

# carenews

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“The houses were a combination of wood and brick structures that now lay waste. People were clearly suffering and hungry. But, in spite of that, they were peaceful and patient.”

Good day!

As was reported in *The New York Times* last week, there is a new environmental threat from microbeads. These are the small flecks of plastic found in many toothpastes, soaps and cosmetics that work on the principle of abrasion. Who would think that these tiny particles could accumulate to such an extent that they could impact our waterways, our sea life and our food chain?

I believe it's the same way with behavior. Tiny acts of humanity can add up to change mankind.

In one stellar account, our own Dr. Ehsun Mirza from Kent Hospital describes his recent experience in Nepal responding to the aftermath of a devastating earthquake. Here are his words:

*When I heard about the great earthquake in Nepal last month, I could not help but remember the earthquake of 2005 in Pakistan. I was there within five days to assist in Abbotabad. What I had seen, felt, smelled and experienced would last with me for a few lifetimes. So, it was logical that I go to Nepal to help and assist in any way I can. I got connected with Dr. Fahim Rahim and JRM Foundation from Idaho, USA and got interested in what they were planning to do. Before long, I was en-route to Katmandu.*



## In this issue:



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*In Katmandu, I got connected with our team which was growing quickly as local student volunteers were joining in. We had five doctors, three paramedic nurses, IT specialists and other volunteers from USA. After having quick meetings at various high level offices, we quickly realized that going the “official” route was not what we had planned for. We were there to act fast. We wanted to be at grassroots. Be amongst the people. Fix issues at a local level, at a level where it really mattered. So, within a few hours of arriving in Katmandu, I was on a bus with our team headed to Dhulikhel Hospital, where we were given permission to assist and use as a base camp.*

*The Dhulekhel Hospital is a wonderfully run, clean community hospital nestled in the Kavrepalanchok hills. It is run by a visionary physician, Prof. Dr Ram Kantha Makaju Shrestha. We pitched our tents on the front lawn and immediately started to organize our communication station, pharmacy, supplies and other vital needs. I assisted in the ICU, and Dr. Fahim worked in the ER and medical wards. Our two orthopedic docs started operating early the next day and worked almost around the clock alongside the Nepali surgeons.*

*The full extent of the damage was not clear to us until we started to go out in the community with food and shelter supplies. The country side in Nepal is a beautiful combination of mountains and valleys, full of terraced farmland. The houses were a combination of wood and brick structures that now lay waste. People were clearly suffering and hungry. But, in spite of that, they were peaceful and patient. We would leave the supplies with the elders of the community and it was their responsibility to fairly distribute them. As there is no feudal system in Nepal, we were not afraid of hoarding by the landlord.*

*Thus, we would work in the hospital in the morning while our volunteers would get the supplies loaded in our trucks which we would take to the deep villages by road during the afternoon. Soon, we realized that there was a bigger need in even more remote areas that were not reachable by the trucks. So, we chartered helicopters and started to make air drops in the Sindhupalchowk area. We could have been more effective if the government would have given us the chopper, but there was too much politics there. Regardless, we made very dangerous trips to the deep rural areas on a daily basis. It was a common site to see smoke signals and people flagging us down. We did the best we could. During the last part of our mission, we established two field medical and relief camps, one in Chuna Devi School Nagarkot and another in the Ekta Academy Lalitpur area. We saw more than a thousand people.*

*The best story that came out of this was when we were asked to help out with a 15-day old child, Baby Nurbu Lama, with kidney failure. Even though we had never done dialysis on a child before, failure was not an option. So we successfully improvised a system to deliver her peritoneal dialysis. Soon, she was off the life support and now is home alive and well.*

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*The Nepali people we worked with were polite, determined, hardworking and dedicated humans. They cared about their country and fellow Nepalis. Unfortunately, we did not see the same determination at the governmental level. If we would have been given the help we wanted, our extent of service would have been quadrupled. It was quite frustrating to say the least.*

*Because of the bonds we have established in Nepal, we are continuing our relief work with the local volunteers and organizations with full force. The JRM Foundation is raising one million dollars and is challenging President Obama to match it by 100 fold. Nepal needs world wide support to get back up on its feet. There are about one million children out of school. Many do not have solid shelter. Human traffickers are on the move to make a profit during this disaster. All of us together can make Nepal a paradise again.*



For more information, visit <http://jrmfoundation.org>.

More of my pictures can be seen at [https://instagram.com/mirza\\_malang](https://instagram.com/mirza_malang).

Fantastic work Dr. Mirza, thank you for your dedication to humanity!

Remember, though, you don't have to travel to Nepal to make your mark on the world. It's all about tiny acts of kindness.

Be kind—and have a great week ahead!

Sincerely,

Dennis D. Keefe  
President and Chief Executive Officer



### Countdown to June 7: Help us meet our Providence Heart Walk goal

We are rounding the corner on Care New England's commitment for the Providence Heart Walk which will be held Sunday, June 7 from Station Park in downtown Providence. For any CNE employee who gives a personal gift of \$100 and/or fundraises 100 new dollars this week, you will be entered into a drawing to win a Samsung 32-inch 1080p 60Hz LED Smart HDTV!



You can give a gift by going to the Care New England fundraising page and choose to give to the company, a team or a specific walker. You can also sign up to be a walker on any team and give your personal gift. If you are a registered walker, sign in to your Heart Walk website and choose to give a gift from your My HQ page. For any questions, please contact Amanda at [Amanda.Komorek@heart.org](mailto:Amanda.Komorek@heart.org) or (401) 228-2325.



## CNE Board of Director receives presidential recognition

Esther Emard, MSN, RN, MSLIR, board member and vice chair of Care New England's Quality and Credentials Committees, has recently received the President's Volunteer Service Award. Emard, who has more than 30 years of experience in nursing and quality improvement leadership, was recognized for her work at Care New England and her ongoing volunteer service to the VNA of Care New England. Congratulations, Esther! Thank you for lending your expertise and time to Care New England!



## Care New England Harvard Macy Scholar opportunity

Care New England has committed to sponsoring one scholar to participate in the 2016 Harvard Macy Institute Program for Educators in Health Professions. CNE is soliciting proposals from faculty appointed, affiliated health care professionals for consideration. One scholar will be selected as part of a competitive process to participate in the program.



The goal of the Harvard Macy Institute Program for Educators in Health Professions is built around five major themes: teaching and learning, curriculum, evaluation, leadership and information technology. The program provides professionals involved in training the next generation of health care providers with the knowledge base and skills to enhance their expertise in conducting an educational project of their own design and taking a leadership role in the educational activities at their home institutions. The program consists of two sessions in residence in Boston: an 11-day winter session and a 5-day spring session. Learning formats include large group presentations; interactive exercises; problem based learning; observations; reflective use of journals; discussions in large and small groups. A variety of faculty facilitated small group formats are used to support learning from observations, to draw together scholars with common interests, and to further the development of each scholar's back home project for educational change.

All applications will be reviewed by a committee made up of CNE Academic Council members. Proposals and all supporting documents should be submitted via e-mail no later than June 26, 2015. For more information on submission guidelines, please visit <http://carenet/harvardmacy>.

## Women & Infants' specialists present on a variety of topics at ACOG Meeting

Several specialists from the Department of Obstetrics and Gynecology at Women & Infants Hospital recently shared their expertise with colleagues at the Annual Meeting of the American Congress of Obstetricians and Gynecologists (ACOG).

The theme for this year's meeting was "Teaming Up for Women's Health" and focused on obstetric emergencies, operative gynecology, contraception, menopause, and patient safety. Chief of Ob/Gyn Dr. Maureen Phipps is a member of ACOG's Committee on Scientific Program, which organized this program. Participating in the event from Women & Infants Hospital were:



- Dr. Skip Granai, director of the Division of Gynecologic Oncology, who delivered the Jim and Midge Breeden Lecture, "The Good Fight."
- Dr. Kristen Matteson, interim director of the Division of Clinical Research in Women's Health, who presented "Abnormal Uterine Bleeding: Wading Through the Evidence on Treatment Effectiveness."
- Dr. Charles Rardin, director of Minimally-Invasive and Robotic Surgical Services, who presented "MIS and Robotics Programs: Setting Up for Success."
- Drs. Katharine Wenstrom, director of the Division of Maternal-Fetal Medicine and Glenn Palomaki, associate director of the Division of Medical Screening and Special Testing in the Department of

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Pathology and Laboratory Medicine; along with Jacqueline Halliday, senior genetic counselor in the Prenatal Diagnosis Center, who were part of a team that presented “Update on Non-Invasive Prenatal Testing (NIPT: Indications, Benefits, Limitations and the Future).”

- Dr. John Buster, of the Division of Reproductive Endocrinology and Infertility, who participated in the Sterling B. Williams, MD, PhD, Memorial Lecture Series, speaking on “Postmenopausal Estrogens: Pills, Patches, Pellets, and Gels.”
- Dr. Vivian Sung, of the Division of Urogynecology and Reconstructive Pelvic Surgery, who gave an overview for the Society of Gynecologic Surgeons.
- Dr. Alex Friedman, an ob/gyn resident at Women & Infants, who gave a poster presentation entitled “Reciprocal Peer Support for Postpartum Patients with Diabetes: A Needs Assessment for the Diabetes Buddy Program.”
- Dr. Roxanne Vrees, medical director of Emergency Obstetrics and Gynecology, who was part of a team that presented a poster entitled “The Effect of Topical Lidocaine on Pain During Manual Vacuum Aspiration for Nonviable Pregnancies.”

Also in attendance at the meeting was Dr. Deborah Myers, director of the Division of Urogynecology and Reconstructive Pelvic Surgery, who is an ACOG board member.

### Kent May breakfast benefits KEEP program

On Friday, May 1, the Warwick Rotary hosted its annual May Breakfast at Kent Hospital. The Warwick Rotary Charities Foundation presented a donation to the KEEP program at Kent in the amount of \$1,200. KEEP is the Kent Employee Emergency Program, which provides financial assistance to employees confidentially when an unexpected crisis has left someone in need of support and additional resources.

*Pictured from left are Dean Carlson, CNE VP Human Resources; Ed McDonough, Rotary Club vice president; Rev. David Ricard, director of Pastoral Care and director of KEEP; and Joseph DesRoches, Rotarian and breakfast organizer.*



### Memorial ‘Doctor Is In’ wellness lecture series continues

Memorial Hospital continues its ‘The Doctor Is In’ Wellness Lecture Series, June 2nd from 9 to 10:30 a.m. with a lecture entitled “Happy Feet.” Come learn about proper foot care from Aaron Shemenski, DPM. The free series is designed to benefit the community by offering the expertise of medical specialists and health care professionals in a relaxed, interactive setting. Blood pressure, glucose and foot screenings will also be offered. Advance registration is recommended. Call (401) 729-2459 to register or for more information. 

