

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

# MAKING ROUNDS

SPRING 2017



CAPE FEAR VALLEY HEALTH

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## MAKING ROUNDS

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**CAPE FEAR VALLEY HEALTH**



A Joint Commission  
**TOP PERFORMER**





## LETTER *from the* CEO

In January 2015, Cape Fear Valley launched an Affordable Care Organization (ACO) for Medicare patients of its primary care practices. The goal was to make care more affordable for this vulnerable population.

ACOs are groups of doctors, hospitals and other healthcare providers who voluntarily come together to give coordinated, high quality care to their patients. The objective is to ensure these patients, especially the chronically ill, get the correct care they need, at the right time, without duplication of services or medical errors.

Nationally, 66 percent of all Medicare recipients have more than one chronic condition, such as diabetes, hypertension and chronic obstructive pulmonary disease (COPD). Juggling multiple chronic conditions can be overwhelming for the patient and family. That's where Cape Fear Valley ACO can help.

The ACO is staffed by Care Navigators, who work in teams consisting of a registered nurse and social worker. Their services are free for patients.

The Care Navigators initially meet with patients while still in the hospital. Once the patient is discharged, the navigator team will follow up in the patient's home. They will ensure the patient is taking prescribed medication and attending follow-up physician visits.

The teams work with one or two physician practices for care planning and talking with the patient about his or her care plan. The goal is to re-engage patients with their primary care physician.

The social workers help arrange everything from transportation to physician appointments to finding ways for patients to pay for medication.

The team members also alert primary care physicians when patients aren't responding well to treatment. An example would be when a patient's blood pressure medication isn't working as expected.

Patients with end-stage renal disease present special challenges. Their health can quickly deteriorate by something as simple as consuming too much sodium. Cape Fear Valley ACO recently added a Community Paramedic to help these kinds of patients.

In its first month, the Community Paramedic helped 37 patients follow their care plan to stay healthy and out of the hospital.

Every patient covered by traditional Medicare is automatically enrolled in the ACO, although they can opt out. However, few do. Family members have been pleased with the program so far.

The Care Navigators take on even greater importance if patients' family members live far away or work during the day. In the end, each navigator's job is to ensure patients are receiving the best care possible – just like our new ACO – which helps reduce the cost of care for everyone. But more importantly, it improves the lives of everyone enrolled.

Mike Nagowski  
CEO, CAPE FEAR VALLEY HEALTH



# Do the Right Thing

Choosing a primary care physician can make all the difference in the world



Healthcare is constantly changing, requiring patients to be more proactive with their own care.

Gone are the days when patients followed doctors' orders without question. Today's doctor-patient relationships are more like partnerships that require constant two-way communication.

:: by Janet Conway

It's especially important for older patients to talk openly with their physician, because they tend to have more health problems. The problems can eventually impact their daily life, so having a good primary care physician is important.

Primary care physicians serve many roles. The most important is becoming familiar with their patient's normal health. This helps the physician readily detect and treat any downturn in the patient's health before they become a bigger problem. This may explain why people who have a primary care physician spend 33 percent less on healthcare in the U.S.

There are three types of primary care physicians: family practice, internal medicine and geriatrician. A patient's age or stage of life can help decide which is the best for them.

Older adults may opt for a geriatrician. These physicians specialize in treating people age 60 and older. Internal medicine physicians care for adults of all ages. And family practice physicians care for entire families, from young children to the eldest members.

People often choose a physician based on gender and office location. Having a physician close by is a convenience. Some physicians even have evening hours. But not all physicians accept the same insurance so check ahead.

Prepare for appointments with new physicians accordingly. Take a list of concerns, with the most important at the top. Also take a list of current medications, both prescription and over-the-counter. The list should include dosage, frequency and time of day the medication is taken.

Discussing daily habits with a new physician is also important. It may be tempting to downplay certain habits like drinking, smoking or illicit drugs, but it is important to be honest. Also reveal major stressors, such as divorce or death of a loved one.

Optimal care requires good communication. The best communication occurs when patients are comfortable talking to their doctor.

One area that definitely needs discussion is smoking history. Smoking can affect the risk for many chronic diseases, as well as timing of certain tests. Patients should say if they have ever smoked cigarettes, pipes, cigars or electronic cigarettes.

Patients should not wait until the end of the appointment to bring up important concerns. Share any symptoms, such as pain, fever, difficulty sleeping, or unexplained weight loss or gain. Patients should also reveal if symptoms are constant or intermittent, if anything makes them better or worse, and if symptoms affect daily activities.

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**Take the time to find a good primary care physician and then start building a strong relationship. The effort will be well worth it.**

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Although it may be embarrassing or uncomfortable, patients shouldn't hesitate to discuss sensitive subjects with their doctors. Memory problems, incontinence, sexual dysfunction, alcohol use and depression are uncomfortable topics for most patients. Physicians are accustomed to discussing such personal matters and can offer treatment options and referrals.

Being honest with physicians can lead to wiser medical decisions that better suit the patient's needs and wishes. That includes everything from surgery and procedures, to end-of-life care.

So take the time to find a good primary care physician and then start building a strong relationship. The effort will be well worth it.





# Room to Grow

Cape Fear Valley is expanding its service area and helping communities along the way

:: by Donnie Byers

It wasn't too long ago when just about every young physician dreamt of going into private practice. But not anymore.

A growing number of physicians are leaving private practice, in favor of partnering with or working directly for local hospitals. Spiraling overhead costs and new rules and regulations governing healthcare are fueling the exodus.

As a result, hospital-physician partnerships are set to grow at a much quicker pace in coming years. No one understands this sea of change better than Bryan Fleming, M.D.

The senior physician at Fayetteville Family Medical Care has been practicing 30 years as an independent physician. That changed earlier this year, when he and his practice colleagues decided to formally partner with Cape Fear Valley Health. It wasn't an easy decision.

Dr. Fleming enjoyed the autonomy of running his own practice, but Fayetteville Family Medical Care had gradually fallen victim to its own success. Having one of the city's largest and busiest primary care offices also meant endless paperwork and administrative tasks.

Having to constantly upgrade expensive medical equipment and record-keeping software added to the burden.

"You put so much financial effort into it," Dr. Fleming said, "then you realize it takes away from us being efficient at seeing our patients. Partnering with Cape Fear Valley will help us with that."

Now called Cape Fear Valley Primary Care Fayetteville Family, the rebranded practice receives unlimited IT and administrative support from its new corporate partner just up the street.

The office also enjoys dramatic savings when buying new office equipment and supplies, thanks to Cape Fear Valley's greater negotiating power with vendors.

Dan Weatherly, Cape Fear Valley's Chief Operating Officer, says running a private practice isn't as easy as it once was, even from a few years ago. So leaning on a broader shoulder makes sense.

"It's tough for primary care providers to absorb all these costs," he said. "We can help take the administrative burden off their shoulders, so they can concentrate on actually practicing medicine."

It's a tantalizing offer more area physicians and practices are capitalizing on. Cape Fear Valley recently took on two other local practices and rebranded them as Cape Fear Valley Primary Cares, as well.

The internal medicine practice of Kusum Garg, M.D., on John Smith Road, partnered with the health system in February. Celicia Ainolhayat, M.D., followed a month later, reopening her family medicine practice on Skibo Road with the health system's support.

Cape Fear Valley opened its first Cape Fear Valley Primary Care location last year in Lumberton. It's located on Fayetteville Road and is vastly outperforming expectations. Tracy Bullard, M.D., is the primary care provider.

The Robeson County native has 13 years of medical experience and strong ties to the local community. She says going to work for Cape Fear Valley has been the easiest transition of her career. She credits her new staff and the health system's vast support network.

"They take care of the practice," she said, "so I can take of the patients. It's a partnership I'm greatly enjoying."

More Cape Fear Valley Primary Care locations are coming. From a population standpoint, the most visible will be near Jack Britt High School, in the southwestern part of Cumberland County.

The facility will be built from the ground up and house the physicians who once comprised Hope Mills Family Care. Those providers moved to Hoke Hospital's main campus last year after Hurricane Matthew devastated their old office.

Tracie Bellanger, M.D., an internal medicine specialist in Clinton, is also set to join Cape Fear Valley in the coming weeks. Her practice is located at 606 Beaman St.

And in Bladen County, Bladen Medical Associates recently opened a new primary care location at 88 E. Green St. in Clarkton.

Cape Fear Valley is in talks to partner with even more practices in the coming months. Weatherly says it's too early to reveal which ones, but does say the impending partnerships will benefit everyone in the long run.

"We're increasing patient access to care by increasing our service area," he said. "It's just a natural progression."

## THERE'S A DOCTOR NEAR YOU *in Cumberland County...*

### 1 Cape Fear Valley Internal Medicine

101 Robeson Street  
Suite 300  
Fayetteville, NC 28301  
(910) 615-1617  
*Internal Medicine*

### 2 Cape Fear Valley Pediatric Care

1262 Oliver Street  
Fayetteville, NC 28304  
(910) 615-4801  
*Pediatrics*

### 3 Cape Fear Valley Primary Care

2356 John Smith Road  
Fayetteville, NC 28306  
(910) 339-2274  
*Internal Medicine*

### 4 Cape Fear Valley Primary Care

2112 Skibo Road  
Fayetteville, NC 28314  
(910) 764-3232  
*Family Medicine*

### 5 Cape Fear Valley Primary Care Fayetteville Family

1307 Avon Street  
Fayetteville, NC 28304  
(910) 323-1718  
*Family Medicine*

### 6 Health Pavilion North Family Care

6387 Ramsey Street  
Suite 210  
Fayetteville, NC 28311  
(910) 615-3920  
*Family Medicine*

### 7 Senior Health Services

101 Robeson Street  
Suite 202  
Fayetteville, NC 28301  
(910) 615-1630  
*Geriatrics*

### 8 Stedman Medical Care

114 Forte Road  
Stedman, NC 28391  
(910) 485-6228  
*Family Medicine*

### 9 Westside Medical Care

1463 Pamalee Drive  
Fayetteville, NC 28303  
(910) 482-3000  
*Family Medicine*

### 10 Cape Fear Valley OB/GYN

1341 Walter Reed Drive  
Fayetteville, NC 28304  
(910) 615-3500  
*Obstetrics and Gynecology*

### 11 Cape Fear Valley Perinatology

2109 Valleygate Drive  
Suite 103  
Fayetteville, NC 28304  
(910) 615-3656  
*Maternal-Fetal Medicine  
By Referral Only*

### 12 Cape Fear Valley Diabetes and Endocrine Center

101 Robeson Street  
Suite 405  
Fayetteville, NC 28301  
(910) 615-1623  
*Endocrinology*

### 13 Cape Fear Valley Pediatric Endocrinology

101 Robeson Street  
Suite 410  
Fayetteville, NC 28301  
(910) 615-1885  
*Pediatric Endocrinology*

### 14 Cape Fear Valley Infectious Disease Care

101 Robeson Street  
Suite 300  
Fayetteville, NC 28301  
(910) 615-1282  
*Infectious Disease*

### 15 Cape Fear Valley Neurosurgery

1219 Walter Reed Road  
Fayetteville, NC 28304  
(910) 615-3350  
*Neurosurgery*

### 16 Cape Fear Valley Neurology

1219 Walter Reed Road  
Fayetteville, NC 28304  
(910) 615-3350  
*Neurology*

### 17 Cape Fear Valley Urology

2301 Robeson Street  
Suite 203  
Fayetteville, NC 28305  
(910) 615-3220  
*Urology*

### 18 Cape Fear Valley Cardiovascular and Thoracic Surgery

2153 Valleygate Drive  
Suite 101  
Fayetteville, NC 28304  
(910) 672-0350  
*Cardiac Surgery  
Thoracic Surgery  
Vascular Surgery*

### 19 Cape Fear Valley Ear, Nose and Throat

1565 Purdue Drive  
Suite 301  
Fayetteville, NC 28303  
(910) 615-3060  
*Otolaryngology*

### 20 Cape Fear Valley Ophthalmology

1565 Purdue Drive  
Suite 301  
Fayetteville, NC 28303  
(910) 615-3060  
*Ophthalmology*

### 21 Ferncreek General Surgery

4140 Ferncreek Drive  
Suite 601  
Fayetteville, NC 28314  
(910) 485-3880  
*General Surgery*

### 22 Community Mental Health Center

711 Executive Place  
Fayetteville, NC 28305  
(910) 615-3333  
*Adult Psychiatry  
Child and Adolescent Psychiatry  
Mental Health*

### 23 Cape Fear Valley Sleep Center

3308 Melrose Road  
Fayetteville, NC 28304  
(910) 615-3200  
*Sleep Medicine*





Fort Bragg

87 24 Spring Lake

295

to Lillington ↗

401

RANNEY STREET

9

MURKINSON ROAD

BRAGG BLVD

Fayetteville

1 : 7 : 12 : 13 : 14

at the  
Medical Arts  
Building

301

MORGANTON ROAD

4

CLIFFDALE ROAD

SUBO ROAD

RAEFORD ROAD

401

to Raeford

HOPE MILLS ROAD

21

19 : 20

22

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to Stedman

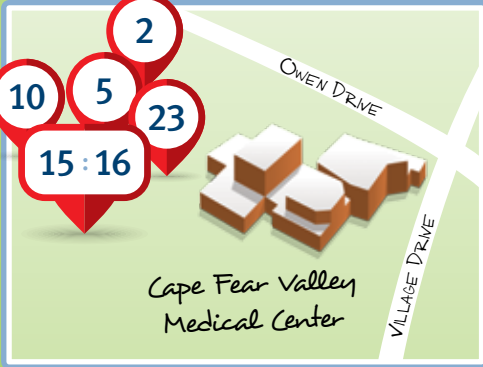
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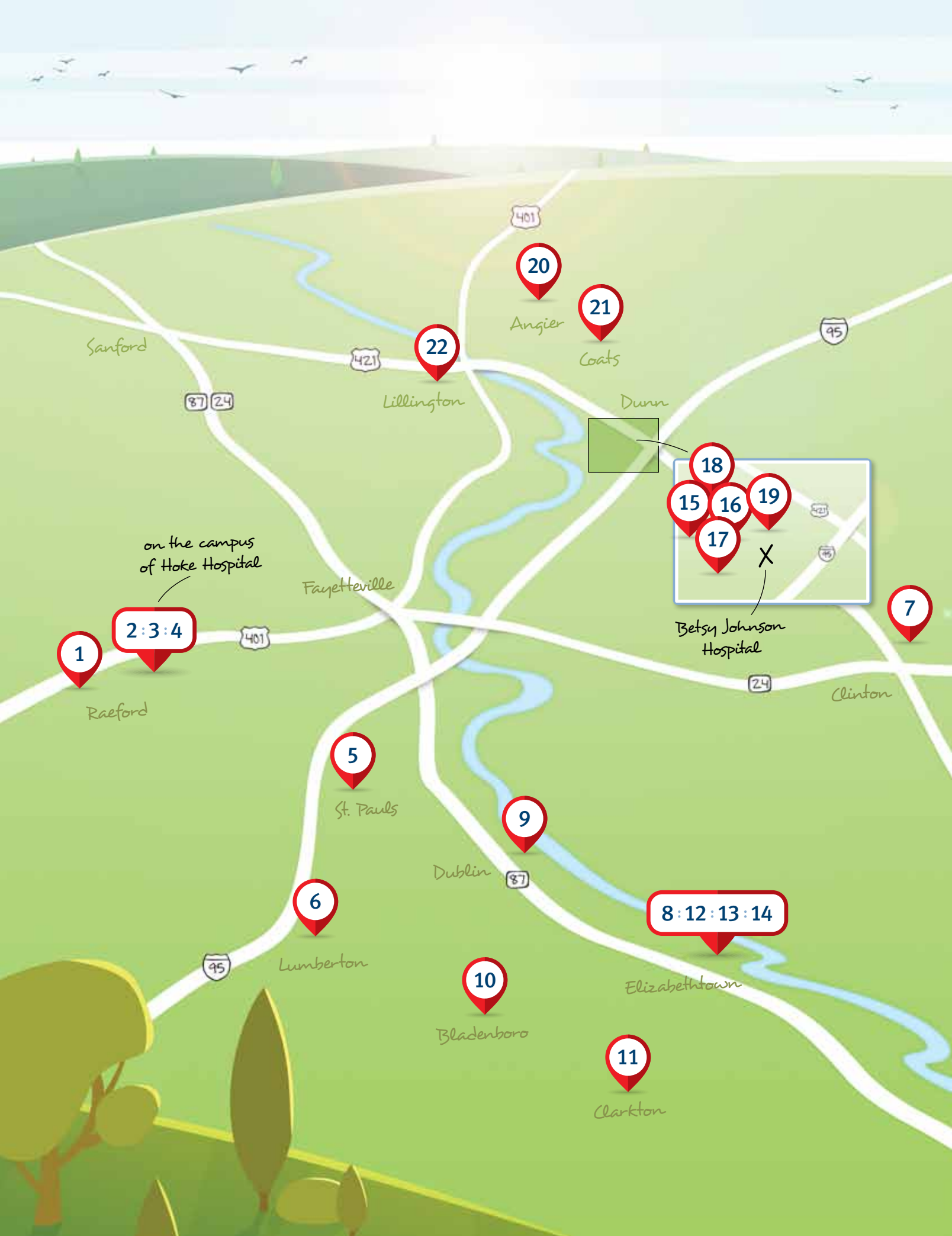
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Hope Mills



when you need us... we're RIGHT HERE.



401

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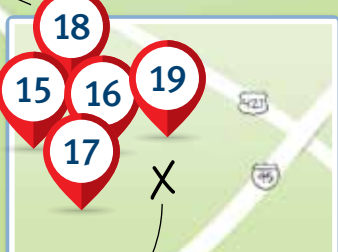
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on the campus  
of Hoke Hospital

Fayetteville



Betsy Johnson  
Hospital

24

Clinton

7

2:3:4

401

1

Raeford

5

St. Pauls

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Dublin

87

6

Lumberton

95

10

Bladenboro

8:12:13:14

Elizabethtown

11

Clarkton

## THERE'S A DOCTOR NEAR YOU *in Hoke, Harnett, Robeson, Bladen & Sampson Counties...*

### HOKE COUNTY

#### 1 Hoke Family Medical Center

405 South Main Street  
Raeford, NC 28376  
(910) 615-5800  
*Family Medicine*

#### 2 Hoke Primary Care

300 Medical Pavilion Drive  
Suite 150  
Raeford, NC 28376  
(910) 904-8025  
*Family Medicine*  
*Pediatrics*

#### 3 Hope Mills Family Care

*Temporarily relocated to  
Health Pavilion Hoke*  
300 Medical Pavilion Drive  
Suite 150  
Raeford, NC 28376  
(910) 615-3120  
*Family Medicine*

#### 4 Hoke OB/GYN

300 Medical Pavilion Drive  
Suite 250  
Raeford, NC 28376  
(910) 904-8035  
*Obstetrics and Gynecology*

### ROBESON COUNTY

#### 5 Three Rivers Medical Center

580 West McLean Street  
St. Pauls, NC 28384  
(910) 615-3570  
*Family Medicine*

#### 6 Cape Fear Valley Primary Care

4900 Fayetteville Road  
Lumberton, NC 28358  
(910) 739-8899  
*Family Medicine*

### SAMPSON COUNTY

#### 7 Cape Fear Valley Primary Care

606 Beaman Street  
Clinton, NC 28328  
(910) 596-0061  
*Internal Medicine*

### BLADEN COUNTY

#### 8 Bladen Medical Associates

300 McKay Street  
Suite E  
Elizabethtown, NC 28337  
(910) 862-5500  
*Family Medicine*  
*Internal Medicine*

#### 9 Bladen Medical Associates

16 Third Street  
Dublin, NC 28337  
(910) 862-3528  
*Family Medicine*

#### 10 Bladen Medical Associates

1106 West Seaboard Street  
Bladenboro, NC 28320  
(910) 862-5500  
*Family Medicine*

#### 11 Bladen Medical Associates

88 East Green Street  
Clarkton, NC 28433  
(910) 862-1217  
*Family Medicine*

#### 12 Bladen Kids' Care

300 McKay Street  
Suite E  
Elizabethtown, NC 28337  
(910) 862-8677  
*Pediatrics*

#### 13 Bladen Surgical Specialists

300 McKay Street  
Suite A  
Elizabethtown, NC 28337  
(910) 862-1272  
*General Surgery*

#### 14 Bladen Women's Health Specialists

300 McKay Street  
Suite F  
Elizabethtown, NC 28337 (910) 862-6672  
*Obstetrics and Gynecology*

### HARNETT COUNTY

#### 15 Cape Fear Valley Urology at Harnett

805 Tilghman Drive  
Suite A  
Dunn, NC 28334  
(910) 230-7850  
*Urology*

#### 16 Harnett Surgical Associates

803 Tilghman Drive  
Suite 200  
Dunn, NC 28334  
(910) 892-1550  
*General Surgery*

#### 17 Premiere Pediatrics

802 Tilghman Drive  
Dunn, NC 28335  
(910) 892-4248  
*Pediatrics*

#### 18 Harnett OB/GYN

608 Tilghman Drive  
Dunn, NC 28335  
(910) 892-4092  
*Obstetrics and Gynecology*

#### 19 Dunn Medical Services

803 Tilghman Drive  
Dunn, NC 28335  
(910) 892-1091  
*Family Medicine*  
*Internal Medicine*

#### 20 Angier Medical Services

185 Rawls Road  
Angier, NC 27501  
(919) 331-2477  
*Family Medicine*

#### 21 Coats Medical Services

27 North Johnson Street  
Coats, NC 27521  
(910) 897-6423  
*Family Medicine*

#### 22 Lillington Medical Services

716 South 10th Street  
Lillington, NC 27546  
*Internal Medicine*

*when you need us... we're RIGHT HERE.*





# When Curing Becomes Caring

:: by Anna Haley

**Death is a natural part of life, yet few people care to think about it.** And even fewer discuss their end-of-life wishes with family. But having a living will or advance directive in place *before* they are needed can prevent a family crisis.

Robin Kivett is a certified Palliative Care Nurse and Care Navigator for Cape Fear Valley's Accountable Care Organization. She has seen her share of situations during her 15 years in hospice and palliative care.

"The families are up in the Intensive Care Unit," she said, "and all they want is the doctor to bring their loved one back to the way they were before."

Even the best medical treatment isn't enough sometimes, and patients fail to recover. In times like these, Cape Fear Valley Medical Center's Palliative Care Team is there to help. Team members listen to the family, help calm emotions, and ensure families understand the care their loved one is receiving.

The face-to-face discussions include the patient's condition, anticipated outcome and care options. The conversations are often difficult, but they help everyone better understand the situation. The meetings also allow family members to air certain values, beliefs or traditions that may need to be discussed.

The goal is to prepare patients and family members to make better treatment decisions.

“It’s hard to make rational decisions during times of turmoil,” Kivett said. “We are here to offer all the options.”

Lokesh Marigowda, M.D., and Sanjay Shah, M.D., head the Palliative Care Team. The work requires them to follow palliative patients throughout their treatment and to keep everyone updated. The open communication ensures everyone is on the same page and the family’s wishes are being followed.

“We are a bridge of information,” Dr. Marigowda said, “between the ICU and step-down units for better continuity of care for patients and families.”

If a cure or lifesaving treatment is no longer possible, then patients and families must decide whether to begin end-of-life comfort care instead. The goal is to prevent suffering. If a family does choose comfort care, all life-sustaining treatments end and medical care shifts toward providing comfort to the patient and family.

“we want families to know they are not alone in making hard decisions”

The transition can be difficult for everyone.

“As physicians, even we struggle with being at peace with these decisions,” Dr. Shah said. “We’re taught to do no harm; to go to lengths to extend the patient’s life.

“However, when given the choice between prolonging life with medical interventions or a natural death, many choose comfort over life.”

The ICU staff supports the patient and family during the comfort care process. At their disposal is a special Bereavement Cart, purchased with funds from Cape Fear Valley’s Health Foundation.

The rolling pushcart dispenses thoughtful items, such as daily hygiene products, warm blankets and reading material so family members can remain with their loved ones at the bedside. It even provides private journals so family members can write about their emotions.

“It’s just a way to let family members know that we’re there for them,” said Felicia McGarry, RN, MSN, ICU Patient Care Manager, “when they need to make an end-of-life decision.”



Sanjay Shah, M.D.  
PALLIATIVE CARE PHYSICIAN



Lokesh Marigowda, M.D.  
PALLIATIVE CARE PHYSICIAN

## Advance Directives

One way to ease the emotional burden that surrounds dying is to plan ahead. The best way is through an advance directive. These written directions specify the healthcare you want in the event you lose the ability to make decisions for yourself. North Carolina has three ways to make a formal advance directive:

- Living Will
- Healthcare Power of Attorney
- Advance Instruction for Mental Health Treatment

A living will is a legal document that tells others that you want to die a natural death. A healthcare power of attorney allows you to name a person you trust as your healthcare agent to make your healthcare decisions if you cannot make them yourself. Advance Instruction for Mental Health Treatment documents allow you to designate in advance what treatments approve.

Cape Fear Valley offers free advance directive booklets to the public. They may be picked up in the Patient Relations Department or in the kiosk in the medical center lobby.




# A Little Love & A Lot of Care

*goes a long way when it comes to having a healthy baby*

:: by Donnie Byers





Nicole Byrd had every reason to believe that her third child would be born this month without a hitch.

She took care of herself during her pregnancy, went to doctor appointments as scheduled, and even had test results showing her baby was developing normally. So imagine her surprise when her water broke five weeks early.

Byrd's fiancé rushed her to Cape Fear Valley Medical Center where she underwent an emergency C-section. Her new son, Sincere Devon Gaddy, was delivered soon after, seemingly fine. Then he started grunting in the recovery room.

He was taken to the Neonatal Intensive Care Unit (NICU) where he was placed on a ventilator. His underdeveloped lungs needed help breathing. A week would pass before Sincere was finally strong enough to go home.

"I didn't expect any problems," Byrd said, "and I definitely didn't suspect anything when my son started making those noises."

Her ordeal is a reminder that any pregnancy can go smoothly and still experience problems when it's time to deliver. So obtaining good prenatal care and delivering at a well-equipped hospital are equally important.

Prenatal care visits help ensure the mother and her developing fetus are healthy and strong. The regular checkups can also help answer any questions the mother may have about her impending delivery. And there can be several, especially if the mother is expecting her first child.

As for the hospital, most U.S. hospitals have traditional labor and delivery units where expectant mothers can deliver in comfort and convenience. But finding a nearby NICU can be a challenge.

The high-tech specialty units require extraordinary manpower, equipment and budget resources, so not all hospitals have one. But the ones that do are an invaluable resource to nearby communities.

Cape Fear Valley Medical Center has the region's only Level IV NICU, making it one of the busiest and most accomplished labor and delivery destinations in the state. The hospital currently delivers 4,500 babies a year.

"A good number of our newborns are referred from outside of Cumberland County because of possible complications," said Carol Nicholls, RN, BSN, Labor & Delivery Patient Care Manager. "Hospitals east and south of us send us their high-risk patients."

The risk can be for any complication, such as premature birth, expected multiple deliveries, or congenital or chronic health conditions in the mother, such as diabetes or high-blood pressure. Physicians can even refer patients early on in the pregnancy if even the slightest problem is expected.

## Advanced Care

Cape Fear Valley Medical Center has become so adept at care for mothers and newborns that it recently became the first hospital in North Carolina to earn Advanced Perinatal Care Certification from The Joint Commission. The prestigious award recognizes hospitals committed to achieving patient-centered care for mothers and their newborns throughout the entire pregnancy process.

The process begins the moment a mother becomes pregnant and needs prenatal care, and ends six weeks after the baby's birth. The period may seem excessive to some, but not to Myron Strickland, M.D. The OB/GYN specialist has been delivering babies for nearly 30 years and understands the importance of good prenatal care.



“It can make all the difference in the world,” he said. “The chances of a baby surviving and living a long, healthy life are established long before the child is born.”

Dr. Strickland is such a prenatal care proponent that he championed Cape Fear Valley’s yearlong certification effort. The campaign required every hospital department to work together and prepare for an inspection by The Joint Commission.

The hospital-accrediting body sent a team to review every aspect of care, from the very first prenatal office visit and education classes for parents, to the delivery process and post-partum care.

Reviewers also checked for things, such as: Is there a family-focused environment where healthy newborns can stay with family until discharge? Is there skin-to-skin contact between the mother and baby right after birth? And is there an immediate initiation of breastfeeding for the newborn infant?

Studies show breast milk provides major benefits over its canned and powder formula counterparts. They include healthier immune systems for the baby and decreased risk for Sudden Infant Death Syndrome (SIDS).

“We’ve been advocating breast milk over artificial formula for quite a while now,” said Whitney Freese, BS, IBCLC, a Cape Fear Valley Lactation Consultant. “It’s way better for both the mother and baby.”

## Care for the Mother

The mother's condition is also checked right after delivery. Blood clots and other complications can develop, which can lead to bigger problems, according to Jennifer Turner, RN, Family Centered Care Unit Patient Care Manager.

"The first 24 hours after birth are critical," she said. "We check to make sure the mother isn't hemorrhaging and is keeping an empty bladder. A full bladder pushes against the uterus and can cause more bleeding."

Most deliveries go smoothly without problems, but a NICU can make an immediate difference if problems do arise. Cape Fear Valley's 44-bed unit is among the state's best, treating newborns from 14 counties across southeastern North Carolina.

Admissions to the NICU include premature babies, babies with congenital problems and full-term newborns with health issues. Simpler problems, such as breathing difficulty, can often be treated within a few days. More acute problems, such as extreme prematurity, may require stays of several months.

Most premature babies are born between weeks 34 and 36. Babies born at 25 weeks or earlier are considered extremely premature. These are the tiniest of babies that don't stand a chance of surviving without immediate NICU care.

"A normal pregnancy lasts nine months," said Yvonne Johnson, RN, MSN, NICU Patient Care Manager. "When you're born as early as six months, you need a lot of help to survive and thrive."

Thanks to ever-improving medical technology and better training, the job has gotten easier for hospitals like Cape Fear Valley Medical Center.

And for that, Byrd will be forever thankful.

"I'm so grateful for all those nurses up there," she said, "and that Cape Fear Valley has a NICU."



### — FAST FACT —

Cape Fear Valley Medical Center has the region's only Level IV NICU, making it one of the busiest and most accomplished labor and delivery destinations in the state.





# Giving Back

:: by Anna Haley

People volunteer for a variety of reasons. For Bud and Mildred McLean, it's sheer gratitude.

Mrs. McLean was a patient at Cape Fear Valley Cancer Center 14 years ago. She was so impressed by the care she received, that she promised to come back and volunteer when she got back on her feet. Her husband promised too.

The McLeans have been keeping their word ever since. They give up their Tuesday mornings so others can have a bit easier time, as they navigate the often-scary world of cancer treatment.

"We've become somewhat of a support system for them," Mr. McLean said, "because we've faced cancer too and know the emotions and challenges they face."

It's this sort of compassion and caring that makes Cape Fear Valley's Volunteer Services the vital department that it is. The health system has 325 volunteers at any given time, doing everything from greeting visitors and patients, to staffing Cape Fear Valley Medical Center's Gift Shop and Highsmith-Rainey Specialty Hospital's front desk.

Susan Lock, Cape Fear Valley's Volunteer Services Director, is in charge of them all. She says volunteering is an act of kindness and personal sacrifice, so she works closely with new volunteers when they are hired.

"I interview each and try to get a sense of their passions and skills," she said. "I want to make sure I find the right opportunity for them, so they'll enjoy what they're doing every time they come in."

Like the McLeans, Frank and Linda Hayes volunteer as a couple. They've been giving up their Tuesday mornings since 2012, to help patients at Health Pavilion North Cancer Center.

The couple doesn't look at it as work. They call it the best day of their week instead. Mr. McLean loves volunteering so much that he'll go in when he's not scheduled. The dedication doesn't go unnoticed.

Carrie Webb is the Senior Access Coordinator at Health Pavilion North Cancer Center. She says the health system is lucky to have volunteers like Frank and Linda Hayes because of what they offer.

"Whereas Frank is outgoing and always ready to make a patient laugh," Webb said, "Linda is there to listen and talk patients through treatment."

Cape Fear Valley's volunteers do more than just work with patients and visitors. They also make up a valuable fundraising arm that helps fund new projects, equipment purchases, and building expansions throughout the health system.

The volunteers hold about 10 fundraisers a year, including annual linen, clothing and the ever-popular \$5 jewelry sales. Cape Fear Valley Medical Center's Gift Shop, run by the volunteer Auxiliary, also donates its profits back to the health system.

In 15 years, more than \$3 million has been raised and reinvested into Cape Fear Valley. Funded projects include new training mannequins for staff, an eight-passenger golf cart for patient transport, and new flooring at HealthPlex.

The fundraising takes on even greater importance, as healthcare reform continues to shrink insurance reimbursements and profit margins for hospitals nationwide.

At the end of the day, Lock estimates her volunteer workforce saves Cape Fear Valley \$450,000 a year. But the money is secondary.

"From the Heart Center to the Cancer Center and NICU," Lock said, "volunteers offer compassion, caring hands, and sometimes even a laugh, to help patients through a tough situation. Their contributions are truly priceless."

*For more information about Cape Fear Valley's adult, college and junior volunteer programs, please call (910) 615-6783.*



# Education for the Mind, *Music for the Soul*

:: by Donnie Byers

By most accounts, Warren McDonald, Ph.D., has had a pretty successful career.

The Fayetteville native has been a business owner, consultant, college instructor, and now serves as chairman over Methodist University's Health Administration Program. But delve a little deeper, and you learn he also plays music.

Talented from a young age, McDonald has been singing and playing guitar in bands since he was in high school. He even scored a hit song at age 16, which made him want to go into music when he grew up.

His parents wanted him to go to college instead. His mother was particularly adamant that he attend medical school, so he could become an ophthalmologist like her boss. It was a solid career choice in her eyes, with good financial promise.

McDonald was less enthusiastic about the plan. A hit song, loyal following, and regularly playing alongside big name acts, such as the Drifters and Platters, can do that to a young person.

"My mom wanted me to become an ophthalmologist," he said. "I wanted to be Paul McCartney."

The mother and son eventually compromised and agreed he would go to school for music instead. But learning music in a classroom doesn't come close to performing it live, so McDonald never started school.

Most parents would have given up at that point. Not McDonald's mother. She still had dreams of her son going to medical school. At her request, her boss invited the younger McDonald to visit his practice's optical dispensary to see what they did for a living. The tag team effort worked.

McDonald enrolled in Durham Technical Community College's Opticianry School, which was one of just four such schools in the U.S. at the time. After receiving his degree, he promptly moved to Jacksonville and opened his own optician's office at age 23.

Not too many twentysomethings have the drive or wherewithal to open their own business at such a young age. But, in his own words, McDonald hit a homerun from day



one. A genuine need for his services in Jacksonville, combined with a burgeoning military community in nearby Camp Lejeune, helped fuel the success.

“I may have started out young, but I always focused on what I wanted to do,” McDonald said with a sheepish grin.

The focus comes from his wife, Kaye, who was his high school sweetheart at 71st High School. He realized any future with her meant having a stable career, versus chasing musical stardom on the road every night.

After a successful run in business, McDonald sold his practice to move his family back to Fayetteville to take care of aging parents. His wife found work as a pediatric nurse at nearby Womack Army Medical Center, while he went into consulting.

McDonald also went back to school, eventually earning his bachelor's, master's and doctoral degrees in health sciences, education and health management.

He landed his first teaching job while still living near the coast. Webster University's Camp Lejeune campus hired him to teach healthcare administration. The budding educator immediately fell in love with his new career.

The University of North Carolina at Pembroke and Fayetteville State University later hired him to help establish their respective offsite and online education programs. Both institutions would go on to recognize his work for outstanding program development, implementation and growth.

By his mother's standards, McDonald had made it at that point. He was working as senior-level administration in education, had completed a doctoral degree, and did post-doctoral training at Harvard University. But he still had the urge to teach.

McDonald jumped at the chance to be in front of the classroom again when a teaching position opened at Methodist University across town.

“People thought I was crazy,” he said, “to leave a senior administration job for a faculty job. But I knew from the moment I walked onto campus – from the very first minute – I was where I wanted to be.”

He's been at Methodist University ever since, teaching students everything he's learned about business and healthcare during a pretty stellar career.

The career change also allowed him to pick up his guitar again and start playing music. His band, Classic Soul, regularly played venues up and down the East Coast and throughout the South, including Atlanta, Nashville and Lexington, Ky.

Asked if his students knew about his moonlighting gig, McDonald leans forward in his chair, cracks a small grin, and says “certainly.”

“It's just a hobby for me,” he said, “but it's a living for the wonderful musicians I've had the privilege to work with every show.”

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“ I tell my students every day: choose a career you really love and you'll never have to work a day in your life ”

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“If I got paid for a performance, then I got paid. But I wasn't really concerned with making money from playing in the band.”

What he did gain was a lot of personal satisfaction. Being able to walk onto a stage again gave him chills he hadn't felt in years. Alas, McDonald had to give up music for a second time recently, when his job at Methodist University became too demanding.

He wasn't sad or angry by it, however. Playing music again was a bucket list decision, and he made the most of it. Now he spends his free time with family.

His younger son, Matt, and his wife, Ashley, also live in Fayetteville. The older son, Jeff, and his wife, Susan, live in Moore County, with their 9-year-old son, Hayden. The child is the apple of McDonald's eye, so he tries to see him as much as possible.

The visits also give McDonald an excuse to hang out at Jeff's restaurant, Time Out Sports Grill, on weekends. The oldest son opened the business a few years ago after deciding to go back to school to get a culinary degree.

Like his mother before him, McDonald admits to rolling his eyes when he first learned of his son's decision. But he fully supports it now, because if anyone understands the importance of chasing dreams, it's McDonald.

“I tell my students every day: ‘Choose a career you really love and you'll never have to work a day in your life,’” he said.

CAPE FEAR VALLEY HEALTH : *NEWS briefs*

## The Steven A. Cohen Military Family Clinic at Cape Fear Valley

### Cape Fear Valley and The Cohen Veterans Network

Cape Fear Valley Health and The Cohen Veterans Network will open a new mental health clinic in Fayetteville for area veterans and their families. The Steven A. Cohen Military Family Clinic at Cape Fear Valley will offer comprehensive mental healthcare, at no or low cost, to veterans and their families coping with the invisible wounds of war.

The clinic is set to open in June in the Tochari Center, at 3505 Village Drive, across from Cape Fear Valley Medical Center. It will be the seventh of its kind to open through the national Cohen Veterans Network.

The Cohen Network's founder and namesake, Steven A. Cohen, became involved in veterans' mental healthcare after his son's return from a tour in Afghanistan. In 2016, Cohen launched the Cohen Veterans Network with a \$275 million pledge to fund the project and 25 eventual clinic locations.

### Bladen County Hospital Earns Pneumonia Certification

Bladen County Hospital has achieved Disease-Specific Care Certification for the treatment of Pneumonia. The Joint Commission bestowed the certification after the Elizabethtown facility successfully demonstrated compliance with national standards for care and taking an organizational approach toward performance improvement.

About 1 million people seek care for pneumonia each year in the U.S., with more than 50,000 eventually dying from complications. Early treatment is pivotal for survival. The best healthcare facilities follow best practices in treating such patients.

This is the second Disease-Specific Care Certification Bladen County Hospital has received from The Joint Commission. The first was for Sepsis treatment.

### Blood Donor Center Needs Summer Donors

Summer is almost here. That means sun, sand and drastically reduced blood donations. That's because high school students donate almost half the blood used by Cape Fear Valley Health patients in a given year. If students aren't in school, blood donations plunge.

That's why the Blood Donor Center needs the community's help before summer arrives. The center relies on local blood drives through businesses, churches and schools to provide lifesaving blood for patients at Cape Fear Valley hospitals in Cumberland, Hoke, Bladen and Harnett counties.

To schedule a summer blood drive, please call (910) 615-LIFE or visit [www.savingliveslocally.org](http://www.savingliveslocally.org) to find a blood drive near you. Blood donations can also be made at the Blood Donor Center at 3357 Village Drive, in the Bordeaux Shopping Center, in Fayetteville. Hours are Monday through Friday, 9 a.m. to 5 p.m., and the third Saturday of each month, 9 a.m. to 3 p.m.

From May 20 through August 19, donors will receive a special "Save Our Summer" T-shirt, while supplies last.

## Pediatric Diabetes Camp

The Cape Fear Valley Kids with Diabetes Group will hold its annual Pediatric Diabetes Camp this year from Friday, June 23, to Sunday, June 25, at Camp Rockfish. Registration fee is \$150 per child. Financial assistance is available to those who qualify.

Attendees will enjoy camp activities, such as swimming, canoeing, arts and crafts and much more. Cape Fear Valley staff will provide diabetes education. Campers will also get to interact with other diabetics their age.

This is a can't-miss activity for any child with diabetes! For more information, please contact (910) 615-1885.

## NICU Reunion

Cape Fear Valley's NICU Reunion will be held on Saturday, June 4, from 10 a.m. to 1 p.m., in the Cape Fear Valley Rehabilitation Center Auditorium. Any child born at Cape Fear Valley Medical Center who stayed in the Neonatal Intensive Care Unit for any length of time, is invited to this event.

Staff will be on hand and t-shirts will be for sale with this year's theme. For more information, please call (910) 615-1285.

## Bladen County Hospital Foundation Gala

More than 200 guests enjoyed dinner and dancing at this year's Bladen County Hospital Foundation Gala. The black tie event was held in February at Lu Mil Vineyard and included a Night at the Opera decorative mask theme.

Diverse Groove of Charlotte and Five Star Entertainment of Fayetteville provided music. Whimsical Florist of Elizabethtown provided decorations, Captured Memories took photos, and Giorgio's Restaurant of Elizabethtown catered the meal.

The event also included a red carpet photo booth and raffle, with proceeds going to support all areas of Bladen County Hospital.



## Asthma Action Fair

It's time to breathe a little easier again. Cape Fear Valley will hold its annual Asthma Action Fair on Sat., May 20, inside HealthPlex at 1930 Skibo Road. The event will be from 10 a.m. to noon.

Whether you suffer from asthma or have a child who does, this event has a lot to offer. Free spacers, peak flow meters and nebulizer kits will be available, while supplies last.

An educational seminar will begin at 11 a.m. Medical professionals will be on hand to answer questions. There will also be giveaways, refreshments and activities for all ages. For more information, please call (910) 615-3185.



CAPE FEAR VALLEY HEALTH : *NEW physicians***Emergency Medicine****Naomi Jean-Baptiste, M.D.**

Cape Fear Valley Emergency  
Department

**Emergency Medicine:** New York  
Presbyterian Hospital, New York, N.Y.

**Medical Degree:** Duke University,  
Durham, N.C.

**Peter Messick, M.D.**

Cape Fear Valley Emergency  
Department

**Emergency Medicine:** North Shore  
University Hospital, Manhasset, N.Y.

**Medical Degree:** University of North  
Carolina, Chapel Hill, N.C.

**Board Certification:** Emergency  
Medicine

**Family Practice****Cecilia Ainolhayat, M.D.**

Cape Fear Valley Primary Care  
Skibo Road location

**Family Practice:** Underwood  
Memorial Hospital, Woodbury, N.J.

**Medical Degree:** Universidad Central  
del Ecuador, Quito, Ecuador

**Board Certification:** Family Medicine

**Glenn Vogelsang, M.D.**

Cape Fear Valley Primary Care  
Fayetteville Family

**Family Practice:** West Virginia  
University Rural Family Medicine,  
Morgantown/Harpers Ferry, W.Va.

**Medical Degree:** Ross University  
School of Medicine, Portsmouth,  
Dominica

**Board Certification:** Family Medicine

**Infectious Disease****Pamela Mbang, M.D.**

Carolina Infectious Disease, P.A.

**Infectious Disease:** Baylor College of  
Medicine, Houston, Texas

**Internal Medicine:** Oakwood Hospital and  
Medical Center, Dearborn, Mich.

**Medical Degree:** University of Yaounde,  
Yaounde, Cameroon

**Board Certification:** Internal Medicine,  
Infectious Disease

**Oral Surgery****Kenneth Carey, DMD**

Sandhills Oral and Maxillofacial Surgery

**Oral and Maxillofacial Surgery:** Womack  
Army Medical Center, Ft. Bragg, N.C.

**Dental Degree:** Oregon Health and  
Science University, Portland, Ore.

**Board Certification:** Oral and Maxillofacial  
Surgery

**Pediatric Critical Care****David L. Smith, M.D.**

Cape Fear Valley Inpatient Pediatrics

**Pediatric Critical Care:** Arkansas Children's  
Hospital, Little Rock, Ark.

**Pediatrics:** Arkansas Children's Hospital,  
Little Rock, Ark.

**Medical Degree:** University of Arkansas,  
Little Rock, Ark.

**Board Certification:** Pediatrics and  
Pediatric Critical Care



## : **PHYSICIAN** *briefs*

### Pediatrics



**Zulfiqar Ali, M.D.**

Cape Fear Valley Pediatric Care

**Pediatrics:** St. John Hospital and Medical Center, Detroit, Mich.

**Medical Degree:** Ayub Medical College, Abbottabad, Pakistan

**Board Certification:** Pediatrics

**Adriana Rosado-Jimenez, M.D.**

Rainbow Pediatrics of Fayetteville

**Pediatrics:** Lincoln Medical Center, Bronx, N.Y.

**Medical Degree:** Universidad Iberoamericana, Santo Domingo, Dominican Republic

### Urology



**Christian deBeck, M.D.**

Cape Fear Valley Urology at Harnett

**Urology:** Georgetown University, Washington, D.C.

**Medical Degree:** West Virginia University, Morgantown, W.Va.

**Board Certification:** Urology



**Obiora Frank**

**Anusionwu, M.D.,**

has been elected as a Fellow of the American College of Cardiology (FACC) in recognition of his professional achievement and commitment to quality

cardiovascular care. He practices cardiology with Valley Cardiology. For an appointment, please call (910) 321-1012.



**Christine Booth, M.D.,**

has joined Fayetteville Woman's Care at 2029 Valley Gate Drive, Suite 101 in Fayetteville. She specializes in pediatric and adolescent gynecology, laparoscopy and high risk obstetrics.

For an appointment, please call (910) 323-2103.

# Don't Wait Until It's Too Late

## Prediabetes can lead to a lifetime of complications if left unchecked

Prediabetes has reached epidemic levels in the U.S. with no end in sight.

A staggering 86 million American adults, or 1 in 3, have already been diagnosed with the disorder. And half of all Americans age 65 and older have it.

However, the most alarming statistic is that 9 out of 10 people who have prediabetes don't even know it. Those luckily enough to know still have time to act.

Prediabetes is a "pre-diagnosis" of diabetes. It's when the body's blood glucose level (blood sugar) is higher than normal, but not high enough to be considered diabetes yet. Fail to act, and prediabetes can develop into type 2 diabetes.

There are three ways to diagnose type 2 diabetes and prediabetes:

**Fasting Glucose Test.** This measures blood glucose in people who have not eaten anything in at least eight hours. Fasting levels of 100 to 125 mg/dL are considered prediabetic indicators.

**Glucose Tolerance Test.** This test measures blood glucose of fasting people by measuring blood glucose levels two hours after the test subject is given a sweet drink or liquid. Blood glucose levels between 140 and 199 mg/dL are considered prediabetic.

**Hemoglobin A1c Test.** This measures the amount of glucose lingering in red blood cells. An A1c value of 5.7 – 6.4 percent indicates prediabetes.

Risk factors for prediabetes include obesity, hypertension, sedentary lifestyle, and family history of diabetes. Women who have diabetes while pregnant are also at risk. Doctors recommend those at risk get screened for prediabetes yearly at age 45.

Eating healthy and staying active cuts the risk of type 2 diabetes in half. Fail to do so and the risk of developing the metabolic disorder increases significantly as people age.

People diagnosed with prediabetes should contact their physician if they experience increased thirst or urination, tiredness, blurry vision or sores that do not heal. All of these are symptoms of type 2 diabetes.

Diabetes was the seventh leading cause of death in the U.S. in 2013 and was probably underreported, according to the Centers for Disease Control and Prevention. The condition is also the leading cause of kidney failure, lower-limb amputations and adult-onset blindness. So acting quickly is important.

Everyone at risk for prediabetes and diabetes should get checked today. The sooner a diagnosis is made, the sooner treatment can begin.





# CAPE FEAR VALLEY HEALTH SUPPORT *for the* Community

## Mended Hearts of Fayetteville

Second Thursday of each month  
6 – 7:30 p.m.  
Cape Fear Valley Rehabilitation Center  
Auditorium, Room B.  
(910) 615-6580

## Defibrillator Support Group

Meets quarterly, 6:30 – 8 p.m.  
Cape Fear Valley Education Center,  
Carolina Room, 3418 Village Drive  
(910) 615-8753

## Scleroderma Support Group

Third Saturday of each month  
10 a.m. – noon  
Medical Arts Center, Room 106A,  
101 Robeson St.  
(910) 308-9792 or (910) 237-2390

## Stroke Support Group

Third Wednesday of each month  
3 – 4 p.m.  
Cape Fear Valley Rehabilitation Center  
Physical Therapy Gym  
(910) 615-4344

## Spinal Cord Injury Support Group

First Monday of each month  
3 – 4 p.m.  
Cape Fear Valley Rehabilitation Center  
Patient Cafeteria  
(910) 615-4051 or (910) 615-6066

## Alzheimer's Caregiver Support Group

Third Tuesday of each month  
2 – 3 p.m.  
Heritage Place  
325 North Cool Spring St.  
Sam Hutchinson at (910) 615-1633

## Arthritis Support Group

Fourth Monday of each month  
(except February, July and December)  
7 – 8 p.m.  
Cape Fear Valley Rehabilitation Center  
Auditorium, Room A  
Stacia Britton at (910) 615-4078

## Bereavement Support Group

First and third Thursdays  
Noon – 2 p.m.  
Cape Fear Valley Hospice and Palliative  
Care  
1830 Owen Drive, Suite 203  
Call (910) 609-6710



CAPE FEAR VALLEY  
BLOOD DONOR CENTER

## MOBILE BLOOD DRIVES

### FAYETTEVILLE

#### VALLEY AUTO WORLD

3822 Sycamore Dairy Road  
Thursday, June 8, 9 – 11 a.m.

#### ON THE BORDER MEXICAN GRILL & CANTINA

115 Glensford Road  
Tuesday, June 20, 11 a.m. – 6 p.m.

#### FTCC - TONY RAND STUDENT CENTER

2201 Hull Road  
Wednesday, June 21, 9 a.m. – 3:30 p.m.

### RAEFORD

#### ROCKFISH CHURCH

9949 Fayetteville Road  
Raeford  
Wednesday, May 24, 4:30 – 8 p.m.

#### HOKE HOSPITAL

210 Medical Pavilion Drive  
Raeford  
Tuesday, June 6, 8 a.m. – 1:30 p.m.

### IN THE REGION

#### BLADEN COUNTY HOSPITAL

501 South Poplar Street  
Elizabethtown  
Wednesday, June 7, 12:30 – 4:30 p.m.

#### CENTRAL HARNETT HOSPITAL

215 Brightwater Drive  
Lillington  
Wednesday, June 14, 8 a.m. – noon

#### BETSY JOHNSON HOSPITAL

800 Tilghman Drive  
Dunn  
Wednesday, June 14, 1:30 – 5 p.m.

DONOR  
CENTER  
HOURS

Monday – Friday  
9 a.m. – 5 p.m.

3rd Saturday  
9 a.m. – 3 p.m.



For more information, please  
call (910) 615-5433 or visit  
[www.savingliveslocally.org](http://www.savingliveslocally.org)

*for minor illnesses  
and injuries...* **EXPRESSCARE**

*feel* **BETTER** *faster.*

ExpressCare can treat minor illnesses and injuries, such as:

- Fever, earache, sore throat
- Flu-like symptoms, colds and upper respiratory infections
- Vomiting, nausea, diarrhea
- Simple or suspected bone fractures, strains and sprains
- Cuts that may need stitches
- Rashes and minor allergic reactions
- Painful or burning urination

Of course, when in doubt about the seriousness of an illness or injury, please call 911 or go to the closest emergency department.

**3 CONVENIENT LOCATIONS OPEN 7 DAYS A WEEK**

**CAPE FEAR VALLEY  
EXPRESSCARE**

1638 OWEN DRIVE  
**7 DAYS A WEEK: 11 AM - 9 PM**  
**(910) 615-4372**

**HIGHSMITH-RAINEY  
EXPRESSCARE**

150 ROBESON STREET  
**7 DAYS A WEEK: 7 AM - 11 PM**  
**(910) 615-1220**

**HEALTH PAVILION NORTH  
EXPRESSCARE**

6387 RAMSEY STREET  
**7 DAYS A WEEK: 9 AM - 7 PM**  
**(910) 615-3879**