

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

# MAKING ROUNDS

SPRING 2015



CAPE FEAR VALLEY HEALTH

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# recognized as a TOP PERFORMER

by The Joint Commission

AN INDEPENDENT ORGANIZATION THAT ACCREDITS AND CERTIFIES MORE THAN  
20,500 HEALTHCARE ORGANIZATIONS ACROSS THE NATION

Cape Fear Valley has been recognized as a **TOP PERFORMER** in four areas: **HEART ATTACK :: HEART FAILURE :: PNEUMONIA :: SURGICAL CARE**

## MAKING ROUNDS<sup>SM</sup>

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Cape Fear Valley  
P.O. Box 2000  
Fayetteville, NC 28302-2000

[www.capefearvalley.com](http://www.capefearvalley.com)

If your address is incorrect or you would like to be removed from our mailing list, please call 615-6445 or send an email to: [dbyers@capefearvalley.com](mailto:dbyers@capefearvalley.com).

**EDITOR :** Donnie Byers  
PUBLIC RELATIONS COORDINATOR  
[dbyers@capefearvalley.com](mailto:dbyers@capefearvalley.com)

**DESIGNER :** Jason Brady  
MARKETING COORDINATOR  
[jbrady@capefearvalley.com](mailto:jbrady@capefearvalley.com)



**CAPE FEAR VALLEY HEALTH**



A Joint Commission  
**TOP PERFORMER**



## LETTER *from the* CEO

Strong hospitals make strong communities. The statement rings true on so many levels.

For starters, strong hospitals help communities recruit new industry. Companies don't just look for good schools and neighborhoods when scouting potential new locations. They also look for quality healthcare for employees and their families.

Here in North Carolina, local hospitals are often among a community's biggest employers. That's certainly the case in Cumberland County, where Cape Fear Valley Health is the largest non-government employer.

And we've already created another 150 jobs in neighboring Hoke County through our new Hoke Healthcare campus. Studies show for every one of those new jobs, another 1.2 jobs are supported by the goods and services hospitals and employees purchase.

As important as job growth is, it's the greater access to quality healthcare that really matters. Cape Fear Valley Health opened Hoke Hospital on the same campus on March 9, becoming that county's only full-service hospital. It means area patients no longer have to drive long distances for medical care.

In March, Hoke Hospital's Emergency Department treated an average of 37 patients a day, with 59 patients hospitalized in the 24-bed Medical/Surgical Unit.

The facility also has two operating rooms where general surgeons, OB/GYN specialists, pediatric dentists and

orthopedic surgeons can perform a variety of procedures. We expect additional specialists will begin to use Hoke Hospital's surgery center in the future.

Hoke Hospital's birthing center will soon begin delivering babies to better serve the growing number of young families in the area. The facility has four birthing suites, a newborn nursery, dedicated C-section room and 16 post partum rooms. Hoke OB/GYN physicians can reach the birth center in seconds from their second floor Health Pavilion Hoke offices.

Cape Fear Valley Health has been just as busy in Harnett County recently. The health system has been strengthening operations at Betsy Johnson Hospital in Dunn and Central Harnett Hospital in Lillington, through a management agreement with Harnett Health.

This agreement allows the two hospitals to save on operating costs through Cape Fear Valley Health's greater purchasing power with vendors and suppliers. We've also hired new billing specialists to improve Harnett Health's billing and collections from insurance companies.

Cape Fear Valley is also working to bring more specialists to Harnett County so residents can receive more care locally. That's our core belief: people shouldn't have to travel long distances to get great care no matter where they live.

We're committed to providing exceptional healthcare close to home, because we care about your health and the health of our community.

Mike Nagowski  
CEO, Cape Fear Valley Health



# Don't Make The Call



Community  
Paramedic  
Program

## A new EMS program helps patients steer clear of the ED

### Cape Fear Valley's patient care strategy has taken an unusual twist.

The health system has begun dispatching EMS personnel out into the community to help patients actually not come to the hospital. The move is to try to decrease the readmission rates for pneumonia patients.

Pneumonia is a common lung infection, often accompanied by a cough, fever and breathing difficulty. Most patients can be successfully treated at home in two to three weeks. But some patients, especially older ones or those with chronic lung disease, may need to be admitted for more acute care.

The problem is that nearly 20 percent of pneumonia patients are readmitted within 30 days of initial discharge – sometimes repeatedly. Studies show coming back so soon can increase the risk for death over time.

Cape Fear Valley's new Community Paramedic Program sends paramedics to former pneumonia patients' homes to provide regular checkups. They can also give on-the-spot medical treatment if necessary.

"This is completely opposite of what 911 normally does," said Robyn McArdle, Cape Fear Valley EMS's Training & Compliance Officer and the program supervisor. "Everything we do is to prevent them from being readmitted."



That includes a thorough risk assessment, medication review, and even helping patients with their IV medication or nebulizer treatments, if needed. Think of it as a modern day house call.

The paramedics work with Cape Fear Valley's Coordination of Care staff to select program participants and work out daily visitation schedules.

There are currently 15 patients enrolled in the program, which launched in January. Roughly half are still inpatients. McArdle says the Community Paramedic Program tries to identify patients at risk for readmission before they are discharged.

Larry Fritz is a program success story. The 61-year-old diabetic has had a myriad of illnesses in recent years. They include stroke, osteoporosis, congestive heart failure and Chronic Obstructive Pulmonary Disease (COPD).

In 2012, he also suffered respiratory failure. It was exacerbated after he caught bronchial pneumonia, which led to repeated readmissions to the hospital.

Under the Community Paramedic Program, Fritz now gets monthly visits from paramedics. They check his blood sugar, breathing, weight and blood pressure. They also help him keep track of his numerous medications.

He hasn't been back to the hospital since joining the program.

"I'll be honest," Fritz said. "If it wasn't for them I'd still be going to the hospital a lot. Other places should be doing this too."

Such proactive home visit and wellness programs are still a rarity in the U.S. But they are growing more popular because of the healthcare industry's struggles with patient readmissions.

The healthcare industry labels readmissions for the same condition within 30 days as preventable. They take up valuable bed space and cost taxpayers \$15 billion annually in Medicare claims.

As a result, in 2013 the Centers for Medicare & Medicaid Services cut Medicare reimbursements by 1 percent to hospitals with high readmission rates for heart attack, heart failure and pneumonia. The reimbursement penalty rate ticked up to 2 percent last year, and will continue to incrementally increase over time.

Readmissions are especially problematic for safety net hospitals like Cape Fear Valley Medical Center. These facilities provide a disproportionate share of care to uninsured, underinsured and low-income patients.

"The hospital realized that paramedics would be able to offer a unique way to help reduce the readmission rates for pneumonia patients," McArdle said. "Similar programs have been able to reduce readmission rates 50 to 75 percent."

Initial data shows the Community Paramedic Program is indeed working. One of the program's biggest success stories is another former COPD patient. The 54-year-old male had several underlying health issues that forced him to rack up 22 Emergency Department visits and 16 readmissions within 18 months. The estimated cost of care was \$440,000.

Since joining the program, the patient has been back to the hospital just once in nine months. He has also successfully completed Cape Fear Valley's pulmonary rehabilitation program. He now plans to do a maintenance program at Cape Fear Valley's HealthPlex fitness center.

The Community Paramedic Program has shown so much initial success that administrators plan to eventually enroll up to 250 patients a year. It may also begin accepting patients with congestive heart failure, diabetes, and those recovering from sepsis infections.

If it does, Cape Fear Valley's innovative patient care strategy may not be so unusual anymore.



# High-speed breakthrough

How a new procedure is helping open up the most difficult blocked arteries

**Cape Fear Valley Heart & Vascular Center has begun using a new procedure** to help treat patients with severely blocked and hardened heart arteries.

Coronary Orbital Atherectomy, also known as rotational atherectomy, is a minimally invasive procedure that removes calcified plaque built up inside arteries. Approved in late 2013 by the FDA, the procedure is quickly gaining popularity because of its effectiveness.

Doctors normally treat blocked arteries through a process called “stenting.” The procedure uses catheters to insert tiny metal tubes, called stents, at the blockage site. Small balloons then expand the stents outward to widen the artery wall and allow more blood flow.

The stent acts as a tubular brace to prevent the artery from re-constricting and choking off blood flow again. But some arteries can become severely calcified. These blockages are not only harder to expand, but also to penetrate. Some blocked arteries are so narrow that stents can’t squeeze through.



Coronary orbital atherectomy effectively shaves away the narrow blockages with an even-narrower device called the Diamondback 360 Orbital Atherectomy System. The catheter-like apparatus uses a diamond-coated drill tip, measuring just 18 one-thousandths of an inch thick.

When in place, the drill tip spins in a tight circular pattern. As it spins faster, it begins expanding outward.

Matthew Daka, M.D., Cape Fear Valley Health's Chief of Cardiology, was the first physician to perform a rotational atherectomy in Fayetteville. He says elderly patients will benefit the most from the new procedure, because they typically have more calcified blockages.

"This device can gently shave away the calcium," Dr. Daka said, "making the blockage much easier to treat."

Cape Fear Valley previously sent patients to Triangle hospitals for orbital atherectomy. Now patients can have it done at Cape Fear Valley Heart & Vascular Center and not worry about additional travel time or expense.

Dr. Daka trained in the procedure during his fellowship at Columbia University College of Physicians and Surgeons in New York City. He performed his first Fayetteville case in February.

His patient was a male who had arterial blockages on both sides of the heart. The right blockage was easily treated with traditional stenting, but the left had calcified lesions.

The procedure was done in a cath lab at Cape Fear Valley's Heart & Vascular Center, with the patient still conscious. A guide catheter was inserted into an artery near the patient's groin, and threaded up to the blockage site. The Diamondback 360 drill tip was then routed up the guide wire into place.

Using fluoroscope X-ray imaging, Dr. Daka proceeded to shave away the calcified plaque a tiny bit at a time. The loosened particulates were simultaneously flushed out of the artery with biodegradable soy protein-based lubricant.

The flushed particulates are very fine, which reduces the risk for stroke. Heat injury to the blood vessel is also minimized, due to continuous blood flow during the procedure.

The Diamondback 360 system can spin up to 120,000 rotations per minute, while still gently preserving arterial wall integrity. The faster it spins, the more hardened plaque it rubs away.

"Think of it as a miniature Dremel tool," said Eric Koon, a district sales manager with Cardiovascular Systems Inc., which manufactures the device. "It uses centrifugal force to spin and expand. The faster the orbit, the larger the orbit."

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“We’re excited to be able to bring this new procedure to Fayetteville.”

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Once the calcified plaque is shaved off, a traditional stent can then be inserted into the repaired artery.

Initial studies show atherectomy is effective and can prolong patient life. This excites Dr. Daka, because heavily calcified arteries are extremely difficult for cardiologists to treat.

"It's pretty much the most complicated procedure that's done in our cath labs," he said. "We're excited to be able to bring this new procedure to Fayetteville."





# spring into OUTDOOR RECREATION



## Physical activity is something everyone needs, but not everyone gets.

The U.S. Centers for Disease Control and Prevention and American College of Sports Medicine both recommend U.S. adults get about 150 minutes of exercise a week. It doesn't have to be indoors, however. Outdoor exercise can be a great alternative; even more so after a long, cold winter.

The health benefits of regular exercise are plenty: reduced risk for everything from obesity and diabetes, to heart disease, cancer and osteoporosis. Vigorous exercise can also boost immune response, reduce depression, relieve stress and increase life expectancy.

But there are risks to exercising outdoors, so safety is a must. Avoid temperature extremes, drink plenty of water, use sunscreen and wear proper footwear for the activity. Follow these simple tips and just about anything outdoors can be a fun way to commune with nature, while also increasing physical activity.

Avid golfers can choose from 42 golf courses spread out over Cumberland, Moore, Lee, Hoke, Harnett and Robeson counties. Hitting the links is not only fun and competitive; it can also burn some serious calories.

Players who walk and carry their bags can burn an average of 721 calories over nine holes. Golfers who use a caddie but still walk burn roughly 613 calories. Those who use a golf cart can still burn 411 calories on the same course.

Another benefit to golf is that it's considered a sport with low risk of injury. That makes it ideal for seniors or someone looking for a low-impact exercise. If the green fees are too pricey, disc golf can be a safe alternative.

Players throw a disc at targets scattered all over a course. The goal is to complete the course in as few throws as possible. Players can burn up to 900 calories over an 18-target course. Mazarick and Arnette parks in Fayetteville are popular destinations for the sport.

Trail walking is another popular activity at local parks. The exercise can help improve blood pressure, blood lipid profiles and lower blood sugar levels for diabetics. Vigorous walking can also reduce the risk of coronary heart disease, according to the American Heart Association.

Michael Gibson is the Director of Fayetteville-Cumberland Parks and Recreation. He said most of the county's parks have walking trails for good reason.

"The county is becoming more urbanized," he said, "so residents need parks and recreation centers. The goal is to have more walkable communities, to help people get outside, exercise and enjoy nature."

Ask Gibson which park is his favorite, and he'll tell you all of them. Cumberland County has several to choose from. Downtown Fayetteville has Cross Creek Linear Park, with its scenic walking trail that winds alongside Cross Creek. The shallow waterway connects a series of other downtown parks, including Festival Park and Riverside Dog Park.

Historians and sightseers will find the trail just as enjoyable. It details Fayetteville's rich history with several signs and scenic stops along the way. The stops include historic Cross Creek Cemetery, Cool Spring Tavern and a statue of Marquis de Lafayette, Fayetteville's namesake.

The Cape Fear River Trail, near Methodist University, is another popular destination for nature hikers. It's part of the East Coast Greenway hiking corridor, which will eventually connect walking trails from Calais, Maine, to Key West, Fla.

The Cape Fear River Trail portion may not be as long as the others, but it's getting there. Organizers just added another mile, making it a genuine five-mile trail. It currently runs from Jordan Soccer Complex, off Ramsey Street, to the Hoffer Water Treatment Facility, near Fayetteville State University.

Approximately 700 plant and tree species can be found along the trail, as well as 150 species of birds, and active frog and turtle populations. The route is also paved, making it an excellent trail for bike riders.

Several local schools and community centers have also opened their athletic tracks to public walking. A complete list can be found on the Fayetteville-Cumberland Parks and Recreation Center website at [www.fcpr.us/parks](http://www.fcpr.us/parks).

But there's more to do in the region than just walk or play golf. Several county parks have tennis and volleyball courts and soccer fields. All these can be found at Lake Rim Park near the Hoke County line. The park also offers nature trails, picnic areas and playgrounds. It is open from 7 a.m. to 9 p.m., March through October, and 7 a.m. to 5 p.m. the rest of the year.

Raven Rock State Park in Harnett County also has scenic walking trails. It is located off U.S. 42, eight miles northwest of Lillington. It's an extremely popular destination for hikers, due to its diverse topography, breathtaking cliffs and waterfalls. Visitors can choose from 11 trails that vary dramatically in difficulty and distance.

But be prepared. Hiking rugged trails requires more balance and physical exertion than walking on paved surfaces, according to the American Hiking Society. But the payoff is worth it. Hiking boosts bone density, builds strength in the hip and lower legs, strengthen core muscles and improves balance.

Raven Rock State Park visitors can also fish, hike, camp, canoe and picnic. Early spring visitors can witness beautiful wildflowers in bloom. The visitors can mark off plants and wildlife they see at the park using downloadable checklists from Raven Rock's page at [www.ncparks.gov](http://www.ncparks.gov).





#### ARNETTE PARK

100 acres of developed facilities and natural woodland. Amenities: ballfields, sand volleyball courts, horseshoe pits, disc golf, picnic pavilions, playground, tennis courts and nature trails.

#### CAPE FEAR RIVER TRAIL

A 10-foot wide paved path for walkers, joggers and bicyclists. It winds for nearly 5.3 miles through a beautiful blend of trees, plants and wildlife with spectacular views of the river.

#### CARVERS CREEK STATE PARK

Amenities: Fishing, hiking, picnicking and educational programs.

#### CLARK PARK

A natural woodland area dedicated to nature education and environmental preservation. Amenities: nature center, walking trails, trailhead for Cape Fear River Trail, primitive camping and access to the Cape Fear River for canoeing.

#### HOPE MILLS PARK

Amenities: ball fields, walking trail, playground, basketball court and tennis court.

#### JOHN E. PECHMANN

#### FISHING EDUCATION CENTER

North Carolina Wildlife instructors teach a variety of aquatic programs to anglers of all ages and abilities.

#### JONES LAKE STATE PARK

2,208 acres of peaceful surroundings with a variety of facilities. Amenities: hiking, picnicking, swimming, fishing and camping.

#### LAKE RIM PARK

Amenities: Picnic areas, horseshoe pits, walking trails, tennis courts, sand volleyball courts, athletic fields, natural areas, a Native American themed garden, playgrounds and restrooms.

#### LUMBER RIVER STATE PARK

11,064 acres of land and 115 miles of scenic waters.

#### LUTHER BRITT PARK

Amenities: Fishing, swimming, paddle boats, canoeing, horseshoes, basketball courts, playground, walking trails and bike trail.

#### MAZARICK PARK

Amenities: Softball field, pavilions, concession stand, fishing pier, rowboat rental, trails, playground, tennis courts, disc golf and restrooms.

#### RAVEN ROCK STATE PARK

Amenities: Camping, canoeing, fishing, picnicking, trails for hiking and horseback riding.



# Still Moving Forward

:: by Lindsey Graham

**Timothy Wright was no stranger to healthcare.** He once taught patients day-to-day care as an independent skills caseworker for a brain and lung injury clinic.

But in 2014, the tables changed. His weight had been increasing over the years. But when his mother passed away, Wright just stopped caring.

At 819 pounds, Wright, 45, could no longer walk, drive or do basic daily tasks. Calls to the Fayetteville Fire Department also became routine, because he would fall and be unable to get up.

“I never thought in a million years that I would have to have someone take care of me,” Wright said.

Obesity has become a national epidemic. More than a third of U.S. adults are now considered obese, according to the Centers for Disease Control and Prevention. Of those, 15.5 million are morbidly obese, which is defined as 100 pounds overweight.

Bariatric surgery can help morbidly obese people lose weight. But Wright chose a different route.

His weight loss journey began last summer after being hospitalized at Cape Fear Valley Medical Center. He was suffering from congestive heart failure, hypertension and poor blood circulation.

"I worried I was going to die," Wright said.

But Zane Walsh, M.D., a physical medicine and rehabilitation physician, was not about to let that happen. After multiple attempts, he got approval from the insurance company for inpatient rehabilitation. Wright was admitted to Cape Fear Valley Rehabilitation Center in September for an inpatient stay that lasted 72 days.

"The staff of Cape Fear Valley Rehabilitation Center went above and beyond to get me back on my feet," Wright said. "There is not a day that goes by that I don't think about them."

Staff ordered specialized equipment for Wright. While his bariatric wheelchair was being custom made, James Jones, Certified Occupational Therapy Assistant, and Julie Zoky, Physical Therapy Assistant, worked with Wright at the bedside.

Once the equipment arrived, he was able to leave his room for therapies. Jones and Zoky developed activities and games to promote strength, endurance, balance and mobility. Other activities were designed to exercise Wright's mind and improve concentration.

"Whether I realized it then or not," he said, "everything they did with me was designed to make me feel better and improve every step of the way. They believed in me when I didn't believe in myself."

Jones spent a lot of time talking with the patient to find out what motivated him.

"James (Jones) gave me the will to live," Wright said. "He helped me believe I could be independent again."

Zoky's vitality helped Wright persevere when the physical therapy sessions grew difficult, and he began to look forward to the therapy exercises he once dreaded.

The patient was also prescribed a special low-sodium, low-carbohydrate diet to treat his hypertension and heart failure. Prior to going to Cape Fear Valley Rehabilitation Center, Wright had never been on a diet. The rehabilitation center dietitian taught him how to eat, and the pounds began to fall off.

Rehabilitation also taught Wright ways to stay determined. He learned to take his time, focus and be patient for results. The formula may seem simple, but Wright says the work was hard.

"I left here with a new attitude," he said, "Rehab taught me how to live again."

Wright credits God and each one of his caregivers for his recovery. From the housekeeping staff that offered him daily words of encouragement, to transporters who made him comfortable while taking him to therapies, each one played a part in Wright's success.

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“I might not be where I want to be right now, but I am not where I was, either. I’m still moving forward.”

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"The whole team never gave up on me," said Wright.

"Everyone who cared for me deserves a medal. They saved my life."

Seven months later, Wright is a changed man, inside and out. He's lost 311 pounds and no longer has congestive heart failure. Nor does he need oxygen tanks 24 hours a day. His four blood pressure medications have been reduced to one.

Most importantly, Wright has his independence back. It's a remarkable story, but he isn't done yet. He wants to lose even more weight, so he continues to exercise, watches his diet and sees his physician regularly.

"I might not be where I want to be right now," he said, "but I am not where I was, either. I'm still moving forward."

# To Walk Again

A free surgery program helps people regain hope and independence

**Nathaniel Pigford always prided himself on staying healthy and in relatively good shape.**

The lanky 56-year-old played high school basketball and continued to exercise, well into adulthood. He eventually became an avid jogger but began experiencing nagging hip pain six years ago.

He tried everything to alleviate the pain: periodic breaks from running, stronger pain medications, days off from work. Nothing helped. He thought it was a hernia, because the pain started in his groin. It eventually spread down his right leg.

The pain became so unbearable it would wake him at night. He finally gave in and went to the Emergency Department. Tests revealed degenerative arthritis of the hip.

Also known as osteoarthritis or age-related arthritis, the condition often develops as people age. Inflammation in the affected joint eventually breaks down nearby cartilage tissue. That leads to pain, swelling and joint deformity.

“I’d never had this kind of pain before,” Pigford said. “It just got so bad, I couldn’t walk anymore.”

Lost days at work eventually cost him his job, his health insurance, and any real hope of remedying

the pain. He moved to Fayetteville to take care of his disabled twin brother full-time. But the change in scenery didn't do anything for his arthritic hip. It just got worse.

Moving to a new town without a job or health insurance obviously limited his treatment options. He started going to The CARE Clinic out of necessity. The downtown Fayetteville clinic provides free healthcare to uninsured and underinsured people.

It was there that Pigford learned about a new charity care program seeking applicants for free hip replacement surgery. He was selected after meeting with doctors and undergoing tests. The decision instantly changed his life for the better.

Hip replacement surgery is still invasive and requires physical therapy. Pigford had also never undergone surgery, so he was scared. Really scared. His surgeon, Dickson Schaefer, M.D., tried putting Pigford's mind at ease with a bit of humor and straight talk.

"You ready to roll?" Dr. Schaefer asked during a pre-surgery consultation.

"I don't want to, but I got to," Pigford said, cracking a nervous smile. "Look at me, I can't even bend over to tie my shoes it hurts so bad."

The physician explained that the patient had an extremely bad case of hip arthritis. Ironically, the severity is what made Pigford an ideal candidate for the free hip surgery.

"I had looked for a good patient for two years," Dr. Schaefer said. "He's got a horrible hip."

Pigford nodded in silent agreement, while staring down at his lap.

There was nothing more to say.

## CHARITY PROGRAM

Arthritic disease is the most common cause of disability in the U.S. It affects roughly 46 million Americans, or more than 21 percent of adults. Luckily for them, hip and knee joint replacement surgeries are among the most common and successful orthopedic procedures.

But they aren't free. Or at least to most patients.

Pigford's free surgery was made possible by Operation Walk USA. Started in 2010, the independent medical humanitarian organization provides free hip or knee

replacement surgeries to patients who may not qualify for government assistance and cannot afford surgery on their own.

To date, Operation Walk USA has provided new hips and knees to nearly 500 people all across the U.S. Cost for those surgeries and related care are valued at more than \$13.2 million. The group's parent organization, Operation Walk, has helped more than 6,500 patients worldwide.

Operation Walk USA provides its free surgeries during the first week of December. Everything is paid for, including the cost of surgery, hospitalization and pre- and post-operative care. Free air travel is even provided if patients require treatment and care far from home.

Pigford was lucky enough to live just minutes from both Cape Fear Valley Medical Center, where he had his operation, and Dr. Schaefer's practice, Fayetteville Orthopaedics & Sports Medicine.

Dr. Schaefer began working with Operation Walk USA as a way to give back to the community through his special skill set.

"Many of these folks are in a financial gray zone," he said. "They really don't have a lot. Pigford came to Fayetteville to take care of his brother and it puts him in a financial bind."

Implant manufacturers, Biomet, DePuy, Smith & Nephew, Stryker, Total Joint Orthopedics and Zimmer donate artificial hip and knee implants used in the free surgeries. The surgeons, operating room staff and physical therapists do the rest.

Pigford's operation was on Dec 1. Two months later he was walking again with just a slight limp and a little discomfort.

It wasn't easy for him to get to that point. He had to undergo intensive physical therapy twice a week after his surgery. The sessions were cut to once a week when he no longer needed crutches.

Pigford described his physical therapy sessions as brutal but necessary. He wants to walk just like he did before his hip went bad. That means at least another few weeks of physical therapy.

That's a small price to pay, considering he didn't have to pay anything for his new artificial hip.

"I'm pushing myself," he said, while finally cracking a real smile. "This surgery was a blessing."

# Quality and Compassion

*Recognition for quality care doesn't come easy or overnight*

:: by Donnie Byers



**Do something long enough – and do it well – and people will take notice.**

Cape Fear Valley Health has won countless patient care quality awards over the years. None can be considered more prestigious than the Gold Seals of Approval™ awarded through The Joint Commission's Disease Specific Care Certification Program.

The Joint Commission is an independent, not-for-profit organization that accredits and certifies more than 20,500 healthcare organizations and programs across the U.S. Their certifications are a nationally recognized symbol of quality.

Launched in 2002, the commission's Disease Specific Care Certification Program evaluates clinical programs across the continuum of care in a wide variety of treatment areas.

To date, Cape Fear Valley Health has earned six Gold Seals

for the treatment of Total Hip replacement surgery, Total Knee replacement surgery, Heart Failure, Advanced Stroke, Acute Myocardial Infarction (AMI, also known as heart attack) and Pneumonia.

Jan Mathews is Cape Fear Valley's Corporate Executive Director for Quality and Patient Safety. She says Gold Seals of Approval™ validate the health system's unwavering commitment to improving patient care and clinical expertise.

"We couldn't have done it without using evidence-based care," she said, "which is the best care and provides for the best patient outcomes."

As the name implies, evidence-based care relies heavily on current best practices and research when deciding how to treat a patient. Patients are involved by openly sharing their preferences and feedback with care providers. It's the open communication that makes a difference.



Evidence-based care arose because all too often, health providers were making vital care decisions based solely on past experience. Living in the past doesn't always make for the best medicine.

The Joint Commission realizes this. It requires hospitals and medical facilities to show ongoing compliance with national standards for care, effective use of evidence-based clinical practice guidelines to manage and optimize patient care, and an organized approach to performance measurement and improvement.

Hospitals and medical facilities must undergo a rigorous on-site review by a Joint Commission expert before they can receive any Gold Seal certification. Applicants can't just say they are a high performing hospital. They have to prove it.

Part of the certification process involves having physician-led interdisciplinary teams in the specialty seeking certification.

Douglas McFarlane, M.D., is an orthopedic surgeon who helped champion Cape Fear Valley's award-winning Race 2 Recovery joint replacement program. He said Cape Fear Valley staff worked around the clock in preparation for its first Disease Specific Care Certification on-site review in 2010. The hospital was seeking certification for both Hip and Knee replacement surgery at the time.

"We had a big check list of things we needed to do and show what we had done," Dr. McFarlane said, "and we systematically went over each and every one."

The hard work paid off. The health system went on to win its first two Gold Seals for Total Knee and Total Hip replacement surgeries, after showing reviewers its surgical capability, performance improvement measures, and staff clinical competency.

Cape Fear Valley Health has used what it learned from the certification process to earn other prestigious awards. In 2014, The Joint Commission also named the health system a Top Performer Hospital on Key Quality Measures® in four treatment areas.

The recognized areas were for AMI, Heart Failure, Pneumonia and Surgical Care. The Top Performer program recognizes hospitals for improving on evidence-based care, which increases the likelihood patients have good outcomes. Top performers must achieve a 95 percent or above for all reported accountability measures.

Six Gold Seals of Approval and four Top Performer awards in less than four years from an industry-leading governing body could be considered an exceptional accomplishment for any hospital. But Cape Fear Valley Health isn't content.

The health system has already set its sites on two more Disease-Specific Care Certifications: one for Wound Care treatment at Highsmith-Rainey Specialty Hospital and a second for the treatment of Sepsis at Bladen County Hospital in Elizabethtown.

CEO Mike Nagowski says Cape Fear Valley doesn't expect anything less, nor should its patients.

"Delivering the right treatment, the right way, at the right time, is what we always strive to do at Cape Fear Valley Health," he said. "These awards prove we're doing what we've set out to accomplish."



*disease specific  
certifications*

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**TOTAL HIP  
REPLACEMENT  
SURGERY**

**TOTAL KNEE  
REPLACEMENT  
SURGERY**

**HEART FAILURE**

**ADVANCED STROKE**

**ACUTE  
MYOCARDIAL  
INFARCTION**

**PNEUMONIA**

# Head In The Clouds



**Getting out of town is nothing new for this board member.**

**Flying an airplane and practicing medicine may seem like entirely different professions**, but they do share one big thing in common: risk.

The danger with flying is obvious. It requires being thousands of feet in the air with no real safety net underneath. Practicing medicine poses similar risks because patient lives are at stake.

Nitin Desai, M.D., is both a pilot and internal medicine physician, so he's well aware of the risks from either side. So much so, that he applies what he learns from cockpit time to his day job at his Cross Creek Medical Clinic practice.

"Flying teaches you a lot of discipline" he said. "You're working with a lot of standard operating procedures, and always thinking about safety and planning. It's a lot like medicine."

He currently serves as Vice Chief of Staff on Cape Fear Valley Health's Board of Trustees, so he takes every opportunity to preach the similarities to his peers. His message is all about creating a culture of safety, high-reliability and teamwork in the workplace.

The safety message is warranted. Medical errors lead to approximately 200,000 preventable deaths a year in the U.S., according to the Institute of Medicine. If that were to happen in the airline industry, there would be a national outcry, forcing the industry to a screeching halt.

Luckily, it hasn't happened. The airline industry boasts one of the best safety records of any industry, thanks to stringent guidelines and pro-active safety measures.

As a result, a growing number of hospitals have begun hiring professional pilots to train critical care staff on how to apply aviation safety principles to the healthcare field. Dr. Desai gives a pilot's perspective toward patient



safety while working with Cape Fear Valley's Medical Executive and Physician Peer Review committees.

The Indian-born physician has been flying passenger planes since 2009. His interest in planes started early, while growing up near a military base. The fascination with flight stuck through college and well into his medical career, before he finally got the opportunity to obtain his pilot's license.

"The kids were grown, so my wife allowed me to get it," Dr. Desai said with a reserved chuckle.

If he isn't flying or seeing patients in his private practice, then he's probably working on a car or riding one of his motorcycles. His love affair with bikes started in college back in India. Traffic jams are a nightmare there, making two-wheeled transportation a sensible choice.

Dr. Desai preferred more-upscale brands, such as German BMWs and British Royal Enfields. But no one in his town knew how to fix such exotic machinery. So the college student did what any self-professed gearhead would do: get an automotive degree so he could work on the bikes himself.

The extra education paid off. He still works on the antique BMW touring bike he bought when he was younger. It's still in pristine condition, but it's no lightweight, compared to today's bikes. Nor does it handle particularly well. But it oozes style and has a flat-twin engine that generates a characteristic "burble" that makes even Harley riders take notice.

Being a physician, it's almost mandatory Dr. Desai also play golf. And he does. He picked up the sport after moving his wife, Tina, and their daughters, Nisel and Eva, to Fayetteville nearly 20 years ago.

Unbelievably, he still has time for other activities. They include working as an FAA-designated senior aviation medical examiner and volunteering in medical relief camps all over the world. The latter is extremely tough work, requiring long stretches away from home. But Dr. Desai feels it's a worthy cause.

His most memorable trip occurred last year when he went to Haiti. Dr. Desai went there with other medical professionals to provide free medicine and medical care to the earthquake-ravaged nation.

After their tour, the group boarded a bus to the airport so they could fly back to Miami. But angry villagers protesting low teacher pay cut the ride short.

"They were setting up roadblocks, burning tires, putting trees in the road," Dr. Desai said. "We said we were there to help, but they weren't listening."

The relief workers found themselves marching along the beach a few minutes later, with luggage in tow. They had to make the three-mile trek to the airport or risk missing their flight.

It was summer, so the humidity was stifling. Not a good combination for weary travelers already tired from working around the clock in a country far from home.

Most people would have given up volunteering after such a harrowing experience.

But not Dr. Desai, because he understands the risks.



## Charles Holt's Legacy Lives On With Diabetes Endowment

**You could call Charles B. Holt “Mr. Fayetteville.”** The town held a large piece of his heart. Perhaps that’s why he served the community so tirelessly.

For 16 years he served as an elected official, serving on the city council, holding the office of mayor and then serving three terms in the State House of Representatives. He also sat on the Board of Directors for Cumberland Community Foundation, YMCA and Cape Fear Valley Health Foundation.

Holt passed away in 2011. But with the help of his wife, Peggy, he continues to serve the Fayetteville community. Mrs. Holt has established the Charles B. C. Holt endowment to ensure that Cape Fear Valley Diabetes and Endocrine Center can continue to care for the area’s diabetic population for years to come.

“Charlie was an insulin-dependent diabetic for 40 years,” Mrs. Holt said. “He tried to control the diabetes with diet and exercise, but eventually he had to go on insulin.”

Holt became very health conscious as a result. He watched what he ate and worked out often, since weight control and a sensible diet are an important part of blood sugar control. He eventually lost 40 pounds, yet his diabetes was still out of control. Watching her husband struggle with diabetes was frightening.



:: by Ginny Deffendall

“The hardest parts were the highs and lows,” Mrs. Holt said. “Sometimes he would go unconscious. His sugar levels would become so low.”

Having uncontrolled diabetes proved difficult for Holt because it meant traveling outside the county for care. At the time, Fayetteville had no physicians who specialized in diabetes or endocrinology.

But things were about to change. In 2004, Cape Fear Valley Health Foundation began a capital campaign to raise money for a local diabetes care facility. Such a project is at the heart of the Health Foundation’s mission: to serve the community and support Cape Fear Valley Health as it provides compassionate, quality care for all its patients.

But it was no easy undertaking.

A project this large would require significant fundraising efforts, so the Foundation Board approached Holt to chair the fundraising committee. With his community service background, Holt was well known throughout the community, making him a perfect candidate for fundraising chair.

He accepted. With his help, the capital campaign raised more than \$1.75 million. On Nov. 16, 2007, Cape Fear Valley Health and the Health Foundation opened the doors to Cape Fear Valley Diabetes and Endocrine Center.

“And then Charlie became a patient,” said Peggy Holt.

She and her husband got to know the staff of the Diabetes and Endocrine Center very well, as well as his fellow patients.

“We’d sit in the waiting room and Charlie would be so concerned for the other patients,” Mrs. Holt said. “He would often say that education is the key to prevention and he wanted to educate everyone.”

Interest from the endowment will be used to enhance diabetes research, education and patient care at the Diabetes and Endocrine Center.

Holt’s daughter, Sarah Holt Cox, is a registered nurse. She works in the operating room at Highsmith-Rainey

Specialty Hospital across the street from the Diabetes and Endocrine Center. She says she often thinks of her father when she pulls into work. She believes he would be thrilled that an endowment in his name will help make such an impact on the lives of local diabetics.

“He used to bring supplies to a diabetic child in my son’s class,” she said.

The girl’s family could not afford to purchase the supplies on their own so Holt would make sure she had what she needed to check her blood sugar.

“That child is 24 now and doing well,” Cox said. “Dad would always do wonderful things like that for people, but he never wanted attention for any of it. He was so humble and he didn’t want anything to be about him ever.”

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“If this endowment can help prevent even one person from getting diabetes, I think Charlie would be absolutely thrilled.”

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Cox remembers how much passion her father had for diabetes and diabetes education.

“He would talk to anyone, anywhere about exercise,” she said. “It bothered him to see people, especially kids, who were not taking care of themselves.”

Mrs. Holt agrees. She would love to see some of the endowment money used to increase diabetes education through the Cape Fear Valley Pediatric Diabetes and Endocrine Center. Like her late husband, she worries about the children and the increasing numbers of them diagnosed with diabetes each year.

“Charlie used to say, ‘Let’s not let any more people get this horrible disease,’” she said. “I’m very grateful to the Foundation and health system for setting up the center and including Charlie. If this endowment can help prevent even one person from getting diabetes, I think Charlie would be absolutely thrilled.”



*making a DIFFERENCE  
for over 20 YEARS*

There are a lot of people helping Cape Fear Valley Health Foundation complete its mission to serve the community by building awareness and philanthropic support for Cape Fear Valley Health.

From the Foundation Board members to the volunteers who assist patients in the health system to the generous donors throughout the community, thousands help Cape Fear Valley Health provide exceptional healthcare to all of our patients.

This is a snapshot of just some of the work Cape Fear Valley Health Foundation has done in the past year.

## *the* **EMPLOYEE CAMPAIGN** *from the inside out...* [ FALL.2014 ]

**\$171,774.73**

amount donated from  
Cape Fear Valley Health  
employees

average  
donation

\$100 \$100 \$100

**\$245**

**700**

employees  
participated

**134**

donated at least  
one hour's pay  
per pay period



## *FRIENDS of the* **CANCER CENTER RIBBON WALK & RIDE** [ 9.20.2014 ]

**1,000+**

total participants

**\$86,844**

amount raised to support  
local cancer patients

### **SUPPORTING** *our* **COMMUNITY**

Last year Friends of the Cancer Center provided more the \$145,000 in assistance to cancer patients in our community, including more than 200 free mammograms.



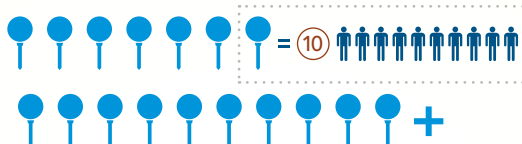
## FRIENDS *of* CHILDREN GOLF CLASSIC

[ 10.2.2014 ]

Fore!

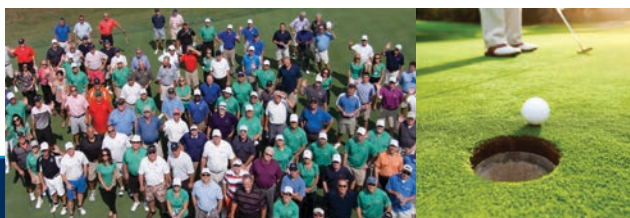
# 170+

golfers who teed  
it up for the kids



# \$190,215

amount raised to support  
children's services and projects  
at Cape Fear Valley Health



**!** Proceeds from the tournament  
funded a Neonatal Transport.

More than 4,300 babies are born each year at Cape Fear Valley Medical Center – approximately 10% of which are premature. The transport allows the medical team to transport newborns from the delivery room to the NICU in a safe, warm environment while providing necessary respiratory support.



Additionally, Friends of Children assists families with car seats, clothing, toys, bereavement assistance, pediatric diabetes & asthma education, child abuse prevention programs and more.

## CIRCLE *of* FRIENDS GALA

[ 1.24.2015 ]

# \$191,229

amount raised at  
the 9th Annual Gala

# OVER \$1.3 MILLION

\$1,330,224 raised since the first  
Circle of Friends Gala in January, 2007

attendance  
in 2007

# 250 < 511

attendance  
in 2015



# 31

local businesses &

# 9

regional businesses  
supported the  
Gala this year

In addition to assisting with  
the new Cape Fear Valley  
Neurological Science Institute,  
proceeds from the 2015 Gala  
will continue to provide funding  
for all six Friends groups:

*Friends of the Cancer Center*

*Friends of Children*

*Friends of the Heart Center*

*Friends of Rehabilitation*

*Friends of Nursing*

*Friends of Highsmith-Rainey*

## SAVE *the* DATES

EMPLOYEE CAMPAIGN – Fall 2015

RIBBON WALK & RUN – April 2016

GOLF CLASSIC – October 8, 2015

CIRCLE OF FRIENDS GALA – January 23, 2016



## CAPE FEAR VALLEY HEALTH : *NEW physicians*

### ANESTHESIOLOGY



Kikelomo Olorunrinu, M.D.

**Kikelomo Olorunrinu, M.D.**, was approved for the medical staff of Cape Fear Valley Health System and joined Cumberland Anesthesia

Associates. She received her medical degree from Yale University School of Medicine in New Haven, Conn. Dr. Olorunrinu completed a residency in anesthesiology at Cleveland Clinic in Cleveland, Ohio.

### HOSPITALISTS

The following hospitalists have been approved for the medical staff of Cape Fear Valley Health System and have joined Cape Fear Valley Hospitalist Group:

**Hilana Hatoum, M.D.**, received her medical degree from Lebanese University in Beirut, Lebanon. She completed a residency in internal medicine at McLaren Regional Medical Center in Flint, Mich. Dr. Hatoum completed a fellowship in nephrology at Henry Ford Hospital in Detroit, Mich. She is board certified in internal medicine and nephrology.



Prakash Khanal, M.D.

Dr. Khanal is board certified in internal medicine. Dr. Khanal received his medical degree from Tribhuvan University Institute of Medicine in Kathmandu, Nepal. He completed a residency in internal medicine at Nassau University Medical Center in East Meadow, N.Y.

**Gladys Kodjoe, M.D.**, received her medical degree from University of Ghana in Accra, Ghana. She completed a residency in internal medicine at Huron Hospital in Cleveland, Ohio. Dr. Kodjoe is board certified in internal medicine.



Ketki Patel, M.D.

Dr. Patel is board certified in internal medicine. Dr. Patel received her medical degree from Lokmanya Tilak Municipal Medical College in Mumbai, India. She completed a residency in family medicine at Lutheran Medical Center in Brooklyn, N.Y.

**Prakash Khanal, M.D.**, received his medical degree from Tribhuvan University Institute of Medicine in Kathmandu, Nepal. He completed a residency in internal medicine at Nassau University Medical Center in East Meadow, N.Y.

### OPHTHALMOLOGY



Raz Penmatcha, M.D.

**Raz Penmatcha, M.D.**, has been approved for the medical staff of Cape Fear Valley Health System and has joined Cape Fear Eye Associates. Dr. Penmatcha received his medical

degree from Finch University of Health Sciences/The Chicago Medical School in North Chicago, Ill. He completed a residency in ophthalmology at Wayne State University/Sinai Hospital of Detroit in Detroit, Mich. Dr. Penmatcha is board certified in ophthalmology.

### PEDIATRIC CRITICAL CARE

**Anas Farag Galleon, M.D.**, has been approved for the medical staff of Cape Fear Valley Health System and has joined Cape Fear Valley Children's Center. He received his medical degree from University of Damascus in Damascus, Syria. Dr. Galleon completed a residency in pediatrics at Women's and Children's Hospital of Buffalo in Buffalo, N.Y. He completed a fellowship in pediatric critical care at Children's Health Care of Atlanta in Atlanta, Ga. Dr. Galleon is board certified in pediatrics and pediatric critical care.

## PHYSICAL MEDICINE AND REHABILITATION

**Judit Staneata, M.D.**, was approved for the medical staff of Cape Fear Valley Health System and has joined Cape Fear Physical Medicine and Rehab. She received her medical degree from University of Medicine and Pharmacy in Targu Mures, Romania. Dr. Staneata completed a residency in physical medicine and rehabilitation at East Carolina University Brody School of Medicine in Greenville. She completed an interventional spine fellowship at OrthoCarolina in Winston-Salem.

## UROLOGY

**Juan Lopez, M.D.**, was approved for the medical staff of Cape Fear Valley Health System and has joined Cape Fear Valley Urology. He received his medical degree from Columbia University College of Physicians and Surgeons in New York, N.Y. Dr. Lopez completed a residency in urology at Wake Forest University/North Carolina Baptist Hospital in Winston-Salem. He is board certified in urology.



# LIVIN' & GIVIN'

**Being a blood donor is a reflection of your character. What would it say about you?  
Sit back, relax and save lives. Make it a summer of Livin' & Givin' – GIVIN' Blood!**

Donate this summer, beginning May 1, and receive a

**FREE Livin' & Givin' T-shirt!**

*While supplies last.*



## CAPE FEAR VALLEY BLOOD DONOR CENTER

3357 Village Drive, Bordeaux Shopping Center  
[www.savingliveslocally.org](http://www.savingliveslocally.org) • (910) 615-LIFE



#savingliveslocally

### CENTER HOURS

Monday – Friday,  
9 a.m. – 5 p.m.

3rd Sat. of every month,  
9 a.m. – 3 p.m.

CAPE FEAR VALLEY HEALTH : **PHYSICIAN** *briefs*

Khalid Aziz, M.D.

**Khalid Aziz, M.D.**, has written a book titled *Handbook of Metabolic Syndrome*. The book was published by the Pakistan Medical Association and was distributed free of charge to physicians in Pakistan.



Raymond A. Gaskins, Jr. M.D.

**Raymond A. Gaskins, Jr., M.D.**, was recently board certified in sleep medicine by the American Board of Sleep Medicine. He was also named to the Board of the Southeast Lipid Association.



Andrew Morfesis, M.D.

**F. Andrew Morfesis, M.D.**, presented three papers on complex hernia repair at the 1st World Hernia Congress in Milan, Italy in April.



Tonga Nfor, M.D.

**Tonga Nfor, M.D.**, was recently board certified in Interventional Cardiology by the American Board of Internal Medicine. He was also recently board certified in nuclear cardiology by the Certification Board of Nuclear Cardiology.

**Stanley Gilbert, M.D., Edwin Newman, M.D., Karen Jones, M.D., Bikramit Grewal, M.D., and James Flanagan, M.D.**, will see patients at Cape Fear Orthopaedics's satellite office, located at 142 Paraclete Drive, Suite 301 in Raeford. The office is across U.S. 401 from Cape Fear Valley Hoke Hospital and will be open Monday through Friday. For an appointment, please call (910) 222-1200.

**Matthew Daka, M.D., David Gilbert, M.D., Suriya Jayawardena, M.D., Selvaratnam Sinna, M.D., Manesh Thomas, M.D., Santhosh Devarapally, M.D., and Muhammad Marwali, M.D.**, have relocated their practice, Ferncreek Cardiology, to 3650 Cape Center Drive. For an appointment, please call (910) 483-0049.

**Rainbow Pediatrics** recently opened an office in the Sky Center at 142 Paraclete Drive, Suite 101 in Raeford. The office is across U.S. 401 from Cape Fear Valley Hoke Hospital. For an appointment at Rainbow Pediatrics' Raeford office, please call (910) 904-0412.



## CAPE FEAR VALLEY HOKE HOSPITAL

On Sunday, March 8, the public was invited for a sneak peek of the new Hoke Hospital. The event included giveaways and heavy hors d'oeuvres. Tours were given of the hospital's Emergency Department, operating rooms, maternity, medical-surgical unit and other departments. The hospital officially opened the following day.



CAPE FEAR VALLEY HEALTH : *NEWS briefs*

## NICU Reunion 2015

Cape Fear Valley Medical Center will hold its annual NICU Reunion on Saturday, June 6, inside Cape Fear Valley Rehabilitation Center's Auditorium. The event will be from 10 a.m. to 1 p.m.

All NICU graduates and their family are invited to attend. Refreshments, games and activities are planned. The event is free. No pre-registration is required. For more information, please call (910) 615-5490.



North Carolina  
Department of Health  
and Human Services

## Trauma Designation

Cape Fear Valley Medical Center has received Level III Trauma Center designation from state health officials. The designation means more area trauma patients can receive life-saving medical care locally and not have to be transported elsewhere.

Trauma is the leading cause of death for people age 44 and younger. Studies show up to a quarter of those deaths could have been prevented with more timely and optimal care.

Cape Fear Valley Medical Center becomes the 13th state-designated trauma center. It is the only trauma facility between Raleigh to the north, Greenville to the east and Wilmington to the south.

## Asthma Action Fair 2015

Cape Fear Valley Health will hold its 2015 Asthma Action Fair on Saturday, May 16, at Cape Fear Valley HealthPlex, located at 1930 Skibo Rd., Fayetteville. The free event will be from 9 a.m. to noon and is open to the public.

Giveaways, refreshments and activities for all ages will be provided. Medical professionals will be on hand to answer questions and give asthma educational seminars. For more information, please call (910) 615-3185.



## EMS Designation

Cumberland County EMS of Cape Fear Valley has received official accreditation by the Commission on Accreditation of Ambulance Services (CAAS).

The three-year recognition signifies the county ambulance service has met the “gold standard” by the ambulance industry as a modern emergency medical services provider. The standards often exceed those established by state or local regulation.

Cumberland County EMS achieved a perfect score during the independent review process required for certification. Cape Fear Valley’s EMS is just one of four CAAS-certified ambulance agencies in North Carolina.

## JEMS GAMES

Cumberland County EMS’s competition team won third place at the 10th Annual Journal of Emergency Medical Services (JEMS) Games. The Bronze Medal-winning squad included EMTs Lee Westbrook, Kellie Rhoton, Larry Smith and Tim Winger.

Cumberland County EMS has won the JEMS Games three times in the past six years. Held this year in Baltimore, Md., the international emergency response competition saw 23 teams from all over the world. They included teams from the UK, New Zealand, Australia and traditional powerhouse FDNY in New York.

## Diabetes Camp 2015

Cape Fear Valley’s second annual Children with Diabetes Camp will be held July 10-12 at Camp Dixie, 373 W. Bladen Union Church Rd., Fayetteville.

This year’s camp will feature overnight stays for children age 8 and older. Younger children can participate in a “Family Day” event on Sunday, July 12, from 9 a.m. to 5 p.m. Cost is \$150 for the three-day camp and \$20 for the day camp. Financial aid is available for children residing in Cumberland County.

Registration deadline is June 26. To register or for more information, please call (910) 615-1885.

# CAPE FEAR VALLEY HEALTH *in the* Community

## COMMUNITY CLASSES

### FOR ADULTS

#### ARTHRITIS OF THE HIP & KNEE

Thursday, July 30  
6:30 – 7:30 p.m.  
Cape Fear Valley Education Center

**FREE!** An orthopedic surgeon will discuss the signs and symptoms of arthritis and available treatments.  
**To register, please call (910) 615-7996.**

#### MOBILE BLOOD DRIVES

**Hoke Hospital**  
U.S. 401 & Johnson Mill Road  
Tuesday, May 12, 8 a.m. – Noon

**Health Pavilion North**  
Ramsey Street & Andrews Road  
Thursday, May 28, 1 – 2:30 p.m.

**Westwood Shopping Center**  
Wednesday, June 10, 11 a.m. – 4 p.m.

**Bladen County Hospital**  
501 S. Poplar Street, Elizabethtown  
Tuesday, June 23, 12:30 – 4:30 p.m.

**On The Border Mexican Grill & Cantina**  
115 Glensford Drive  
Thursday, June 25, 11 a.m. – 6 p.m.

**Buffalo Wild Wings**  
2097 Skibo Road  
Saturday, July 18, 11:30 a.m. – 5:30 p.m.  
**For more information, please call (910) 615-5433.**

### FOR EXPECTANT PARENTS

#### BREASTFEEDING CLASSES

Wednesdays, May 6, 20; June 3, 17;  
July 1, 15, 29; August 4, 11, 18, 25  
6 – 7:30 p.m.  
Cape Fear Valley Education Center  
3418 Village Drive  
**FREE!** Fathers are encouraged to attend.  
**To register, call (910) 615-LINK (5465).**

#### PREPARED CHILDBIRTH CLASSES

Series of four classes:  
Mondays, June 1, 8, 15, 22  
6 – 9 p.m.  
Cape Fear Valley Education Center  
3418 Village Drive  
\$30 per couple  
**To register, call (910) 615-LINK (5465).**

#### ACCELERATED PREPARED CHILDBIRTH CLASSES

Saturdays, May 2; June 6;  
July 11, 25; August 1  
9 a.m. – 5 p.m.  
Cape Fear Valley Education Center  
3418 Village Drive  
\$30 per couple  
**To register, call (910) 615-LINK (5465).**

#### FAMILY BIRTH CENTER TOURS

Tuesdays, May 5, 12, 19, 26  
June 2, 9, 16, 23, 30; July 7, 14, 21, 28  
5 – 6 p.m.  
**FREE!** Fathers are encouraged to attend.  
**To register, call (910) 615-LINK (5465).**

### FOR CHILDREN

#### ASTHMA ACTION FAIR

Saturday, May 16  
9 a.m. – Noon  
HealthPlex Gym, 1930 Skibo Road  
**FREE!** Children and adults with asthma can connect with physicians, nurses and other asthma professionals in a casual setting. Free spacers, peak flow meters and nebulizer equipment while supplies last. Educational seminars held at 9:30 a.m., 10:15 a.m. and 11 a.m.  
**For more information, call (910) 615-3185.**

#### NICU REUNION

June 6  
10 a.m. – 1 p.m.  
Cape Fear Valley Rehabilitation Center Auditorium  
**FREE!** All graduates of Cape Fear Valley's Neonatal Intensive Care Unit and their families are invited.  
**For more information, call (910) 615-LINK (5465).**

#### CHILDREN'S DIABETES CAMP

June 10 – 12  
Drop Off: Friday, June 10, 9 a.m.  
Pick Up: Sunday, July 12, 5 p.m.  
Camp Dixie  
For children with diabetes ages 8 -18.  
Cost is \$150. Financial aid available for children residing in Cumberland County. Apply early as funds are limited.  
**For more information, call (910) 615-1885.**

## SUPPORT GROUPS

### Look Good, Feel Better

May 18, June 15, July 20  
9 – 11 a.m.

Cape Fear Valley Cancer Center  
Conference Room

Health Pavilion North Cancer Center  
Licensed cosmetologists help women with cancer learn how to apply make-up and style wigs or scarves to compensate for changes that cancer treatment may cause.

To register, please call (910) 615-6791.

### Mended Hearts Support Group for those who have had heart surgery

May 14, June 11, July 9  
5:30 p.m.

Cardiac Rehab Classroom, Cape Fear Valley Rehabilitation Center

For more information, please call (910) 615-6580.

### Defibrillator Support Group

July 9, Oct. 8  
6:30 – 8 p.m.

Auditorium A, Cape Fear Valley Rehabilitation Center  
(located behind Cape Fear Valley Medical Center)

For more information, please call (910) 615-8753.

### Stroke Support Group

May 20, June 17, July 15  
4 p.m.

Physical Therapy Gym, Cape Fear Valley Rehabilitation Center

For more information, please call (910) 615-6972.

### Spinal Cord Injury Support Group

May 4, June 1, July 6  
3 p.m.

Patient Cafeteria, Cape Fear Valley Rehabilitation Center

For more information, please call (910) 615-4051 or (910) 615-6066.

### Heart Failure Support Group

May 21, June 18, July 16  
5:30 – 6:30 p.m.

Cardiac Rehab Classroom, Cape Fear Valley Rehabilitation Center

For more information, please call (910) 615-4809.

### Alzheimer's Caregiver Support Group

May 19, June 16, July 21  
2 p.m.

Heritage Place, 325 North Cool Spring Street

For more information, please call Sam Hutchinson at (910) 615-1633.

### Arthritis Support Group

May 25, June 22

No July support group  
6:30 p.m.

Auditorium B, Cape Fear Valley Rehabilitation Center  
(located behind Cape Fear Valley Medical Center)

For more information, please call Diana Coppernoll at (910) 488-9352.

### Bereavement Support Group

May 7, 21

June 4, 18

July 2, 16

Noon – 2 p.m.

Cape Fear Valley HomeCare and Hospice

Bordeaux Professional Center, Suite 203, 1830 Owen Drive

For more information, please call (910) 609-6710.

### Fayetteville Brain Injury Support Group

May 12, June 9, July 14

6:30 p.m.

Patient Dining Room, Cape Fear Valley Rehabilitation Center

For more information, please call Ellen Morales at (910) 486-1101.



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*exceptional CARE* | *personal ATTENTION*

You no longer have to travel long distances to get great care. Hoke Hospital brings Cape Fear Valley's nationally recognized quality to Hoke County and southwestern Cumberland County.

Hoke Hospital's Emergency Department, Medical/Surgical Unit and the Surgery Center are open.  
Hoke Hospital's Birth Center is expected to begin delivering babies soon.

  
**CAPE FEAR VALLEY  
HOKE HOSPITAL** | **NOW OPEN!**

210 Medical Pavilion Drive, at US 401 & Johnson Mill Road, Raeford