nutrition Services); Ilene Locklear (Patient Care Services); Susan W. McCormick (Maternal/Child Health); Carnell Richardson (Central Transport); Brenda F. Smith (Maternal/Child Health); Andrea I. Spivey (Revenue Cycle); Marilyn F. Thompson (CAP); and Cheryl G. White (Maternal/Child Health).

15 years



Front row, from left are Becky A. McCray (Maternal/Child Health); Melissa F. Martin (Revenue Cycle); Judy O. Hunt (Employee Services); Robert Borbet (Employee Services); Denise M. Harkin (Patient Care Services); Rebecca E. Faircloth (Surgical Services); Debra Evans (Patient Care Services); Jennifer W. Caulder (Information Technology); and Marena A. Currie (Communications). Second row, from left are Lekisha J. Hammonds (Community Health Services); Daniette E. Whittington (Patient Care Services); Candi C. Collins (Gibson Cancer Center); Sandra F. Bryant (Supply Chain Mgmt.); Brenda S. Benjamin (Food and Nutrition Services); Judy A. Stanley (Patient Care Services); Shannon M. Pittman (Patient Care Services); Mary A. Jacobs (Revenue Cycle); Esther M. Smith (Lumberton Medical Clinic); and Margaret T. Summerlin (Patient Care Services). Back row, from left, are Tony D. Brockington (Food and Nutrition Services); Jeffrey S. Sacry (Engineering and Facility Mgmt.); Mitchell H. Flowers (Information Technology); Eric D. Blair (Central Transport); Terry L. Smith (Rehab Services); and Jeff J. Inman (Southeastern Radiology Associates). Not pictured

are Alisa L. Allen (Rehab Services); Mary C. Bass (Hospitalist Program); Tammy P. Bradshaw (Southeastern Hospice House); Melissa C. Britt (Customer Relations); Jeanna S. Britt (Information Technology); Anna M. Bryan (Utilization Mgmt.); Dale Carter (Patient Care Services); Barbara A. Collins (WoodHaven); Stephanie K. Collins (Maternal/Child Health); Karen M. Cribb (Surgical Services); Alisha R. Deal (Patient Care Services); Donna L. Goins (Patient Care Services); Sabrina Hammonds (Emergency Services); Lorna P. Hewett (Laboratory); Mary G. Hunt (Medical Imaging); Pamela A. Hunt (Revenue Cycle); Judy L. Inman (Emergency Services); Phyllis J. Johnson (Patient Access); Cynthia J. Jones (Southeastern Health Heart and Vascular); Felton R. Jones Jr. (Laboratory); Lorna Kelly (WoodHaven); Terrie L. Little (Supply Chain Mgmt.); Jean L. Locklear (Medical Imaging); Jessica Locklear (Revenue Cycle); Rennette Love (Revenue Cycle); Barbara A. Lucas (Gibson Cancer Center); James G. McRae (Fitness Services); Shelia Moore (WoodHaven); Jill E. Morgan (Laboratory); Janet E. Oxendine (Rehab Services); Kevin L. Pickell (Medical Imaging); Dana L. Pone (Patient Care Services); Patricia A. Rico Martinez (Food and Nutrition Services); Marilyn Roark (Emergency Services); Donna L. Russ (Patient Care Services); Denise R. Sinclair (Surgical Services); Cornelia L. Smith (WoodHaven); George C. Spaniol Jr. (Medical Imaging); Christina R. Spivey (Pulmonary Services); Tonya D. Swett (CAP); Belinda A. Warwick (Patient Care Services); Victor S. Welch (Medical Imaging); and Diana T. Wright (Physician Practices).

Retirees

Retirees honored, front row, from left are Zenovera Leak (Supply Chain Mgmt.), 32 years; and Novella Wallace (Surgical Services), 33 years. Back row, from left are Rebecca Heflin (Patient Care Services), 32 years; Joseph Glezen III (Employee Services), 37 years; and Barbara A. Allen (Patient Care Services), 17 years. Not pictured are Judy A. Allen (Environmental Services), 20 years; Linda L. Bennett (Surgical Services), 17 years; Bruce Bergstresser (Safety and Security), 29 years; Dr. Mary M. Black (Community Health Services), 18 years; Linda S. Cheshire (Patient Care Services), 12 years; Kristine Dini-Plumadore (Rehab Services), 16 years; Connie B. Edwards (Emergency Services), 22 years; Gloria G. Griffin (Laboratory), 25 years; Connie H. Jones (Surgical Services), 21 years; Dianne Lancaster (Gibson Cancer Center), 7 years; Margie Lesane (Food and Nutrition Services), 20 years; Diana Massey (Patient Care Services), 12 years; and Myrtle Wilcox (Surgical Services), 30 years.



In the spotlight

Cardiac cath alternative: Through the wrist to the heart

Traditionally, to determine if you have fat/cholesterol build up in the arteries of your heart, which could lead to a heart attack, a cardiac catheterization has been done by entering the artery at the top of your leg, the femoral artery. There is now an alternative technique, namely entry through the artery in the wrist – the radial artery. At Southeastern Regional Medical Center (SRMC), Interventional Cardiologists Drs. **Robert Everhart** and **Matthew Cummings** of Duke Cardiology of Lumberton and Southeastern Heart and Vascular are offering patients who meet certain criteria this alternative.

"The majority of patients prefer having it done through the radial artery," said Dr. Everhart. "If they've had it done both ways, they say they would prefer not having it done through the groin again."

During a catheterization procedure, a doctor places a thin tube called a catheter inside a large artery (blood vessel) that leads to the heart. Through the catheter, the doctor can check for many types of heart problems, including blockages that hinder blood flow and could trigger a heart attack.

Studies have shown benefits to entering the heart through the wrist. Patients may bleed less, both internally and externally, and experience less discomfort because they can sit up, walk and eat immediately after the procedure.

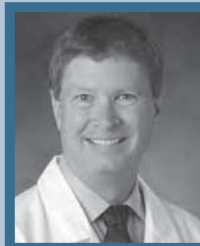
"Some patients are able to walk out of the procedure room," said Dr. Everhart. "They don't even need to be placed on a stretcher."

The more traditional method requires nurses or cath lab technicians to put pressure on the groin area where the catheter is placed for 30-60 minutes after the procedure. Then, the patient has to lie in bed between 3-6 hours. It can also be difficult when treating

overweight or obese patients to apply enough compression to the area to stop the bleeding. It can also be more difficult to access the femoral artery in obese patients.

According to Dr. Everhart, both he and Dr. Cummings are both proficient in the procedure and offer it to the majority of their patients.

"We perform both diagnostic and interventional procedures, such as placement of coronary stents, through the radial artery routinely and have done so for over a thousand patients in the last two years here at SRMC," said Dr. Everhart. "Individuals having a cardiac catheterization procedure in Southeastern Heart and Vascular at Southeastern Regional Medical Center, with the physicians from Duke, have a much higher chance of having the radial procedure than at other area medical centers where it may not be performed as routinely," he added.



Robert Everhart, M.D.



Matthew Cummings, M.D.

As with any procedure, radial artery cardiac catheterization has some risks. Artery spasms and anatomical variations may occur in a few cases. Generally, however, the procedure has very low complication rates.

"Patients may not be candidates if they have dialysis shunts in both arms, a known obstruction, or no pulse in their wrist," said Dr. Everhart.

Ask your doctor which catheterization method—through the groin (femoral) or the wrist (radial)—is best for you.

For more information or to schedule an appointment with Drs. Everhart or Cummings, call Duke Cardiology of Lumberton at (910) 671-6619. For more information about Southeastern Heart and Vascular, a part of Southeastern Health, logon to www.southeasternheart.org.

Treating the trigger with dry needling



Derick Coe

Trigger points are hyper-irritable spots in a taut band of muscle that can be tender to the touch and cause referred pain and dysfunction. For example, pain that occurs in the leg could be caused by a trigger point in the low back.

Once the trigger point is located, a thin filament needle is inserted into the trigger point which loosens the muscle and allows it to lengthen. The needle effect from dry needling (without medication) along with other manual therapy techniques can lead to immediate relief of pain and restore the normal physiology to the muscle.

Rehab Coordinator **Derick M. Coe** received international postgraduate certification in dry needling by Myopain Seminars. This allows him credentials as a Certified Myofascial Trigger Point Therapist. Physical therapists at Southeastern Health's outpatient therapy clinics are currently receiving additional postgraduate training in advanced manual therapy techniques that help patients with various musculoskeletal dysfunctions and myofascial trigger point pain.

For more information or to make a referral, please contact any of the following outpatient rehab clinics:

- Southeastern Lifestyles Rehab {Lumberton} Tel: (910) 738-4554 or Fax: (910) 739-4027
- Carolina Complete Rehab {Lumberton} Tel: (910) 618-9807 or Fax: (910) 618-9216
- Gray's Creek Rehab Tel: (910) 779-1967 or Fax: (910) 779-1968
- Pembroke Rehab Tel: (910) 521-7306 or Fax: (910) 521-7406
- Red Springs Rehab Tel: (910) 843-6081 or Fax: (910) 843-1022

Be Still and Know. Be Still. Be.

Employee assistance

by EAP Specialist Jack Crain



We sat in silence for a few moments. Jared looked troubled and fatigued. Finally, he spoke. "Is it O.K to call you Jack?" "Please do," I replied. "I am exhausted. I am bitter. My work is meaningless. My relationships are in turmoil. I am in all kinds of physical and spiritual pain. I'm not sure how long I can go on. I don't know what to do. Can you help me?"

"Jared, thank you for coming to EAP. I very much respect your honesty and willingness to share some painful things in your life. Yes, I believe I can help you if you are willing to meet for a few sessions and we can search together for some possible solutions."

"Jack, I'm desperate. I'll try almost anything at this point."

"I would suggest you need rest. Are you familiar with meditation and mindfulness?" I asked.

"Is that some of that liberal psychology babble or New Age stuff? I'm not interested in that."

"Good question," I chuckled. "No, it isn't. Let me explain it in the words of Thich Nhat Hanh, a Vietnamese Buddhist monk, author, teacher and peace activist, that I and many others have found useful and life changing.

The therapeutic power of meditation is very great, as modern scientific studies are now showing. The practice of mindful breathing, sitting meditation and walking meditation release the tensions in the body and also in the mind. When we give ourselves the chance to let go of all our tension, the body's natural capacity to heal itself can begin to work. Animals in the forest know this; when they get wounded, ill or overtired, they know what to do. They find a quiet place and lie down to rest. They don't go chasing after food or other animals – they just rest. After some days of resting quietly, they are healed and they resume their activities.

We humans have lost the wisdom of genuinely resting and relaxing. We worry too much. We don't allow our bodies to heal, and we don't allow our minds and hearts to heal. Meditation can help us embrace our worries, our fear, our anger; and that is very healing. We let our natural capacity of healing do the work."

Jared indicated that while those ideas may be well and good, he didn't have time for that as he was working two jobs and seldom had a day off. I gently suggested that it was probably more accurate to say he didn't have time NOT to at least try them or something similar for a period of time.

"I'm sorta curious. What do you mean when you say mindfulness?"

A definition in an article I read says that "...mindfulness means maintaining a moment-to-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings

without judging them – without believing, for instance, that there's a 'right' or 'wrong' way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future." (Greater Good, Berkeley)

"Suppose I decide to do that. I don't want to waste time. How will it help me?" Jack Crain

Jared asked another good question. The article I'm referencing suggests that studies have shown that practicing mindfulness, even for just a few weeks, can bring a variety of physical, psychological, and social benefits. Here are some of these benefits from Greater Good Berkeley:

- "Mindfulness is good for our bodies. A seminal study found that, after just eight weeks of training, practicing mindfulness meditation boosts our immune system's ability to fight off illness.
- "Mindfulness is good for our minds. Several studies have found that mindfulness increases positive emotions while reducing negative emotions and stress.
- "Mindfulness helps health care professionals cope with stress, connect with their patients, and improve their general quality of life. It also helps mental health professionals by reducing negative emotions and anxiety, and increasing their positive emotions and feelings of self-compassion.
- "Mindfulness fosters compassion and altruism. Research suggests mindfulness makes us more likely to help someone in need and increases activity in neural networks involved in understanding the suffering of others and regulating emotions."

"Well, I'm not fully convinced. Can you guarantee me it will work?"

"What I can tell you with confidence is that thousands of studies have documented the physical and mental health benefits of countless numbers of people in schools, prisons, hospitals, veterans centers and beyond. There is a saying in the spirituality of 12 Step programs you might consider: It will work if you work it. I am glad you have come to EAP and your willingness to consider making some changes in your life. I offer some wise words of Thich Nhat Hanh as you examine and decide how your life journey will go and how I can assist you."

Stopping, calming, and resting are preconditions for healing. If we cannot stop, the course of our destruction will just continue. The world needs healing. Individuals, communities, and nations need healing.

Call EAP at 671-5067 for a safe, caring environment if you or a household member are in need of assistance with this topic or any other issue.

Promotions

Stephen J. Britt (Supply Chain Mgmt.) – Supervisor

Doris Bryant (Physician Services) - Medical office assistant

Bridgett Cade (Care Management) - Social worker

Deborah Cannon (Utilization Review) - Utilization review specialist

Timothy Clark (Fitness Services) - Health fitness supervisor, Pembroke

Darren Lambert (Environmental Services) – Secretary

Fayenetta Lisbon (Pharmacy) - Certified pharmacy tech.

Sue Locklear (WoodHaven) - Educator/infection control/PI

Tina Locklear (Float) - Medical office assistant

Bridgette Lowery (7-Tower) - Shift supervisor

Tonya Mitchell (Physician Practices) - Biller

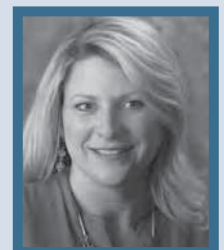
Hope Parker (Recovery Alternatives) - Secretary/biller

Phillip Richardson (Community Health Services) – Supervisor

Jamie Williamson (Pharmacy) - Clinical pharmacist



Raymond Henley
(Physician Services) –
Regional Manager



Sonja Hilburn
(7-Tower) – Manager

Our people

Bear Team customer service excellence winners



China Lowery

Patient Registrar **China Lowery** (Revenue Cycle) was recognized as Southeastern Health's Bear of Excellence for the month of December. This award is presented to employees who exceed expectations.

She was recognized for going the extra mile for customers when addressing their needs; maintaining empathy for customer's individual situations such as fears, financial concerns, family issues, etc.; and exemplifying "I am" what customers see and hear.

Lowery was acknowledged with this award because she assisted with the care and oversight of three children in the emergency department following a motor vehicle accident. She formed a bond with the children and stayed beyond the end of her shift to remain with them until extended family arrived.

"I love the people I meet—interacting with them and helping," said Lowery, who has worked for Southeastern Health for one year.



Anita Thurman, F.N.P.-C.

Family Nurse Practitioner and Wound Care Coordinator **Anita Thurman** was recognized as Southeastern Health's Bear of Excellence for the month of January. This award is presented to employees who exceed expectations. She was recognized for going the extra mile for customers when anticipating their needs; sharing information and educating co-workers; and exemplifying "I am" what customers see and hear.

Thurman was acknowledged with this award because she was able to assist a patient with a request that had been unfilled during her hospitalization. Thurman made an effort to educate caregivers in a skill in order to continue to meet the patient's request.

"I love the flexibility of visiting the various departments to be of help and assistance," said Thurman, who lives in Whiteville with her husband and two sons and has worked for Southeastern Health for 13 years.



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Denise Lambert



Barbara Chavis

Environmental Services employees of the year

Denise Lambert (7-Tower) and **Barbara Chavis** (Gibson Cancer Center/WoodHaven) were named Environmental Services 2013 Employees of the Year. The honorees were voted on by their peers and management team in the areas of time and attendance, standards of behavior, and performance.

Speakers Bureau

Dr. **Riyaz Jinnah** (Southeastern Orthopedics) spoke at the International Society for Technology in Arthroplasty's 26th Annual Congress in Palm Beach, Fla. on Oct. 18 on *Improving outcomes of lateral uni-compartmental knee arthroplasty with robotic-assisted surgery and Robotic-assisted bi-compartmental knee arthroplasty*.

VP **David Sumner** (Human Services and Planning) spoke to the Kiwanis of Robeson-Lumberton on Dec. 4 on *Southeastern Health Park*.

Director **Eric Locklear** (Pharmacy) spoke at the 48th American Society of Health System Pharmacists Midyear Clinical Meeting in Orlando, Fla. on Dec. 9 on *Factors that could drive use of utilization controls for drugs used in an inpatient peri-operative setting*.

Pharmacy Residents **Amber Brammer** and **Erica Dellinger** (Pharmacy) spoke at the 48th American Society of Health System Pharmacists Midyear Clinical Meeting Orlando, Fla. on Dec. 11 on *First dose administration time for levofloxacin ordered in an emergency department*.

Physician Assistant **Don Metzger** (Emergency Services) spoke at the commencement exercise for the first graduating class of Campbell University's Physician Assistant (PA) program on Dec. 14. SRMC serves as a training site for Campbell's PA program.

James Jones (Engineering/Facility Mgmt.) hosted elevator entrapment training at SRMC January 20-22 for Lumberton Rescue and Lumberton Fire Department.

Virginia Locklear (Risk Management) presented a program to the UNC Pembroke graduate nursing class on Jan. 23 on *Documentation: It's a legal affair: A case study*.

Ash Walker (Cardiac Rehab) spoke to residents of WoodField Apartments of Fairmont on Feb. 10 on *Heart health* and employees of Pepsi Ventures on Feb. 25 on *Exercise and physical activity*.

Achievements

Quawanna Locklear Hunt (Float Pool) passed the requirements for Certified Registered Nurse Anesthetist (CRNA) on December 23.

The SeHealth Administrative team won a \$250 gift card for their float design in the December 2013 Flotilla. The funds were donated to the SeHealth Foundation for the purchase of undergarments for psychiatry patients.