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“We are very pleased to be able to help you maximize your opportunities for good health. There is nothing more important!”

Good day!

We have spoken many times about population health and the importance of keeping people well and out of the hospital. It's a goal we not only have for our patients and their families, but for all of you also! This is why we continue to support a robust series of wellness initiatives aimed at making our employees and their family members healthier.

We are proud to continue to offer the following services for you in 2016:

## Annual Health Screenings

Care New England is offering free onsite annual health screenings in January and February at a variety of Care New England locations.

Biometric screenings point out risks to employees who might otherwise remain unaware that their current or future health could be negatively impacted by those risks. Onsite biometric screenings can serve as a catalyst to prompt you to take charge of your health. In fact, many people are spurred into action by the results of their health screenings.

The following measures are collected:

- TC/HDL cardiac ratio.
- HDL cholesterol.
- Glucose.
- Blood pressure.
- Height, weight, and Body Mass Index (BMI).
- Body composition.
- Waist measurement.

Know your numbers—and take advantage of these FREE health screenings which are convenient and confidential. Our Provant screeners have undergone rigorous training and are HIPAA and Provant certified. We will also have a health coach at all screening events so you can discuss your results with her/him and get a five-minute head start on putting together a health plan! You may also want to share the results with your medical provider.

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## In this issue:



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## **Health Risk Assessment (HRA)**

On an individual level, the HRA is a tool used to create a personal health profile that can empower you to be proactive about your own well-being. The HRA is administered and evaluated by Provant to insure that individual data is kept confidential. On a collective level, the data provides valuable information that helps guide how we build our CNE health programs.

- The Health Assessment is a questionnaire that asks 42 lifestyle and behavior-related questions addressing issues like family medical history, medications, current medical conditions, preventive health, and more.
- Each participant's answers help us tailor his or her personalized program as well as help us identify program opportunities for our specific population risk needs.
- The questionnaire is available online, and the results can be combined with the data collected at our annual health screenings to build a complete health profile for you.

## **Portal**

The Health and Wellness Portal gives everyone 24/7 access to a wide variety of self-directed tools, educational materials, health calculators, customized company competitions, and other helpful health resources—all designed to engage and motivate you to work toward better health and well-being, including:

- Personal health profile.
- Personalized wellness plan.
- Meal and exercise planners.
- Food log.
- Incentives tracking.
- Wellness workshops.
- Exercise, walking, and weight loss company challenges.
- Recipes library.
- Portal available in 90 different languages.
- And much more.

This newly updated portal for employee wellness will launch on January 1, 2016. All employees/dependents will have to re-register the first time signing-in to take advantage of all of the new features available. Here is the new address <https://cne.provantone.com>. I am sure you will be impressed with the number of tools available to you—at no cost!

## **Health Coaching**

Provant's experienced health coaches, available by phone or in-person, include registered dietitians, exercise physiologists, nurses, and other experienced health professionals. Provant's health coaching services include:

- Development of a personalized wellness program for each employee.
- Education, support, and guidance with behavior changes necessary to address lifestyle choices and disease and condition management.
- Advice on how to access CNE programs to assist in achieving wellness goals.

Provant's on-site health coach is Jennifer Fine, MS, RD, LDN. She meets with our employees at various operating units to support them working toward adopting healthier lifestyles. A health coach at Provant Health with 25 years of experience in counseling to promote positive lifestyle changes, Jennifer is a registered dietitian and holds B.S. and M.S degrees in nutritional science. She works with clients to help them achieve their health goals in the areas of healthy eating and nutrition for wellness. In addition, she can help with management of health conditions, weight management, exercise, stress management, and tobacco cessation. To make an on-site appointment with her, please call 1-877-239-3557, select option 2.

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## **Wellness Champions**

Care New England is providing those with a passion for health the opportunity to become employee ambassadors of wellness through our Wellness Champion program. By joining, you will have the chance to encourage healthier behaviors in your work environment, promote our Flex programs and events, and help your co-workers live a healthier lifestyle. For more information about this program, please contact Jan MacKinnon, CNE Wellness Center, at [jmackinnon@carene.org](mailto:jmackinnon@carene.org).

## **CNE Wellness Center**

The Care New England Wellness Center offers programs that focus on long-term lifestyle changes, not just short-term solutions. Our medically-based weight management solutions include nutrition counseling, exercise, the Healthy Steps weight management program, diabetes outpatient education, and cardiovascular risk reduction.

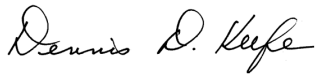
## **Diabetes Support Group**

Employees may also take advantage of our newly formed Diabetes Support Groups which meet monthly at Memorial Hospital and the Care New England Wellness Center (2191 Post Road in Warwick). Come learn more about healthy eating, exercise, and lifestyle changes that will better enable those with Type 1 or Type 2 Diabetes manage their condition. Discussion is guided by Linda Carro, RD, LDN, CDOE, CDE. The group at Memorial meets the first Wednesday of each month from 6:30 to 7:30 p.m. Please call (401) 729-2574 to register. The group at the CNE Wellness Center meets the second Monday of each month from 6 to 7 p.m. Please call (401) 732-3066 to register.

We are very pleased to be able to help you maximize your opportunities for good health. There is nothing more important!

I extend my best wishes to you and yours for a happy and healthy New Year!

Sincerely,



Dennis D. Keefe  
President and Chief Executive Officer

## **Women & Infants researchers publish in *Obstetrics & Gynecology*, offer recommendations for use of aspirin to prevent preeclampsia**

To prevent preeclampsia, new research suggests that low-dose aspirin should be given prophylactically to all women at high risk (those with diabetes or chronic hypertension) and any woman with two or more moderate risk factors (including obesity, multiple gestation, and advanced maternal age).



Preeclampsia, a potentially dangerous complication of pregnancy characterized by high blood pressure and a high level of protein in the urine or other end organ affects, complicates between three and seven percent of the births in the U.S. One in seven preterm births and one in 10 maternal deaths in the U.S. can be directly attributed to preeclampsia. Currently, the only intervention that has been shown to reduce the risk of preeclampsia is the use of prophylactic low-dose aspirin.

Erika Werner, MD; Dwight Rouse, MD; and Alisse Hausperg, MD (fellow), of the Division of Maternal-Fetal Medicine at Women & Infants Hospital, have published research in the December 2015 edition of *Obstetrics & Gynecology*, now available online. The research is entitled "A Cost-Benefit Analysis of Low-Dose Aspirin Prophylaxis for the Prevention of Preeclampsia in the United States." (<http://bit.ly/1MS3CKt>) *continued*



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The researchers developed a decision model to evaluate the risks, benefits and costs of four different approaches to aspirin prophylaxis—no prophylaxis, prophylaxis per recommendations of the American College of Obstetricians and Gynecologists (only for a narrow segment of pregnant women—namely, those with a history of preeclampsia necessitating delivery before 34 weeks gestation and those with preeclampsia in more than one prior pregnancy), prophylaxis per the U.S. Preventive Task Force recommendations, and universal prophylaxis for all women.

The researchers concluded, “Both the U.S. Preventive Task Force approach and universal prophylaxis would reduce morbidity, save lives, and lower health care costs in the United States to a much greater degree than the approach currently recommended by ACOG.”

*Obstetrics & Gynecology* is the official publication of the American College of Obstetricians and Gynecologists (the College). Popularly known as “The Green Journal,” *Obstetrics & Gynecology* has been published since 1953. The goal of the journal is to promote excellence in the clinical practice of obstetrics and gynecology and closely related fields.

## Butler residents take home multiple “Best Poster Presentation” awards at ACNP Meeting

At the annual meeting of the American College of Neuropsychopharmacology (ACNP) held earlier this month, a total of 787 posters were presented. Out of these, nine were awarded “best poster” (three days’ worth of 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place prizes). Out of those nine, three were awarded to Butler/Brown psychiatry residents, Drs. Kathryn Ridout, Jorge Almeida, and Sam Ridout.



“This is a remarkable accomplishment for our residents and for our faculty. It says volumes about the caliber of our residency program and the teachers and mentors upon whom it depends,” said Butler’s President and COO, Lawrence Price, MD. “Research (and the education of researchers) is a team effort. I think we can all take pride in the recognition of these outstanding young clinical scientists,” he continued.

Those receiving awards for their winning posters:

Kathryn K. Ridout, MD, PhD: Dr. Ridout’s poster highlighted a study performed under the mentorship of Dr. Audrey Tyrka as part of her NIH-funded grant that was the first study to examine epigenetic regulation of FKBP5, a gene important to the stress response system and implicated in the development of psychopathology in children.

Samuel J. Ridout, MD, PhD: Dr. Ridout’s poster detailed an analysis of data from an NIH-funded study by Dr. Linda Carpenter which examined predictors of developing depressive disorder, or symptoms of depression/anxiety. Results revealed that for sub-threshold (i.e., development of symptoms but not a clinical disease entity) mood or anxiety symptoms, the stress hormone response to a test known as a dexamethasone/CRH test was a significant predictor along with a history of early life stress and baseline depressive symptom rating scale.

Jorge Almeida, MD, PhD: Dr. Almeida’s study highlights anti-depressive effects in healthy controls, in particular increase in self-transcendence (reflecting less subjective feeling of isolation) and its associations with decrease activation in the prefrontal cortex during fear processing.



## CNE Center for Surgical Weight Loss achieves national accreditation

Patients seeking surgical treatment for severe obesity and its related conditions have a high-quality choice for receiving treatment at a nationally accredited program that meets the highest standards for patient safety and quality of care.



Jeannine Giovanni, MD, director at The Center for Surgical Weight Loss at Care New England, recently announced that the bariatric surgical program at Kent Hospital has been accredited under the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP), a joint program of the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS).

The MBSAQIP Standards, outlined in the *Resources for Optimal Care of the Metabolic and Bariatric Surgery Patient 2014* ensure that bariatric surgical patients receive a multidisciplinary program, not just a surgical procedure, which improves patient outcomes and long-term success. To earn the MBSAQIP designation, the center met essential criteria for staffing, training, and facility infrastructure and protocols for care, ensuring its ability to support patients with severe obesity. The center also participates in a national data registry that yields semiannual reports on the quality of its processes and outcomes, identifying opportunities for continuous quality improvement. The standards are specified in the *MBSAQIP Resources for Optimal Care of the Metabolic and Bariatric Surgery Patient 2014*, published by the ACS and ASMBS.

"This important national accreditation is a testament to the dedicated team of staff, nurses, physicians, hospital leadership, and others who have made this possible in just over a year's time since the program was first introduced here," said Dr. Giovanni. "Achieving this accreditation speaks to the center's heightened focus on patient safety, quality care, and the best possible patient outcomes."

Said Michael Dacey, Jr., MD, president and COO, Kent Hospital, "The Center for Surgical Weight Loss at Care New England offers patients an opportunity to dramatically improve their lives through one of the most successful long-term treatments for obesity and weight-related diseases. Doing that while meeting the highest national clinical standards, as this accreditation recognizes, is a highly commendable achievement."

## VNA of Care New England Evening of Fire & Ice raises \$50,000

The VNA of Care New England held *An Evening of Fire & Ice*, on December 10, 2015, at the Roger Williams Park Botanical Center in Providence, celebrating the important work of the organization, while raising nearly \$50,000 to support the VNA's community-based programs and services.

Kent Gladding, chair of the VNA of Care New England Foundation Board and co-chair of the Fire & Ice event said, "This wonderful evening supports the high-quality home health care services which the VNA has provided for more than 100 years. Thanks to so many across our state who believe in the VNA, this event was extremely successful and we are truly thankful for the support given to such a great cause."

The presenting sponsor for this event was Centreville Bank. Other generous sponsors included: Brentwood Nursing Home; Sunny View Nursing Home; Pam & Ray Murphy; Howes Lubricator; Tasca Automotive Group; Anne Velis & family; Joseph A. Chazan, MD; Claflin Company; Dennis & Laura Keefe; Dimeo Properties, Inc; Rhode Island Distributing Co., LLC; The Murray Family Charitable Foundation, Suzanne and Terrence Murray; Nancy Roberts; Rosalyn Sinclair; West View Nursing & Rehabilitation Center; XRA Medical Imaging; Nicholas J. Mocerri, Providence Capital Group Inc.; Domenic & Sandy Coletta; The Bentley Foundation; Kent & Kate Gladding; Gerry & Julie Goulet; Greenwood Credit Union; Independence Bank; Kent Hospital Medical Staff; LGC&D LLP CPAs/Business Advisors; Virginia & Alan Nathan; New England Institute of Technology; Liz Chase; Charles & Carol Reppucci; Rhode Island Blood Center; Starkweather & Shepley Insurance Brokerage, Inc.; Studio Rios Architecture LLC; and Washington Trust Wealth Management.



From left to right, Nancy Langrall, member of the VNA Foundation Board; Nancy Roberts, president, VNA of Care New England; and Pam Murphy, co-chair of An Evening of Fire and Ice.





## Memorial nurse recognized with Daisy Award in December

Memorial Hospital recently honored Marva Nicholls, RN, Hodgson 6, with the Daisy Award for December. The award is part of the DAISY Foundation's program to recognize excellence in nursing. Nicholls has been a nurse at Memorial for more than 10 years. Patients and fellow staff members reported that she embodies the outstanding qualities of an extraordinary DAISY nurse. "Marva always puts patients in her top priority. There are times that she will spend extra time doing her work. She consistently goes above and beyond to ensure her patients receive the best care. She is compassionate, caring, understanding, and considerate toward everyone on the floor," said a fellow staff member.

The not-for-profit DAISY Foundation is based in Glen Ellen, CA, and was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nicholls is the second recipient of the newly created DAISY award at Memorial Hospital. Anyone can nominate an extraordinary nurse at Memorial by submitting an application online or in person. Completed forms can be placed in a nomination box located at the Information Desk in the main lobby of the hospital and in the nursing office in the Sayles Building, second floor. An electronic version is available on the hospital website at <http://mhri.org/daisy-award>.



From left to right: Elaine Joyal patient care director; Donna Dupuis, Hodgson 6 nurse manager/Wood 6 interim nurse manager; Steve Locke, RN, Hodgson 6; Marva Nicholls, RN, Hodgson 6 and DAISY Award honoree; Marie Cineus, CNA, Hodgson 6; Adriana Carr, CNA, Hodgson 6; Maria Borba, Environmental Services; Deb Percevez, RN, ACNM, Wood 6; Bonnie Thorng, RN, Hodgson 6; Eileen Dobbins, SVP patient care services/CNO; and Liz Depina, RN, Hodgson 6.

## TPC school students participate in WaterFire's Christmas Celebration

High school students from The Providence Center School wrapped up a year of volunteering for WaterFire Providence at the annual Christmas WaterFire. Students made over 150 ornaments that decorated the trees in the Waterplace Park basin.

The students have been volunteering at WaterFire all year as a part of the school's vocational program, supporting the arts organization's preparations for each WaterFire. TPC School's senior vocational specialist Lisa Plummer organizes the vocational sites and matches up students with a placement that connects with their interests. Job sampling activities are beneficial in helping students realize their skills and strengths and gain hands-on experience in a real-life work setting. The program allows students to build a résumé and identify potential references for future employment. Students start at supervised sites like the soup kitchen at City Meals or Matthewson Street Church and work up to more independent work sites, sampling three to four jobs during the year, which may include community businesses such as Adler's Hardware, ProMail, Etc., Cookie Place, florists, or soup kitchens.



## RI Education Commissioner visits Anchor Learning Academy

RI Education Commissioner Dr. Ken Wagner recently met with staff, students and parents from Anchor Learning Academy, RI's first recovery high school for students in recovery from drug and alcohol addiction operated by The Providence Center.

Anchor Learning Academy director Elizabeth Conley described what makes the school different: "Most public school environments are not conducive to recovery. Here, we provide an environment where kids can discover their sober identities."

Anchor Learning Academy is located at 520 Hope Street, Providence, RI. For more information, visit <http://anchorlearningacademy.org>. 



*Commissioner Wagner with Elizabeth Conley, Director of Anchor Learning Academy and Secondary Education at The Providence Center School*



# Care New England