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## In this issue:



Good day!

Let’s take a break from the business at hand. Let’s remember, first and foremost, we are human.

There is a sea of change crashing against Care New England. Some days it feels like you can’t keep your head above water and the shoreline feels very far away. Just when we believe we’ve overcome a hurdle, another appears in front of us. It can be exhausting, exasperating and overwhelming. Rather than discuss and debate the reasons for our situation, let’s spend some time talking about how we may help each other and ourselves through this difficult time.

Psychologist Lisa Uebelacker, PhD, from Butler Hospital’s Psychosocial Research team, which studies the effects and management of stress, sadness, and anxiety, shared some insights on how we may help each other through this time of transformation—and, let’s face it, turmoil. Three behaviors based on the principles of Acceptance and Commitment Therapy (ACT) can help us through this period of change.

1. Acknowledge and accept the difficulty of change. These are not easy times for our Care New England (CNE) family and what we are experiencing is a challenge. Anger, fear, and sadness are reasonable and expectable reactions to significant change. They may feel overpowering at times. The amount of disruption we are experiencing is uncomfortable. We can feel a lack of control and we are grieving for “the way things used to be.”
2. Practice kindness and compassion. Some days this is going to be easier than others, so we must be forgiving when we misstep and regroup as quickly as

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possible. Even when we're scared or angry, we must act with dignity—and treat our colleagues and our patients with respect and kindness. Don't forget to do the same for yourself.

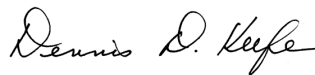
3. Rebuild for the future despite being afraid. The tough decisions we are making are necessary but not easy. Despite that, the way through this is to focus on moving forward rather than looking back. Rarely will you find a group of people as committed to their work as we have here. That doesn't mean we are not anxious and concerned about the unknowns. However, through doing good work every day, and acting in accordance with our own personal and community values, we will find ourselves in a better future. So, continue to do the right things.

Lisa has been personally reminded to reconnect to these principles. Her husband recently lost his job after the closing of his entire department. Lisa said, "Although I know that my husband will find another job, we both feel scared sometimes. We both wish we knew for sure when he will be employed. Despite the fear, I try to focus on being grateful for the many blessings we do have, and to be supportive to him as he looks for another job."

I encourage all of us to help each other through this time. Accept that we will have a range of feelings about the changes that are occurring. Be kindhearted. Look toward the future with hope and take the steps to move us in the right direction. If you would benefit from additional support, please do not hesitate to contact our Employee Assistance Program at (401) 732-9444 or 1 (800) 445-1195.

Calmer seas are ahead.

Sincerely,



Dennis D. Keefe  
President and Chief Executive Officer



## Important message regarding 2016 AHA Heart Walk!

This year we will again be a major sponsor for the American Heart Association Heart Walk. I am pleased to announce that Suma Gaddam, CNE's senior vice president and chief information officer, will be the CNE executive champion for this year's walk. See Suma's first message for this year below. Let's all provide her with our full support and wish her every success!

The 2016 Southern New England Heart Walk is coming up on Sunday, June 5 again at Station Park. We would like to start by thanking all of you for all of your hard work and support last year in helping Care New England raise \$177,000 toward the fight against cardiovascular diseases and stroke. Whether you led a team or you were a walker—this was a tremendous effort by all of you! Your past support is greatly appreciated, and we are looking forward to another successful year for not only the Heart Walk, but also for Care New England. This year, we have committed to raising at least \$100,000.

The funds that are raised through this campaign help to continue funding research, education and community outreach (as well as several other initiatives). The American Heart Association has been instrumental in creating guidelines and processes related to access to care, systems of care to improve patient outcomes (Kent and Memorial hospitals are both "Get with the Guidelines" for stroke), and passing legislation to improve our lives right here in Rhode Island. Our patients, our families and our tomorrows are why this is an important mission.

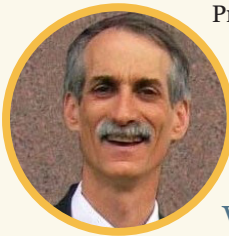
This year as I lead Care New England's Heart Walk campaign, I am excited to be working alongside the American Heart Association staff and to kick off some fun new activities to help us to take care of hearts and be more active. Let's work together to help make the healthy choice. More details to come soon! Visit Care New England Heart Walk fundraising page at <http://bit.ly/1UsUfre>. I look forward to seeing all of you on Sunday, June 5 at the Heart Walk.

Thanks,  
Suma Gaddam



## Alzheimer's expert Dr. Stephen Salloway co-authors seminar in *The Lancet*

As part of an international team of researchers, Dr. Stephen Salloway, director of the Memory and Aging Program, Butler Hospital recently published a seminar in *The Lancet*, one of the world's top medical journals with a large international readership. The seminar covers the main developments in Alzheimer's research today. The article is available online <http://bit.ly/1LmjNET>. The Memory and Aging Program is currently enrolling participants in 11 active Alzheimer's research studies, with a number of additional ongoing studies that are closed to enrollment. Program and study details can be found at <http://butler.org/memory>.



## VNA leaders to present at upcoming national health conferences

VNA of Care New England Medical Director Kate Lally, MD, continues to speak nationally on her work with The Conversation Project, an initiative that helps to better prepare health care providers to receive and respect patients' wishes about end-of-life care.

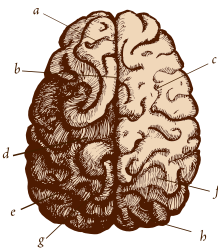
Dr. Lally will participate in two upcoming programs hosted by the Institute for Healthcare Improvement (IHI), including the 17<sup>th</sup> Annual IHI Summit on Improving Patient Care in the Office Practice, which will take place March 20 to 22, in Orlando, FL, where she will lead a discussion on Operationalizing What Matters Most. She will also lead an IHI five-session virtual program about Conversation Ready work.

Along with Therese Rochon, MS, MA, APRN, ACHPN, director, advanced illness management at the VNA, Dr. Lally will also speak at the LUNG FORCE Expo on April 7, at the Providence Marriott Downtown. The LUNG FORCE Expo is a program designed for patients, caregivers and health care providers to learn more about the latest trends, resources and research surrounding lung cancer, COPD, asthma and other respiratory issues. They will present on the topic of palliative care for respiratory patients. For more information, please visit <http://bit.ly/1UsWili>.



## Butler sponsors Brain Week: March 12 through 19

Butler Hospital is among the proud sponsors of Brain Week RI, beginning March 12th with events running through March 19th. Hosted by the Cure Alliance, Brain Week features a variety of fun events focused on the brain and brain sciences. Two physicians from Butler will be participating in these events: Dr. Linda Carpenter will give a presentation on transcranial magnetic stimulation (TMS) therapy and cutting-edge neuromodulation treatments for brain disorders at an event titled "Mental Tapas," and Dr. Lisa LlanasHagberg will lead an evening discussion following the screening of *Infinitely Polar Bear* and *Discussion of Bipolar Disorder*. Learn more about Brain Week and see the full schedule of events by visiting <http://brainweekri.org>.



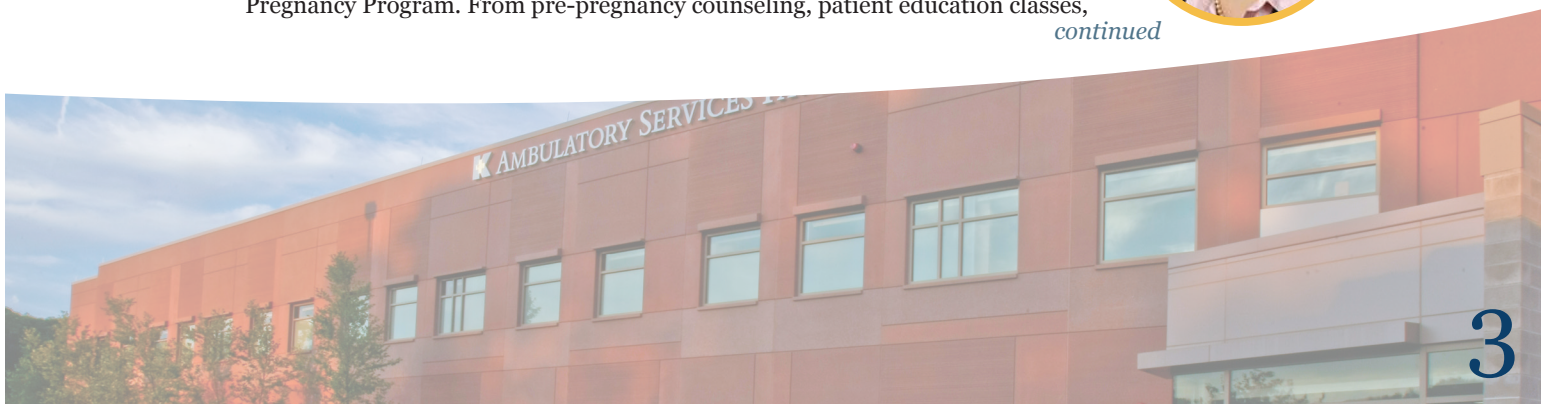
## Women & Infants' Division of Maternal-Fetal Medicine launches new Nutrition in Pregnancy Clinic

According to National Vital Statistics, more than 50 percent of women begin pregnancy weighing more than is ideal, and obesity affects close to one in four pregnant women. There is such information overload online that it's tough for anyone, not just women, to know the hard facts when it comes to weight management, let alone in pregnancy. Obesity in pregnancy can lead to complications with the mom and fetus as well as increased risk of hospitalization.

At Women & Infants, there are multiple clinics in weight management to aid women prior to and during their pregnancy. For those who have type 1 or type 2 diabetes and become pregnant or develop diabetes during pregnancy (gestational diabetes), the Division of Maternal-Fetal Medicine (MFM) offers the Diabetes in Pregnancy Program. From pre-pregnancy counseling, patient education classes,



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and consultation with nutritionists and nurse-educators who specialize in diabetes management in pregnancy, Women & Infants provides comprehensive care for the expectant mother through the full term of her pregnancy.

Additionally, MFM and the Center for Obstetric and Consultative Medicine continue to offer the Obesity in Pregnancy Clinic, which cares for obese patients who are already pregnant as well as assists in active intervention for those who try to lose weight before becoming pregnant.

Erika Werner, MD, MS, maternal-fetal medicine specialist, in conjunction with Kenneth K. Chen, MD, director of the Division of Obstetric and Consultative Medicine and co-director of the Integrated Program for High-Risk Pregnancy, recently took weight management care a step further and began treating patients in the new Nutrition in Pregnancy Clinic. Patients who are referred for weight management and are of reproductive age will now be split into two categories:

- Women who are not yet pregnant, near the end of their pregnancy or postpartum, will see Dr. Chen in the Metabolic Clinic.
- Women who are pregnant and desire increased monthly support to limit their gestational weight gain, will see Dr. Werner in the Nutrition in Pregnancy Clinic.

Separate from the obesity and diabetes programs, the Nutrition in Pregnancy Clinic offers a nutritionist and an exercise physiologist to assist an obese mom-to-be with her weight management during pregnancy. For more information about the new service, please call (401) 274-1122, extension 47096.

## Kent launches Cardiology Patients and Family Support Group

Kent Hospital is pleased to offer a cardiology patient support group that will focus on individuals with implantable cardioverter defibrillators (ICDs). Open to all patients in Rhode Island with ICDs along with members of their family, the support group will meet Thursday, April 7 from 6 to 8 p.m., in the Doctors' Auditorium at Kent Hospital. Dinner and refreshments will be provided.

Topics will include:

- Living with your device.
- Managing your health.
- What to expect from your device.
- Maintaining a dialogue with your care team.
- Exercise.

Bruce A. Koplan, MD, MPH, FACC, director of cardiac arrhythmia service at Kent Hospital and a member of Brigham and Women's Cardiovascular Associates at Kent, will speak at this meeting along with other professionals. The support group will be held twice a year with a goal of providing ongoing education and support to patients with ICDs and their family members. Advanced registration is encouraged. For more information or to register, please contact: Patty Bonzagni at [Pbonzagni@kentri.org](mailto:Pbonzagni@kentri.org) or call (401) 737-7000, ext. 31650. To learn more, log onto: <http://kentri.org/bwcardio>.



## Ross Leclaire, RN, receives DAISY Award at Memorial

Congratulations to Ross Leclaire, RN, who works on Hodgson 5 at Memorial Hospital and was presented with recent DAISY Award. The award is part of the DAISY Foundation's program to recognize the above and beyond efforts performed by nurses every day.

Leclaire has been a nurse at Memorial for three years. Patients and fellow staff members reported that he embodies the outstanding qualities of an extraordinary DAISY nurse. "Ross is that stable presence that allows for calm and respect every day. He sees each and every patient as a family member and spends the time to find out what each patient's needs are, in order to help them get better," said a fellow staff member. *continued*



From left to right: Eileen Dobbing, SVP patient care services/CNO; Ross Leclaire, RN, of Pawtucket, RI, a nurse on Hodgson 5 and the DAISY Award honoree; Elaine Joyal, patient care director; Marla Goulart, RN, nurse manager, Hodgson 5 with her daughter, Lila.



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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>.

## Inter-professional Perinatal Practice Committee focuses on safety and quality

A key message called out in the Future of Nursing Report, commissioned by the Robert Wood Johnson Foundation in collaboration with the Institute of Medicine in 2011, states, "Nurses should be full partners, with physicians and other health professionals, in redesigning health care in the United States."

Jean Salera-Vieira, perinatal clinical nurse specialist and advanced nurse clinician at Kent Hospital and a champion of safety and quality in perinatal care, saw the opportunity to elevate nurses to full partners with physicians and other health professionals through the creation of the Interprofessional Perinatal Practice Committee (IPPC). The IPPC is comprised of nurses, obstetrical and neonatal providers, family medicine residents, risk managers, nursing and medical education leaders who meet regularly to examine scientific literature and evidence-based guidelines in the context of perinatal safety while focusing on a specific clinical topic. Jean and her co-leaders facilitate lively discussion, explore best practices and often develop new guidelines or order sets for care.

A group in which each participant has a voice and all disciplines are equally expected to attend, prepare and be ready to improve practice, this committee has taken on multiple, nationally-identified perinatal safety topics including: standardizing oxytocin orders, adopting practices to reduce risk-related top post-partum hemorrhage, and understanding the effect of maternal fluid intake on infant weight loss after birth. While the literature drives the discussion, Jean and her inter-professional associates build the steps and processes to enhance safety in perinatal practice across the disciplines.



Since its launch, Kent perinatal nurses have reported improved bedside communication with physicians, adherence to policy and practice changes, and consistent committee member engagement in the work. Last summer, a pilot program was launched at Women & Infants by Jean and a colleague in the hopes that it will be just as successful as the program at Kent. Jean was recently asked to share her learning by presenting a webinar for a national audience on the topic of perinatal safety and the role of the IPPC. That presentation can be viewed here: <http://bit.ly/1pjf3Wb>.

## Memorial Hospital physician to present Zika virus information at a local school

Valeria Fabre, MD, an internal medicine and infectious disease specialist from Memorial Hospital and a primary care physician with Affinity Internal Medicine Pawtucket, will present information and answer questions about the Zika virus to staff and families at The Learning Community, a public charter school in Central Falls, RI. The talk will take place on Wednesday, March 23, at 5 p.m. in English and Spanish. 