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“Getting active for your own health and wellness is something each of us must do. Schedule your screening today and get engaged in the fight against colorectal cancer.”

Good Day!

In this issue:



The month of March is upon us and with it we grow closer to spring, one day further removed from the threat of winter's grip. It's heartening and hopeful to be sure! But March is also Colorectal Cancer Awareness Month. It's a time to educate, inform and get screened. Doing so helps us reduce the all-too-real threat this disease presents.

Numbers don't lie. This year alone there are expected to be approximately 95,000 new cases of colon cancer diagnosed. Another 39,000 with rectal cancer. Colorectal cancer is the third leading cause of cancer-related deaths in women here in the U.S. and the second leading in men. Sadly, this year, about 50,000 deaths will be related to colorectal cancer. Just last week researchers reported a significant rise in colorectal cancer detection in young adults—20s to 30s—with little support as to the reason why.

Some factors cannot be changed and are associated with your age, personal history of polyps and/or a past diagnosis. Others are passed on through our family, racial and ethnic background and an association with a history of type 2 diabetes. Because I have some of these family risk factors myself, I have had regular screenings over the past 15 years. In two incidences, these screenings identified polyps that were readily removed during the procedure. So, as someone who has directly realized the benefits of this procedure, I am a huge proponent!

Here's the good news. There are many personal risk factors you can work to minimize. Simple steps include getting active, losing weight, limiting red meat, stopping smoking and watching your alcohol intake.

With this in mind, now is the time to take some personal initiative, talk to your doctor, and schedule your colonoscopy...don't wait. And don't just take my word for it. According to the American Cancer Society (ACS), only 40 percent of new colorectal cancers will be detected early. Yet, the five-year survival rate is 90 percent.

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You might be wondering how to schedule your appointment. Who should you talk to about your risks? Did you know if you are over 50 you don't even need a referral? You can simply schedule your own appointment with a GI doctor or surgeon of your preference.

There is even more we can all do to get involved and spread the word for screening and awareness. Two of CNE's very own, Christy Dibble, DO, director, Center for Women's Gastrointestinal Health at Women & Infants Hospital and Melissa Murphy, MD, MPH, and CNE Colorectal Surgeon, are taking their knowledge, expertise and advocacy to Rhode Island's legislative and health care leaders later this month.



First, on March 10 they will join with the ACS and Providence Mayor Jorge Elorza at the Greater Providence Chamber of Commerce to call attention to the 80 percent by 2018 campaign that's trying to advance the goal of screening 80 percent of our average risk population 50 and older by 2018.

Drs. Dibble and Murphy will also take part in the RI Department of Health sponsored Colorectal Cancer Advisory Committee meeting March 29 at 6 pm at the American Cancer Society. This meeting will serve as a critical call to action for area health care leaders to address ways of increasing prevention and early detection of this disease for Rhode Islanders while addressing issues such as access to screening and identifying barriers to screening and detection.

Getting active for a cause is great to see. Getting active for your own health and wellness is something each of us must do. Schedule your screening today and get engaged in the fight against colorectal cancer. It saves lives!

Have a great week.

Sincerely,

Dennis D. Keefe
President and Chief Executive Officer

For resources and information about our gastroenterology services, visit <http://www.carenewengland.org/services/gastroenterology/index.cfm>



CNE joins safety-net hospitals in Washington, DC to preserve access to high-quality care

Representatives of Care New England joined health care leaders from safety-net hospitals across the country in Washington, DC last week to ensure their collective voices were heard during what is a critical period for the new Presidential administration. With uncertainty as the only common theme, particularly around the efforts to repeal and replace the Affordable Care Act, 130 members of America's Essential Hospitals (AEH) went to Capitol Hill to highlight the devastating effect proposed changes would have on the work of hospitals and health systems that dedicate themselves to providing quality care for underserved populations. AEH is the leading association and champion for hospitals and health systems dedicated to high-quality care for all, including the most vulnerable.



In addition to hearing inside perspectives on the latest discussions regarding the future of the ACA, Matt Quin, an AEH Fellow as well as senior vice president for patient care services and chief nursing officer at Women & Infants, and Jeremy Milner, director of corporate and community relations at CNE, met with all

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four members of the Rhode Island delegation and/or staff to express concerns regarding the catastrophic impact these specific proposals would have. Senators Reed and Whitehouse along with Representatives Langevin and Cicilline all expressed a commitment to working together to ensure access to high-quality care is preserved for Rhode Islanders and the many others around the country who depend on safety-net hospitals such as ours.

While there are significant concerns about the implications of an ACA repeal without a replacement, participants were encouraged by the many voices of the health care industry as well as members of both parties are working to ensure a rational and common sense approach remains part of the discussion. It is important to note that our RI delegation, though small and part of the minority party, is in full agreement with CNE's position of asking to delay any repeal until a replacement can be passed simultaneously.

TPC receives three year accreditation from CARF

The Providence Center has been awarded another three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF), a not-for-profit organization that promotes quality rehabilitation services by establishing standards for quality and surveying those organizations to assure the standards are being met. The accreditation was a result of a survey that included tours of programs and interviews with staff.



The surveyors noted that:

- TPC's grounds and facilities are well-maintained and welcoming.
- The staff is committed to the persons served and often works collaboratively with other departments.
- Staff works to remove barriers for clients, including offering evening hours and child care at the Intensive Outpatient Program (IOP).
- TPC has built strong relationships within the community with primary care, hospitals, schools and law enforcement.

"Accreditation is a team effort, and everyone pitched in to demonstrate to the surveyors that The Providence Center provides safe, skilled, compassionate, quality care to our clients," said TPC's Director of Compliance and Quality Improvement, Jocelyn Therien.

The survey also included interviews with clients. Clients remarked that "they are treated with dignity and respect—some for the first time in their lives," and that "the TPC staff never give up on me."

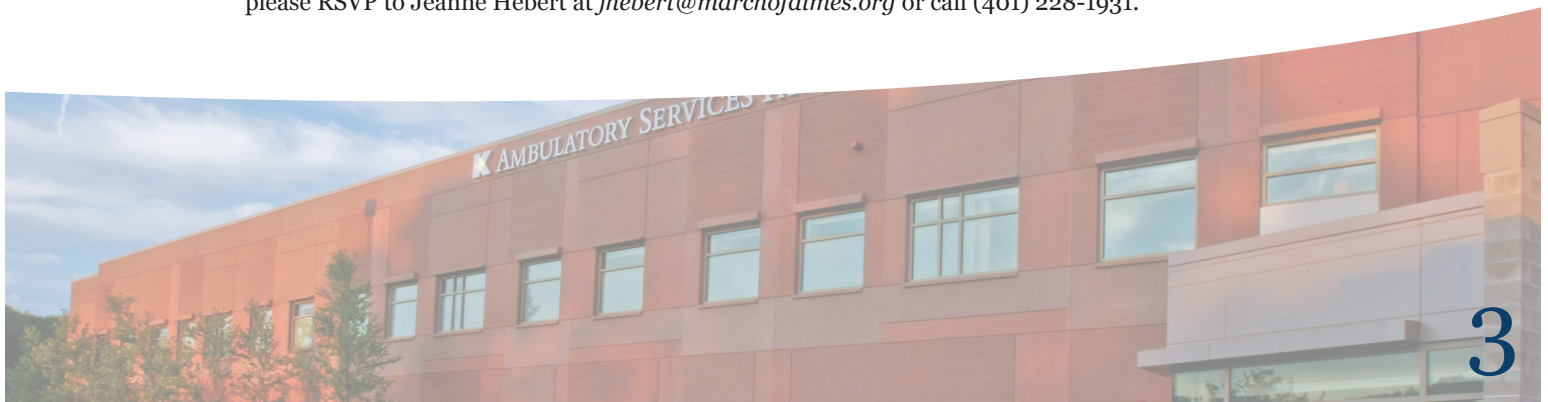
March is Social Work Month

Social Work Month is a time to celebrate the hard work and dedication of those who have committed themselves to helping and supporting others navigate through life's challenges. The Clinical Social Work Departments across Care New England provide patients and their families with a vast array of comprehensive services designed for support and guidance. Such services include psychosocial assessment and support, crisis intervention, adjustment to illness, emotional and psychological distress, interpersonal violence issues, substance abuse concerns, child protective concerns, end of life decision making, perinatal and adult bereavement, and resource referrals. Thank you to all our social workers across the system for all that you do!



March for Babies kicks off at Women & Infants

The Rhode Island Chapter of the March of Dimes will kick off the March for Babies on Monday, March 13 from 9:45 to 10:30 a.m. at Women & Infants Hospital, Malcolm and Elizabeth Chace Education Center, South Pavilion Auditoriums 2 and 3. Women & Infants President and COO Mark Marcantano, Chief of Pediatrics Dr. Jim Padbury and Chief Medical Officer Dr. Robert Insoft will join the local ambassador family in officially kicking off this annual fundraising event. If you are interested in attending, please RSVP to Jeanne Hebert at jhebert@marchofdimes.org or call (401) 228-1931.



Honest Conversations Facebook series continues to engage viewers

The latest installment of the *Honest Conversations* series on Facebook featured Diane Ferreira, director of Assessment Services at Butler Hospital. Throughout the video Diane shares her depth of institutional knowledge, intimate understanding of the patient population, and inherent clinical aptitude. Diane's story, which conveys the balance required to operate Patient Assessment Services in a safe, efficient manner, while maintaining compassion and empathy for each individual patient, resulted in the following:

- **People reached:** 13,000 (potential viewers)
- **Video Views:** 6,500
- **Shares:** 20
- **Reactions:** 210

• **One person shared:** *I was in a similar frame of mind after being in and out of the hospital about 5 times one year. I was talking with a staff member as this woman did with that patient and the advice the staff member gave me was ... A car needs a tune up to run at its best right? ... Right... Well sometimes we need tune ups to, some more than others at times..... I went in another 2-3 times that year but I didn't look at it the same way. I was just in for another "tune up" :-) I will never forget that advice.*



Preview Diane's story and others at others at <http://www.carenewengland.org/conversations>.

Resources for National Nutrition Month

March is also National Nutrition Month where we should all remind ourselves about the importance of making informed food choices and consistently incorporating physical activity into our daily routine. Care New England's health and wellness blog 'Talks Your Health' highlights an array of nutritional information including:

- [One Size Doesn't Fit All When it Comes to Counting Calories](#)
- [Food & Mood: A Love/Hate Relationship](#)
- [Cancer Survivors: 10 Tips to Eat More Plants](#)
- [The Mixed Messages About Food, Diets, and Weight to My Kids](#)

