AUGUST 2016

A publication for the Anna Jaques Hospital community

Q & A with the President

MOX BOX

Q. THE COMPUTERS ON WHEELS (COWS) IN THE ICU HAVE BEEN HAVING FUNCTIONAL PROBLEMS ON A DAILY BASIS. AT OUR LAST STAFF MEETING, THE COWS MALFUNCTIONING WAS DISCUSSED AS BEING ON-GOING AND EFFECTING MOST NURSES IN THE UNIT. INFORMATION TECHNOLOGY (I.T.) IS CALLED DAILY WITH PROBLEMS SCANNING MEDICATIONS AND THE COMPUTERS NOT TURNING ON. FREQUENTLY WE NEED FOUR WORKING COMPUTERS AND HAVE TO SHARE TWO. THE NIGHT NURSES ALSO HAVE COMPUTER MALFUNCTIONS AND HAVE TO SHARE COMPUTERS UNTIL I.T. COMES IN THE NEXT DAY. PLEASE HELP!

A. Typically when frequent cart issues occur, the battery is the root cause. Over time, the battery capacity decreases and will only hold a charge for a short period of time. When this happens, the cart may run out of power sooner than expected and suddenly shut down all of the equipment. The sudden shutdown of the cart can cause issues with the laptop and scanner. In this situation, Information Technology (IT) will take the cart out of service and order a replacement battery. The mobile computer carts in the ICU were checked out by IT and the defective parts or batteries were replaced. The mobile computer carts across the hospital are important devices that are in constant use. Due to the importance, IT has the support vendor come onsite twice a year to perform preventive maintenance on every cart. In addition, new batteries are purchased and installed annually. Every mobile cart had preventive maintenance and the installation of a new battery in July.

Congratulations to the August Shining Star, Dale Marhefka, PT, Rehabilitation Services. A patient recognized Dale for his “remarkable care and concern” and how impressed she was by his clinical knowledge and careful treatment of her injury.

Catch a

SHINING STAR

Gary Lee, Vice President of Clinical Services; Lynda Kuhne, PT, Director of Rehabilitation Services; and Dale Marhefka, PT.

AJH RECOGNIZED AS COMMUNITY VALUE FIVE STAR HOSPITAL IN MA

For the fifth year in a row, Anna Jaques has been recognized as a top-ranked Community Value Provider by Cleverly + Associates of Columbus, OH, as a Community Value Five Star Hospital. This means Anna Jaques is recognized nationally for providing high quality care at an affordable cost.

Cleverly + Associates, a leading healthcare financial consulting firm specializing in operational benchmarking and performance enhancement strategies, released the findings as part of its publication, State of the Hospital Industry – 2016 Edition.
MARK’S MESSAGE

This August, The Joint Commission (JC) surveyed the hospital for our three-year re-accreditation. This was a rigorous, unannounced onsite survey by a team of four Joint Commission expert surveyors evaluating compliance with hospital standards in all areas – ranging from emergency management to infection control to cleanliness of the facility to management. I am proud to report that Anna Jaques has once again been fully accredited by The Joint Commission.

While a full report will be published in the Patient Safety Newsletter, I wanted to congratulate the entire staff who for months prepared and trained for this review. Over the course of four days, surveyors interacted with leadership, physicians, staff, and patients, and had full access to every area of the hospital, including off-site locations. The surveyors were very complimentary, including a nurse surveyor sharing, “I have never met a more passionate group of nurses who are so professional and dedicated to patient care. Your team should be proud…plus your housekeeping department has created the cleanest hospital that I have ever seen!”

The greatest compliment we can receive as a hospital is confidence in our care. Joint Commission surveyors review hospitals all over the country and for them to share that, “we don’t say this often…we would feel comfortable receiving care at this hospital,” is a testament to our employees, medical staff and volunteers. Congratulations to all and a special thank you to Sandra Levin, Director of Quality, Danielle Hoffman, Quality Specialist, and the rest of the team who worked tirelessly to prepare for and host the JC surveyors.

ANNA JAQUES WELCOMES HOUTAN GOLZARI, MD

Internist and primary care physician Houtan Golzari, MD, joined Seacoast Medical Associates led by Guy Navarra, MD, in August. Dr. Golzari is board certified by the American Board of Internal Medicine and is a compassionate and reliable primary care physician. He is bilingual in English and Persian which enables him to care for patients from a variety of backgrounds.

Dr. Golzari obtained his medical degree from the Tehran University of Medical Sciences. He completed his residency and fellowship in Academic Medicine at Case Western Reserve University, MetroHealth Medical Center. He has more than 20 years of experience in teaching, with several of his research papers published in various medical journals.

Patients trust Dr. Golzari’s expertise because he consistently provides high quality care that leads to positive and lasting health outcomes. Dr. Golzari is accepting new patients at Seacoast Medical Associates in Newburyport. Call (978) 462-1555 to schedule an appointment.

PATIENT KUDOS

“I spent two days at the hospital on my vacation last month. I wanted everyone to know how much I appreciated the care I got at your facility. Probably the best care I’ve ever received at a hospital. To tell you the truth, I kind of miss it.”

“The nursing staff on the third floor are fantastic. Thank you all!”
NEW CHRONIC PAIN SELF-MANAGEMENT PROGRAM

The Anna Jaques Comprehensive Pain Management Center will introduce a new program for people suffering from chronic pain. The Healthy Living Center for Excellence will offer the “Chronic Pain Self-Management Program” at the Center starting on September 22nd. The program is a six-week workshop that will teach adults suffering from chronic pain simple techniques to better manage their pain, improve sleep, increase energy and eat healthier.

The Healthy Living Center of Excellence was founded by Elder Services of the Merrimack Valley and Hebrew SeniorLife with the goal of improving health outcomes for adults through evidence-based programs. To learn more about the Chronic Pain Self-Management Program, contact Susan Poludniak, Healthy Living Program Manager, at 978-946-1355.

GENERAL SURGEONS THURLOW AND SWIERZEWSKI PARTNER TO ESTABLISH SEACOAST SURGERY IN NEWBURYPORT

General Surgeons David J. Swierzewski, MD, and Jeffrey P. Thurlow, MD, recently joined forces to establish Seacoast Surgery in Newburyport, located in the Medical Office Building (MOB) at 21 Highland Avenue, Suite A.

The Seacoast Surgery team works closely with primary care providers to offer readily accessible, high-quality, comprehensive and compassionate surgical care to patients. Their scope of practice includes the treatment of various surgical illnesses and traumatic injuries, including digestive and intestinal disorders, hernia repair, skin and soft tissue surgery including melanoma, and the management of breast disease.

Dr. Thurlow is an experienced board-certified general, laparoscopic, and critical care surgeon with two decades of experience in managing all aspects of surgical disease. He has a special interest in advanced laparoscopic surgery, trauma and acute care surgery, and is board certified in both surgery and surgical critical care. He opened Seacoast Surgery in York, Maine and began practicing at AJH before partnering with Dr. Swierzewski.

Dr. Swierzewski is an experienced general surgeon and the President of the Medical Staff at Anna Jaques. He is board-certified in general surgery, hyperbaric medicine and wound care, and is a Fellow of the American College of Surgeons. He also runs Atlantic Vein Institute where he specializes in treating venous diseases.

To make an appointment with Seacoast Surgery, call (978) 572-1149. For appointments at Atlantic Vein Institute, call 978-462-8006.

As Seacoast Surgery moves into Suite A of the Medical Office Building, Coastal Pulmonology, led by Dr. Daniel Kim, will move to Suite 9 in the MOB where Seacoast Surgery was temporarily located. Dr. Thurlow and Seacoast Surgery will move to Suite A with Dr. Swierzewski where Seacoast Surgery and Atlantic Vein Institute will be housed.

Overview of new office locations in the MOB:
- Coastal Pulmonology ➔ 21 Highland Avenue, Suite 9
- Seacoast Surgery & Atlantic Vein Institute ➔ 21 Highland Avenue, Suite A
26TH ANNUAL “FORE YOUR HEALTH” GOLF TOURNAMENT

The Anna Jaques Community Health Foundation celebrated the 26th annual “Fore Your Health” Golf Tournament on August 15th. Over 200 golfers, including medical staff, AJH employees, board members and community supporters, enjoyed a beautiful day at Renaissance Golf Club in Haverhill.

Thank you to all golfers, sponsors, volunteers, and committee members who helped make the outing a great success. This year’s tournament raised over $134,000 (after expenses) to benefit the new MAKO™ robotic-assisted surgical service for partial knee and full hip replacements.

Golfers kick-off the tournament at the Renaissance Golf Club in Haverhill.

OPEN ENROLLMENT TIME

Open Enrollment period for 2017 will take place September 6th – 16th. Individualized Open Enrollment materials have been mailed to all staff eligible for benefits to evaluate and consider options for coverage that works best for themselves and their family. Human Resources will host two Benefits Fairs to showcase options offered by the hospital and as an opportunity to meet with representatives from the various insurance carriers (see page 8).

Open Enrollment period is the one time each year that employees may alter their benefit plans to reflect family status changes or newly eligible dependents. If you have questions, contact Human Resources at ext. 1035.

Get ready to make healthy decisions

Your Enrollment Checklist:
- Review your current benefit selections and think about your health care needs for the upcoming year.
- Research your options by reading the materials in this booklet and the detailed information in the 2017 HSA Guide. If you'd like some additional help understanding your options, schedule an appointment with your Benefits Coordinator, Rhonda Keith, at extension 1039.
- Enroll in your 2017 benefit choices.

Open Enrollment September 6 – 16, 2016

AJH REINTRODUCES GYNECOLOGIC ONCOLOGY SPECIALTY

After a year’s hiatus, Anna Jaques has re-introduced gynecologic oncology as part of our clinical affiliation with Beth Israel Deaconess Medical Center (BIDMC), enabling the hospital to treat women with uterine, cervical and other gynecological cancers in Newburyport, rather than having to travel to Boston.

Christopher Awtrey, MD, Director of BIDMC’s Gynecologic Oncology program, made the first of his monthly visits to Newburyport on August 24th. He will relaunch the program and work with medical staff gynecologists and Women’s Health Care once a month. He plans to bring other BIDMC gynecologic oncologists to Newburyport in the coming months.

Christopher Awtrey, MD
ANNA JAQUES CELEBRATES YANKEE HOMECOMING

Anna Jaques participated in a variety of Yankee Homecoming events that celebrated 59 years of “Family, Friends and Fun!” from July 30th through August 7th.

Yankee Homecoming Waterfront Morning Workout Series

Anna Jaques once again sponsored a week of free fitness classes on the Newburyport waterfront. Thank you to:

- Fuel Training Studio
- Riverside Yoga + Massage
- Yoga Center of Newburyport
- Motivate Barre & Cardio
- YWCA of Newburyport
- Mako Fitness
- Guy Chase Academy of Newburyport
- CrossFit Full Potential

A great class hosted by Motivate Barre & Cardio which is owned by Meghan Kinsey (front center) who is an AJH Corporator.

Yankee Homecoming 10M & 5K Race – August 2nd

Close to 30 AJH employees ran either the 10 mile or 5K race on behalf of Team AJH with runners representing all areas of the hospital.

Back to front: Alyssa Mahoney, RN; Casey DiDonato, RN; Rachel Whitman, PA; Lindsey Boardman, LICSW; Holly Kenney, ARDMS, ARRT; Marit Pywell, RD, CDE; Katie Mahoney, PT; Jared McDonald; Sarah Comora, RN; Katelyn Marshall; Carolyn Hall; Maura Pinilla, RN; Caty Hogan (Shelley’s niece); Steve King, RN; Kirolus Shenouda; Nick DeSimone (Shelley’s son); Shelley DeSimone; Tori Clay, RN; Amanda Ross.

GAIL FAYRE, MD, TRUMPS THE SLOW BIKE RACE

Coastal Trail Coalition’s Slow Bike Race – August 3rd

Dr. Gail Fayre, Chief Medical Officer, represented the hospital in the VIP heat and took the fun to a new level as she dressed up as Donald Trump. Dr. Fayre came in second place overall but won “Best Costume” and as the Daily News described, she was clearly the fan favorite.

Family Day at Maudslay – August 6th

AJH gave out free tote bags as well as pedometers to Family Day attendees to encourage healthy living and physical activity.
The Birth Center and Lactation Department observed World Breastfeeding Week with a variety of activities during the week of August 1st - 5th. The Lactation Department staffed an information table outside of the Cafeteria all week to share hospital breastfeeding resources, welcome feedback from staff and offer raffle prizes. More than 200 employees shared their experiences with breastfeeding. Congratulations to raffle winners: Deb Vedrani, HIM; Carol Ann Mercier, PCA, Recovery; and Deb Ciampa, RN, Ambulatory Procedure Room.

To celebrate World Breastfeeding Week with the community, the Birth Center welcomed more than 25 mothers and their babies to the Annual Breastfeeding Picnic on August 2nd. Guests both big and small enjoyed reconnecting over a picnic lunch on the Highland Avenue front lawn, many of whom formed lasting friendships during hospital prenatal and parenting classes and support groups.

**DID YOU KNOW?** AJH is dedicated to supporting breastfeeding mothers, including employees, patients and visitors. An overview of resources and support services offered by the hospital is available on AnnaOnline.
Tidbits

Hot Jobs
At Anna Jaques

The careers page on www.ajh.org has been updated to feature a quick and easy application to get the process rolling. Visit ajh.org/careers for up-to-date employment opportunities and featured “hot jobs”!

A Special Visit to AJH

Great grandchildren of James Henry Higgins, for whom the Higgins Conference Room is named, James Henry Higgins, III and Hilary Barbour Higgins Parker, visited Anna Jaques on August 16th joined by their spouses. Following the visit to the hospital, Dr. Sadru Hemani and Clare Dunphy Hemani hosted a luncheon at their home—the former home of James’s and Hilary’s Great Aunt Alice Higgins who served many years as chair of the AJH Nominating Committee.

(Left to right) James Henry Higgins, III; Martha Robinson Higgins; Dr. Sadru Hemani; Clare Dunphy Hemani; Hilary Barbour Higgins Parker; and Thomas Jefferson Parker.

You Won’t Want to Miss This

Check out AnnaOnline for “In Case You Missed It” or “ICYMI” that each month features a quick “top five” of Anna Jaques news.

It Pays to Be an Employee Donor

Congratulations to employee raffle winners Eileen Pramberg, Physical Therapy (pictured above, far left), and John DeCosta, Central Sterile (pictured right), who both individually won tickets to a New England Patriots pre-season game this August as part of a special raffle intended to treat employee donors for supporting the hospital.
EDUCATIONAL OPPORTUNITIES

BASIC LIFE SKILLS (BLS) RETRAINING
August 24th - 7:00pm-9:30pm - Higgins

CRISIS PREVENTION INSTITUTE (CPI)
August 29th - Full course: 9:00am-5:00pm; Refresher: 2:00pm-5:00pm - Higgins

CPR: RETRAINING
September 7th - 7:00pm-9:30pm - Higgins

CPR: HEARTSAVER
September 14th - 6:30pm-9:00pm - Higgins

CPR: RETRAINING
September 15th - 3:30pm-6:30pm - Higgins

ADVANCED CARDIAC LIFE SUPPORT (ACLS) RETRAINING
September 29th - 7:30am-3:30pm - Holy Family Hospital (Haverhill Campus)

PEDIATRIC ADVANCED LIFE SUPPORT (PALS) RETRAINING
September 29th - Full course: 9:00am-5:00pm; Refresher: 2:00pm-5:00pm - Higgins

October 27th or November 10th - 8:00am - 2:00pm - 3rd Floor Conference Room

*Contact Nursing Education at ext. 1223 for more details.

COMMUNITY EVENTS

*NEW* BEREAVEMENT SUPPORT GROUP
Last Wednesday of each month (upcoming: August 31, September 28) - Hosted at the Anna Jaques Cancer Center affiliated with BIDMC. Led by Constellation Hospice, this group is open to any and all people who are suffering from loss. RSVP to Loretta Mangano at 978-904-3059.

HUMAN RESOURCES BENEFITS FAIR
September 7th - 11:30am-1:00pm - Amesbury Health Center
September 8th - 10:00am-2:00pm - AJH Cafeteria

SALVATION ARMY COMMUNITY DINNER
September 22nd - 4:30pm-6:30pm - 40 Water Street, Newburyport
Seeking AJH staff to volunteer, contact Human Resources at ext. 1035.

SENIOR HEALTH FAIR - AMESBURY SENIOR COMMUNITY CENTER
September 23rd - 10:00am-2:00pm
Pulmonary Rehabilitation will showcase their program and offer free blood pressure checks.

THE ARC OF GREATER HAVERHILL-NEWBURYPORT RIVER RELAY
September 24th - 3:30pm - Cashman Park
AJH sponsoring this event that supports the empowerment of people with disabilities.

GREATER NEWBURYPORT OVARIAN CANCER AWARENESS (GNOCA) RUN/WALK
September 25th - 10:00am - Michael's Harborside
Anna Jaques Cancer Center affiliated with BIDMC to sponsor and walk to support raising awareness and funds for ovarian cancer.

SENIOR HEALTH FAIR – MERRIMAC SENIOR COMMUNITY CENTER
September 27th - 9:00am-2:00pm
Employees who are interested in volunteering to offer blood pressure checks, contact Marketing at ext. 1475.

12TH ANNUAL AJH EMPLOYEE GOLF OUTING
September 27th - Black Swan County Club
Contact Human Resources at ext. 1035 for details.

JEANNE GEIGER CRISIS CENTER’S 25TH ANNUAL WALK AGAINST DOMESTIC VIOLENCE
October 2nd - 9:00am - 1 Market Square, Newburyport
Women’s Health Care is proudly sponsoring and walking to support the efforts of the Jeanne Geiger Crisis Center.