

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

# MAKING ROUNDS

SPRING 2020



**CAPE FEAR VALLEY**  
HEALTH

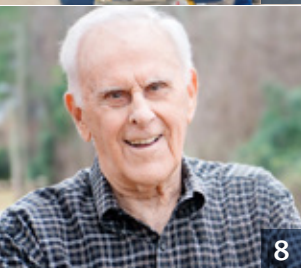
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HOSPITALIST GROUP  
B. Permashwar, MD





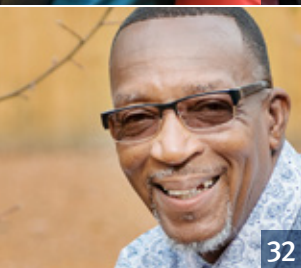
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## MAKING ROUNDS

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A Joint Commission  
**TOP PERFORMER**



## LETTER *from the* CEO

Last year, Cape Fear Valley Health admitted nearly 40,000 patients. That's a huge number, but it provides just a glimpse into everything our health system has to offer.

That's because Cape Fear Valley Health isn't one-dimensional. We do more than serve patients in our eight hospitals. Our 2019 Community Benefit Report, in this issue of Making Rounds, will bear this out.

Our health system provides everything from free screenings and medication to the uninsured to clinical training of more than 2,000 health professionals every year. We also provide more than \$22 million in charity care for low-income patients and another \$32 million for patients who do not apply for charity care or are unwilling to pay.

Those are huge numbers, but that's what a safety net hospital is all about: providing care for the community whether the patient can pay or not.

We also look out for the community over the long term. Our physician residency program now totals over 100 residents, training in internal medicine, emergency medicine, obstetrics and gynecology, general surgery, psychiatry, as well as transitional year education.

The program's annual economic impact to the local community is an impressive \$25.2 million a year. The program's first internal medicine residents graduate in June. Next year, our first emergency medicine and OB/GYN residents will graduate.

We're hoping every graduate chooses to stay close by to practice, because more doctors mean better healthcare for patients. Studies show that health outcomes are statistically higher in areas immediately surrounding teaching hospitals like Cape Fear Valley.

Our Community Benefit Report will also show that our health system is a leader in cancer treatment, heart and vascular medicine, emergency services and trauma care, the care of women and children, and mental health, because we truly care.

Our 7,500 employees are proud to play an important role in the health and wellbeing of our community. And I am truly grateful for the trust our community places in Cape Fear Valley Health.

In so many ways, we are improving the quality of every life we touch.

Mike Nagowski  
CEO, CAPE FEAR VALLEY HEALTH





# Beating the Clock

**Falling treatment times mean better outcomes for heart attack patients**

*:: by Donnie Byers*

**A heart attack occurs every 34 seconds in the U.S., which contributes to 1 out of every 4 heart disease deaths.**

It's an alarming statistic, since heart disease is the leading cause of death in America. Even more alarming is how often Americans fail to realize a heart attack has even occurred.

The classic “heart attack” feels like debilitating chest pain, but heart attack signs and symptoms can vary greatly, especially between men and women. Symptoms can include slight chest pain, fatigue, nausea, heartburn, dizziness or even radiating jaw pain.

Heart attacks are caused by blocked coronary arteries, which leads to partial or complete stoppage of blood flow to the heart. Without oxygen, heart muscle begins to die off.

Sylvester Ejeh, M.D., FACC, FSCAI, is Cape Fear Valley’s Chief of Cardiovascular Services. He says heart attack sufferers who procrastinate usually suffer much worse outcomes than those who call 911 right away.

“It’s the old phrase ‘time is muscle,’” he said. “If you get to the hospital quickly, we can save heart muscle.”

Therein lies the problem. Many sufferers don’t realize they are having a heart attack. One in five heart attacks is considered silent. Damage to heart muscle is done, but the sufferer isn’t aware.

Others try to wait out the pain to see if it improves, while others simply refuse care or turn a blind eye. But the clock starts ticking in every situation – and the damage begins.

“Don’t procrastinate,” Dr. Ejeh said. “The ones who go into arrhythmia or tachycardia die. Those who don’t wait recover a whole lot of muscle and can get back to a normal life.”

There are essentially two types of heart attacks, or myocardial infarctions: STEMI and non-STEMI. STEMI (ST-elevated myocardial infarction) attacks are the most severe due to complete artery blockage. Non-STEMI attacks are only partial blockages.

STEMI heart attacks involve the most risk for death or disability. It’s vital the blocked artery be reopened as soon as possible so blood flow can be restored. Target time to restore blood flow is 90 minutes or less.

The 90-minute window is called “door-to-balloon time.” This is the period between hospital arrival and treatment of the blockage with balloon angioplasty, direct stenting, or a thrombectomy.

The metric was developed as a baseline by the American Heart Association and the American College of Cardiology, because time is irreplaceable when treating heart attacks. And there’s usually no faster way to start treatment than an

ambulance ride to the hospital. But people often refrain from calling an ambulance for a variety of reasons.

Some patients want to save money or are too embarrassed to call paramedics. Others think they can get to the hospital faster by driving themselves. Calling 911 and taking an ambulance is always a better choice. If the patient’s heart stops beating, he or she could die in traffic and cause accidents.

## Call 911

Every year, roughly 5 million Americans are rushed to an Emergency Department with chest pain or acute coronary syndrome (ACS) symptoms. In 2018, Cape Fear Valley’s Emergency Department treated almost 6,500 ACS cases alone.

ACS is a term for any condition brought on by sudden, reduced blood flow to the heart. Statistics show a quarter of all ACS cases are true cardiac emergencies. A quick diagnosis is critical, because heart tissue begins dying within minutes of blood loss.

Brian Langston, Cape Fear Valley’s Emergency Services Director, says calling for an ambulance is always preferable.

“Our paramedics can start treatment at the home and activate the treatment process immediately,” he said. “And we work directly with the hospital system, so we can better mobilize treatment resources that allow us to have more success.”

The treatment process includes a 12-lead electrocardiogram (ECG or EKG) test to determine if the patient is having a STEMI heart attack. The test results are transmitted ahead to the Emergency Department for physician verification. A cardiac catheterization team is assembled if it is a STEMI attack.

Langston says every paramedic with Cape Fear Valley, LifeLink, Cumberland County EMS and Hoke County EMS is trained to identify STEMI attacks using EKG equipment. A \$77,000 Cape Fear Valley Health Foundation grant helped equip the departments with new EKGs in 2011.

Area heart attack patients also benefit from having a nationally accredited Chest Pain Center at Cape Fear Valley Medical Center. The hospital is one of roughly 500 hospitals in the nation to qualify for the accreditation, which means it uses best practices to quickly diagnose and treat heart attacks.



Cape Fear Valley has received the Mission: Lifeline Gold Plus Award four years in a row for STEMI care. The national patient care initiative was created to advance the system of care for patients with acute, high-risk or life-threatening disease states.

Cape Fear Valley patients diagnosed with chest pain can be treated and released in 18-24 hours. True heart attack patients are fast-tracked upstairs to the Heart & Vascular Center's cardiac catheterization lab for quicker treatment.

The quick turnaround is possible due to the Emergency Department, EMS, cardiologists, nurses and technicians working together to provide timely, quality cardiac care.

## RACE

Cape Fear Valley's Chest Pain Center accreditation is partly due to the hospital's participation in RACE, a statewide patient transport program for heart attack patients.

RACE is an acronym for "Reperfusion of Acute Myocardial Infarction." Reperfusion is artery-opening therapy using clot-busting drugs or procedures, such as angioplasty using heart catheters.

The RACE program's goal was to provide more effective treatment for heart attack patients, but with a twist: rival hospitals are asked to work together to do what's best for the patient – even if it means sending them across county lines.

The cooperation is necessary because not all hospitals are considered STEMI treatment facilities, which have dedicated teams trained to treat STEMI heart attacks. Cape Fear Valley

is a regional STEMI facility and has been part of the RACE program since 2008.

The RACE program has since developed into the American Heart Association's Mission: Lifeline program. The national patient care initiative was created to advance the system of care for patients with acute, high-risk or life-threatening disease states, such as STEMI heart attacks.

Cape Fear Valley has received the Mission: Lifeline Gold Plus Award four years in a row for STEMI care.

Michelle Keasling Jankite, Cape Fear Valley's Corporate Director of Cardiac Services, was hired in 2013 as the health system's RACE program administrator. She says getting other hospitals to sign on to the RACE concept was a challenge.

She had to convince hospitals throughout the region Cape Fear Valley was committed to accepting all STEMI patients regardless of bed availability. Some of the smaller hospitals were hesitant to buy in at first. They were accustomed to sending STEMI patients to hospitals as far away as Winston-Salem.

Keasling Jankite also had to educate the smaller hospitals about treatment and EKG best practices, before setting up a system so hospitals could refer to nearby STEMI hospitals.

"It wasn't easy," she said, "but it worked."

Cape Fear Valley Health and New Hanover Regional Medical Center are both STEMI facilities and the two largest hospitals in southeastern North Carolina. They agreed to send patients in Bladen County-northward to Cape Fear Valley. Patients in Columbus County-southward would go to New Hanover.

A new tracking tool proved pivotal for the RACE program's early success. The tool relayed data showing how well everyone involved in a STEMI case performed. EMS units are timed how fast they perform an EKG, while hospitals are graded how well they identify and treat STEMI heart attacks.

The instant feedback and steady cooperation have led to falling door-to-balloon times at Cape Fear Valley. In 2010, the health system averaged 67-minute treatment times. The average is now 42 minutes. That's a 38 percent improvement over 10 years.

Keasling Jankite says the figure is both remarkable and telling about Cape Fear Valley's approach to early heart attack care.

"It doesn't take just a village for STEMI care," she said, "it takes an entire region. And this program of ours, and the system of care, is making it work."





# The Survival Chain

If you think you're  
having a heart attack

**SURVIVE, DON'T DRIVE.**

**CALL 911**



when you call an ambulance,  
it's like bringing a hospital  
to your door.

- Emergency medical personnel can start treatment immediately, including providing vital oxygen and heart medication.
- If the heart stops beating, rescue personnel can use defibrillators to start the heart beating again.
- Cumberland, Bladen, Harnett and Hoke County ambulances are in communication with Cape Fear Valley's Emergency Department. This allows paramedics to relay on-board EKG and vital signs to the ED before arrival. This allows physicians and nurses to be ready and waiting to provide immediate medical treatment.

## Heart docs in Fayetteville

### Cape Fear Cardiology Associates, P.A.

3634 Cape Center Drive, Fayetteville

(910) 485-6470

Martin Bacon, M.D., FACC

Manoj Bhandari, M.D., FACC, FASE

Stephen Ginn, M.D., FACC

Michael Hodges, M.D., FACP, FACC

Amudhan Jyothidasan, M.D. FACC, FSCAI, RPVI

Thor Klang, M.D., FACC, FSCAI

Brenda May-DePaola, D.O., FACC

Srinivas Munugoti, M.D., FACC

### Carolina Heart and Leg Center

3637 Cape Center Drive, Fayetteville

(910) 491-1760

Frank Fedele, M.D.

Leah Hershman, M.D.

Mayur Lakhani, M.D.

Hari Saini, M.D.

### Cumberland Cardiology, P.A.

3505 Village Drive, Fayetteville

(910) 323-0065

Sylvester Ejeh, M.D., FACC, FSCAI

### Fayetteville Heart Center, P.C.

2301 Robeson Street, Suite 301, Fayetteville

(910) 484-4100

Amol Bahekar, M.D.

Varun Kumar, M.D.

Divyang Patel, M.D.

Hiten Patel, M.D.

Sanjay Prasher, M.D.

### Ferncreek Cardiology, P.A.

3650 Cape Center Drive, Fayetteville

(910) 483-0049

Matthew Daka, M.D., FACC, FSCAI

Selvaratnam Sinna, M.D.

Manesh Thomas, M.D.

### Premier Cardiovascular Center

1315 Avon Street, Suite 103, Fayetteville

Kingsley Okorafor, M.D.

### Valley Cardiology, P.A.

3656 Cape Center Drive, Fayetteville

(910) 321-1012

Charles-Lwanga Bennin, M.D.

Augustine George, M.D.

M. Akram Paracha, M.D., FACC

# a new hope

A minimally invasive procedure is offering heart patients hope when there was none

:: by Donnie Byers

**William MacDonald doesn't look or act like the typical 91-year-old.** Tall, slender and full of vitality, he could easily pass for someone 20 years younger. The secret is daily exercise.

The Fayetteville retiree makes it a point to take long, hilly walks to test his endurance and resolve. Most people his age wouldn't consider such daring, but MacDonald believes in staying active, no matter the age.


The walks came to an abrupt end last year, when he started to feel easily winded. Then he struggled to make it up stairs. MacDonald thought Father Time had finally caught up, but tests revealed he had a faulty heart valve due to severe aortic stenosis.

Although common, the heart valve disorder is extremely serious. It's marked by narrowing of the aortic valve opening leading into the heart. It's caused by calcium buildup on the heart valve's diaphragm leaflets.



The program was three years in the making. It took a year of planning and staff training alone, as well as the creation of a hybrid operating room with state-of-the-art imaging equipment.





Over time, the damage stiffens the leaflets, restricting blood flow. Patients often die within two years if the condition is left untreated.

MacDonald sought open-heart surgery to correct his condition, but he wasn't considered a good surgery candidate due to his advanced age and previous open-heart surgery.

His surgery outlook improved, however, after his cardiologist learned Cape Fear Valley had begun performing a new minimally invasive heart valve replacement procedure called Transcatheter Aortic Valve Replacement, or TAVR.

The doctor asked his patient if he wanted the surgery.

"Of course, I said, 'Yes,'" MacDonald said with a chuckle.

The surgery went better than he or his doctor could have imagined. MacDonald was back on his feet and exercising within days, because TAVR requires considerably less operating and recovery time than traditional surgery. This makes it an ideal option for high-risk surgery patients.

The procedure is performed with tiny balloon catheters inserted through the femoral or axillary artery, so operation scars are tiny. The catheters are guided up to the chest, allowing an artificial valve to be slid into the aortic valve opening and expanded.

The expansion pushes aside the original heart valve's diaphragm leaflets, so the new valve can take over blood flow management. The catheters are then removed so the manmade valve can do its job.

Traditional surgery requires the chest to be surgically separated before the heart valve can be accessed. As a result, recovery takes a week in the hospital and another 6 to 8 weeks at home.

Although quicker and safer, TAVR surgeries still require just as much manpower as open-heart surgery. Interventional cardiologists, cardiac surgeons, radiologists, imaging specialists, nurse practitioners, physician assistants, cardiac catheterization lab staff and nurses, as well as administrative staff support, are all involved.

## Valve Replacement Clinic

Cape Fear Valley's valve replacement program was three years in the making. It took a year of planning and staff training alone, as well as the creation of a hybrid operating room with state-of-the-art imaging equipment.

A hybrid operating room is needed in case a TAVR procedure requires emergency cardiac surgery. Robert Maughan, M.D., a cardiothoracic surgeon with Cape Fear Valley Cardiovascular

& Thoracic Surgery, is on the team for emergency surgeries.

The entire TAVR surgery team trained at UNC Hospitals for weeks before performing Cape Fear Valley's first TAVR in December 2018. Thor Klang, M.D., an interventional cardiologist, was surprised how fast the valve clinic team clicked.

"It was like we had been working together for 10 years," he said.

In its first year, Cape Fear Valley's valve replacement program performed 24 surgeries. All were successful. The success rate gives new hope to high-risk patients who had limited surgery options before.

Leon Bradford, 83, also from Fayetteville, turned down open-heart surgery in the Triangle to become Cape Fear Valley's first TAVR patient. He wanted to have surgery locally so his follow-up care wouldn't become a burden on his wife, who drives him everywhere.

Looking back, Bradford said he definitely made the right decision.

"I'm tickled to death I chose to have it here," he said. "I'd recommend it to anyone."

Although still relatively new, TAVR surgery is so effective that the FDA now allows medium- and low-risk patients to undergo it. But not everyone is an ideal candidate.

Tonya Carter, MSN, NP-C, a Cape Fear Valley Valve Clinic Coordinator, says low-risk patients need to weigh the risks and benefits of both open-heart and TAVR surgery.

"Studies show that open-heart surgery replacement valves and TAVR valves both have the same lifespan," she said. "The younger the patient, the more likely they will need a repeat valve replacement."

Carter goes on to say that there are other concerns when choosing a surgery. Doctors can help patients decide which is the best option.

Amol Baheker, M.D., is already sold on the benefits of TAVR surgery in the short time that he's been performing them at Cape Fear Valley. He says minimally invasive procedures are the future of medicine.

"TAVR is just a start," he said. "Cape Fear Valley wants to offer other advanced procedures for cardiac diseases in the coming years. And we want to spread the word so everyone in the community knows it."



# The Dangerous New Trend of Vaping

**There's a new fad capturing the attention of American teens**, but it doesn't have anything to do with clothes, music or outrageous hairstyles. It's vaping, or the inhaling of vapor created by electronic cigarettes, and the trend is far more dangerous than many users realize.

A recent study of 44,000 students showed that 37 percent of 12<sup>th</sup> graders vape, and the percentage of eighth grade vapers has recently doubled to 10 percent. The numbers equate to a staggering 4 million teens who vape regularly.

The trend has become so problematic among America's youth that schools have begun removing bathroom doors and installing electronic vape detectors.

Vaping was introduced to the U.S. market in the mid-2000s and billed as a safer alternative to smoking. The claim was founded on vape products not having any carcinogenic (elements known to cause cancer) ingredients.

*:: by Ginny Capiot*

It's true that vape ingredients do not contain tar and other known carcinogens. What isn't known are the long-term health effects of vaping because no long-term studies exist.

Michael Zappa, M.D., Chief of Emergency Services and Associate Chief Medical Officer at Cape Fear Valley Health, says vaping should still be considered dangerous because vape products contain nicotine.

"Nicotine is very addictive," Dr. Zappa said. "It increases your blood pressure. It increases your heart rate. And it's a risk factor for heart disease. So, nicotine itself is not something you want to partake in."

Part of the e-cigarette allure is the ability to adjust nicotine-level intake. Users can decrease the amount of nicotine they take in to slowly end their nicotine dependence. But the adjustability also allows users to actually consume *more* nicotine through vaping than traditional cigarettes. This poses a dangerous risk to teen brain development.

Human brains continue to develop until about age 25. During this time, the brain makes tiny neurological connections whenever new memories are created or skills learned. Nicotine intake can change the way these connections are formed.

Studies show nicotine use in adolescence can harm parts of the brain controlling attention, learning, mood and impulse control. If this doesn't scare parents, the alarming rise in deaths and hospitalizations related to vaping should.

As of early 2020, the Centers for Disease Control and Prevention reported 60 deaths nationwide from e-cigarette- or vaping-related respiratory illness. Nearly 2,700 more people have suffered related lung injuries serious enough to warrant an Emergency Department visit.

The lung injury cases arrive with bronchitis- or pneumonia-like symptoms, such as fever, cough, lack of energy, and shortness of breath, but lack any signs of infection. This gives hospital staff the first clue that they may be dealing with an injury and not an illness.

The CDC says Vitamin E acetate found in vape ingredients is the culprit behind most vaping deaths. What isn't so certain is how the acetate actually damages lung tissue. Some experts

believe it may interfere with a natural fluid in the lung, called surfactant, which keeps lung tissue stretchy.

Dr. Zappa warns that any foreign ingredient can damage the lungs. He says the only thing meant to go in lungs is air.

"It's a silly example to make," he said, "but orange juice is natural. If I poured orange juice into your lungs, you'd be in the hospital on a ventilator."



**Nicotine is very addictive.  
It increases your blood pressure.  
It increases your heart rate.  
And it's a risk factor for heart disease.**

E-cigarettes come in many shapes and sizes. Some may look like cigarettes, cigars or pipes. Others do not look like tobacco products at all. Many, like the popular JUUL e-cigarette, look like a USB flash drive. Others, such as tank systems, include a small cartridge to hold liquid attached to a battery house. They resemble large cigarette lighters.

Dr. Zappa says concerned parents should familiarize themselves with how these devices look if they suspect their child may be vaping. If they are vaping, he hopes parents will help their children quit.

"And if you don't smoke, don't vape," he said. "Because you never know when you'll be the next one who thinks they have a cold and ends up in the ICU. Don't add to the statistics."





# a beautiful friendship

Friends of the Cancer Center celebrates three decades of patient support

:: by Lia Tremblay

Rewind your mind for a moment, back to the late 80s. Batman ruled the box office and Milli Vanilli topped the charts. The price of a gallon of gas was 97 cents and rising.

Unfortunately, cancer rates were also on the rise. Since the previous decade, new cancer cases had climbed more than 25 percent. Throughout 1989, there were more than a million new cancer diagnoses in the U.S. And with each one, another family

learned that cancer's assault on the body is just the beginning: It can also wreak havoc on emotions, finances and family dynamics.

At Cape Fear Valley Health, that's when Friends of the Cancer Center was born. Now 30 years old, the program has maintained a focus on providing support to patients and families caught in the whirlwind of cancer care.

## That's What Friends Are For

"Most of the resources go toward patient assistance," said Sabrina Brooks, Executive Director of Cape Fear Valley Health Foundation, which oversees Friends of the Cancer Center.

"Cancer treatment can take weeks at a time, so when you have to take time off of work, you might need help to pay the mortgage, pay the light bill, things like that. It can be a huge stressor, so we want to take care of that for people who need it."

Lengthy treatments can also be emotionally draining, so some money goes toward programs that support a patient's mental and spiritual wellbeing. Art therapy has proven a particularly effective way for patients to channel some of the unpleasant feelings brought on by their bout with cancer. Massage and gentle yoga are a welcome complement to medical treatments, encouraging mindfulness that is not just a stress reliever but a research-supported enhancement to their overall health.

Having their minds, spirits and even finances tended to with these supports has inspired many a patient to pay it forward, once their bodies have healed.

"Many of our patients and families become donors," Brooks said. "They want to help people going through the same things they did."

## A Walk to Remember

Another way patients and families celebrate their survival is the annual Ribbon Walk. Held each April in Fayetteville's Festival Park, the fundraising event is a festive one indeed.

"It's a celebration of life," said Brittany Dickerhoff, the Foundation's Annual Giving Coordinator. "The focus is on survivors and it's an uplifting, fun day."

Participants often walk in teams, even competing to see who can come up with the funniest, most outlandish costumes. "Hippies for Hope" made a memorable showing last year, amid unicorns in tutus and ladies in hot pink feather boas. Survivors cross the finish line in tears of gratitude, to the cheers of onlookers.

Now in its 12<sup>th</sup> year, the 2020 Ribbon Walk is sponsored by Gill Security Systems Inc., and has grown significantly since its humble beginnings. What was once a few hundred walkers has swelled into a few thousand. The event is so popular that it's by far the largest fundraiser for Friends of the Cancer Center.



"We make about a third of the funding needed for the year from this one event," Dickerhoff said. "It has raised hundreds of thousands of dollars, and this year we are planning to break the \$1 million mark."

In addition to raising money for patient support, the event raises the profile of Cape Fear Valley Cancer Treatment and CyberKnife Center for people who may not know about it.

"People may not realize we exist until they need us," said Dickerhoff. "So it's nice to have our name out there, and have people thinking about what they would do if they ever got a cancer diagnosis."

## Focusing on Treatment

For those who do find themselves adjusting to a cancer diagnosis, it may be comforting to know that another area of focus for the Friends of the Cancer Center is helping to outfit local facilities with the latest technology. Their funding helped bring the CyberKnife® radiosurgery system to Fayetteville, as well as an updated linear accelerator for more accurate and efficient radiation treatments.

"By providing the best possible care locally, we can reduce travel time for patients," Brooks said. "That gives them more time to rest and do the things they want, instead of sitting in traffic and spending their limited funds on gas."

Today, a diagnosis of cancer is a much less terrifying idea than it was in 1989. Breast cancer, for example, now has a death rate that's 39 percent lower than it was that year.

But cancer is still a serious threat that often requires lengthy treatments. And patients find it as necessary as ever to be handled with care for their bodies, minds and spirit.

Brooks says Friends of the Cancer Center will continue doing that for as long as it's needed.

"When patients can relax and focus on their treatment," she said, "it's life-changing."

## RIBBON WALK *for cancer*



### Saturday, April 18

Due to the threat of COVID-19, this year's Ribbon Walk is a virtual walk.

[www.RibbonWalkForCancer.org](http://www.RibbonWalkForCancer.org)



# COMMUNITY BENEFIT REPORT







Cape Fear Valley Health is dedicated to improving access to healthcare. Physician offices grew to 56 in 2019, allowing more residents to receive care in their own communities. Emergency Department visits increased from 155,584 in 2015 to 197,997 in 2019. That's just part of the story of Cape Fear Valley's benefit to our community. Our vision is: "In every way, improving the quality of every life we touch." This Community Benefit Report demonstrates we are fulfilling our vision in so many ways.





# Promoting Health & Wellness

Training the next generation of nurses, allied health professionals and physicians is important to our mission: "Providing exceptional healthcare for all our patients."



#### HEALTH EDUCATION

**6,926**

people served by community  
education events

.....



#### FREE SCREENINGS

**1,951**

free health screenings  
provided to the community

Blood Pressure	BMI
Blood Sugar	Skin Cancer
Cholesterol	Hearing
Lung Function	Fatty Liver

**210**

free mammograms valued at  
**\$40,847**  
provided to uninsured women by  
Cape Fear Valley Health Foundation  
Friends of the Cancer Center



#### CAPE FEAR VALLEY RESIDENCY PROGRAMS

**102**

total residents

**\$25.2 M**

annual economic impact

**Internal  
Medicine**  
37 residents

**Emergency  
Medicine**  
23 residents

**Obstetrics &  
Gynecology**  
11 residents

**General  
Surgery**  
11 residents

**Psychiatry**  
8 residents

**Transitional  
Year**  
12 residents

.....

#### COMMUNITY-BUILDING ACTIVITIES

**\$78,050**

in sponsorships, including support  
for many non-profits focused on our  
community's health and quality of life

Better Health  
Cape Fear Botanical Garden  
Cape Fear Regional Theatre  
Child Advocacy Center  
Fayetteville Symphony  
Orchestra  
Junior League of Fayetteville

The Links, Incorporated  
Partnership for Children  
The Arts Council  
of Fayetteville/  
Cumberland County  
The CARE Clinic  
and many more!





## HEALTH PROFESSIONS

# 2,131

students from 29 schools  
trained at Cape Fear Valley in  
the academic year 2018-2019



Cabarrus College of Health Sciences  
*Concord*

Campbell University  
*Buies Creek*

Central Carolina Community College  
*Sanford*

Duke University  
*Durham*

Durham Technical  
Community College  
*Durham*

East Carolina University  
*Greenville*

Edgecombe Community College  
*Tarboro*

Edward Via College of  
Osteopathic Medicine  
*Blacksburg, VA*

Elon University  
*Elon*

Fayetteville State University  
*Fayetteville*

Fayetteville Technical  
Community College  
*Fayetteville*

Johnston Community College  
*Smithfield*

Lenoir Rhyne University  
*Hickory*

Meredith College  
*Raleigh*

Methodist University  
*Fayetteville*

NC Central University  
*Durham*

Pitt Community College  
*Winterville*

Raleigh School of Anesthesia  
*Raleigh*

Robeson Community College  
*Lumberton*

Sampson Community College  
*Clinton*

Sandhills Community College  
*Pinehurst*

South Piedmont Community College  
*Polkton*

Southern Regional Area Health  
Education Center (SR-AHEC)  
*Fayetteville*

University of North Carolina  
*Chapel Hill*

University of North Carolina  
*Greensboro*

University of North Carolina  
*Pembroke*

Wingate University  
*Wingate*

Winston-Salem State University  
*Winston-Salem*

Womack Army Medical Center  
*Ft. Bragg*



#### **Fayetteville Technical Community College**

Associate of Nursing  
Central Sterile Processing  
EMS  
EMT  
Healthcare Management  
Mammography  
Nursing Assistant  
Nursing Assistant II  
Paramedic  
Pharmacy Technician  
Phlebotomy  
Physical Therapy Assistant  
Practical Nursing (LPN)  
Radiography  
Registered Medical Assistant  
Respiratory Therapy  
Surgical Technology

#### **Campbell University, Buies Creek**

Bachelor of Nursing  
Medical Students  
Pharmacy  
Physical Therapy  
Physician Assistant

#### **Fayetteville State University**

Bachelor of Nursing  
Healthcare Management  
Master's in Social Work

#### **Methodist College**

Bachelor of Nursing  
Doctor of Physical Therapy  
Exercise Physiology  
Healthcare Administration  
Physical Therapy  
Physician Assistant

#### **Southern Regional Area Health Education Center (SR-AHEC)**

Family Medicine Residents

#### **Womack Army Medical Center, Ft. Bragg**

Family Medicine Residents  
Medical Students  
Womack Podiatry Residency Program



#### WORKFORCE DEVELOPMENT

**\$697,409**

in scholarships, grants and tuition reimbursement, including:

**\$4,850**

in nursing scholarships provided by Cape Fear Valley Health Foundation

**\$4,000**

in post-secondary scholarships to high school students engaged in blood drives at their schools

**\$7,000**

in scholarships for high school junior volunteers provided by Cape Fear Valley Volunteer Auxiliary

**\$227,127**

in grants to Fayetteville State University and Fayetteville Technical Community College for nursing instructor salaries and benefits to expand the nursing school program

**\$118,832**

in tuition reimbursement to employees



**\$268,000**

in tuition for nursing students in partnership with Fayetteville Technical Community College, Bladen Community College and Fayetteville State University

**\$67,600**

in grants to assist employees working on necessary pre-requisites for students to attend nursing programs at Fayetteville Technical Community College, Bladen Community College and Fayetteville State University



#### COMMUNITY PARAMEDICS

**3,036**

home visits

**\$1.22 M** value

The Community Paramedic Program is an innovative program in which paramedics perform home visits to high-risk patients recently discharged from the hospital. These paramedics perform health assessments, including blood pressure and lung function checks. They also perform home safety assessments, review patients' medications with them, and support discharge needs. Community paramedics have helped reduce readmission rates to record lows of less than 2 percent for patients they follow regularly for key diagnoses.



#### DIABETES GAMES

**102**

children participated

#### DIABETES CAMP

**72**

children participated

## Community Services



#### GAS VOUCHERS

**\$5,465**

in gas vouchers provided to families of pediatric patients and cancer patients from Cape Fear Valley Health Foundation



#### CUMBERLAND COUNTY MEDICATION ACCESS PROGRAM : CCMAP

**3,200**

patients served

**\$6.24 M**

in prescription drugs provided

**\$249,535**

in salary and benefits provided by Cape Fear Valley for pharmacists and pharmacy technicians for this program, located at Cumberland County Department of Health

# Caring for All Patients

In 2018, Cape Fear Valley Health provided more than \$120 million to benefit our community.



RESIDENCY EXPENSE

**\$10,724,819**



CHARITY CARE

**\$22,514,205\***

the cost of providing free or discounted health services to individuals who cannot afford to pay for their care and qualify for financial assistance



BAD DEBT

**\$32,784,634\***

the cost of services submitted for payment by insurance or patients that are not paid in full

\*at cost



OTHER UNPAID  
COST OF CARE

**\$350,040**

TOTAL COST

**\$123,098,096**

NET EXPENSE FOR  
COMMUNITY HEALTH

**\$20,785,897**

UNPAID COST OF MEDICAID

**\$19,871,575**

unpaid costs of public programs for those with low incomes or disabilities

UNPAID COST OF MEDICARE

**\$16,066,926**

the difference between the federal Medicare reimbursement rate and the actual cost of care



# Strengthening the Local Economy

Cape Fear Valley Health is the largest non-governmental employer in Cumberland County. The physician residency program's impact to the local community is \$25.2 million a year.

**7,454**  
healthcare jobs

**\$525.5 M**  
in wages, salaries and benefits

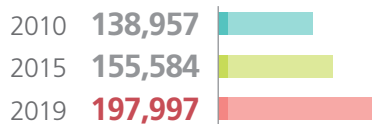




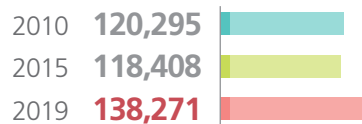


# Growth

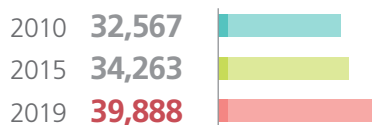
## ED VISITS



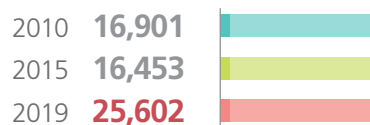
## OUTPATIENT VISITS



## PATIENT DISCHARGES



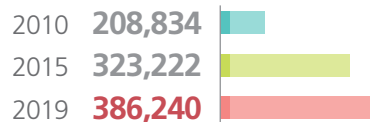
## SURGERIES



## PHYSICIAN OFFICES



## PHYSICIAN OFFICE VISITS



# Volume Statistics

## ADMISSIONS

39,888

## OUTPATIENT VISITS

138,271

## SURGERIES

25,602

## RADIOLOGY PROCEDURES

201,470

## PRIMARY CARE & SPECIALTY OFFICE VISITS

386,240

## CLINICAL TRIALS

12





# Leaders in Health Care

## Leaders in **Cancer Care**

<b>2,739</b>	New Consults
<b>35,565</b>	Radiation Therapy Treatments
<b>82,179</b>	Chemotherapy Treatments
<b>291</b>	CyberKnife Treatments
<b>953</b>	PET Scans
<b>83</b>	Patients enrolled in cancer clinical trials



Accredited by the American College of Surgeons Commission on Cancer

**\$165,946** in grants provided by Cape Fear Valley Health Foundation Friends of the Cancer Center to to enrich cancer care including **\$88,358.94** in emergency assistance for cancer patients

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## Leaders in **Heart & Vascular Medicine**

<b>3,487</b>	Cardiac Catheterizations
<b>580</b>	Electrophysiology Studies
<b>1,451</b>	Non-Invasive Cardiac Studies
<b>5,481</b>	Cardiac Rehabilitation Visits
<b>931</b>	People trained in Hands Only CPR

### Disease-Specific Certifications:

Heart Failure  
Acute Myocardial Infarction  
Chest Pain – Hoke Hospital  
Chest Pain Center Accreditation

**\$11,017** in grants provided by Cape Fear Valley Health Foundation in support of cardiac care



## Leaders in **EMS and Trauma**

**143,229** Emergency Department Visits at **Cape Fear Valley Medical Center**

**40,831** Emergency Department Visits at Hoke Hospital

**13,937** Emergency Department Visits at Bladen County Hospital

**68,943** EMS Calls – Cumberland County

**8,916** EMS Calls – Hoke County

**669** Lifelink Air Transports

**9,488** Lifelink Ground Transports



**12<sup>TH</sup> BUSIEST SINGLE  
EMERGENCY DEPARTMENT  
IN THE NATION**

**571** people trained in the Stop The Bleed program including 14 presentations to the Fayetteville Police Department in conjunction with their Active Shooter Training

### **Certifications and Accreditations:**

Commission on Accreditation of Ambulance Services

State Designated Level III Trauma Center

American Heart Association Gold Plus Recognition for STEMI care





## Leaders in **Care of Women & Children**

<b>417</b>	Babies treated in Level IV NICU, the highest level of care
<b>459</b>	Children treated in PICU
<b>37,463</b>	Children treated in Children's Emergency Department
<b>4,704</b>	Births



Advanced Perinatal Care  
Certification by  
The Joint Commission

**\$143,802** in grants provided by Cape Fear Valley  
Health Foundation to enhance children's services, including:

Pediatric Diabetes Support  
Car Seats for Crisis Situations

NICView Camera System, a closed circuit camera  
system that allows parents and other family  
members to log in and watch their babies in the  
NICU on their phone or home computer.

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## Leaders in **Mental Health**

<b>4,745</b>	patients seen at Psych ED
<b>27,800</b>	patient visits at Community Mental Health
<b>1,120</b>	patient discharges at BHC inpatient
<b>7,800</b>	patient days at BHC inpatient
<b>481</b>	clients treated at The Steven A. Cohen Military Family Clinic at Cape Fear Valley including 52 child and adolescent clients and 18 Telehealth clients

In the spring of 2018, Womack Army Medical Center closed its inpatient pediatric ward. Womack sends both pediatricians and family medicine physicians to do rotations at Cape Fear Valley Medical Center. They treat inpatient pediatric unit patients under an agreement with Cape Fear Valley. Cape Fear Valley pediatric intensivists treat Pediatric Intensive Care Unit patients.



## Additional Accreditations and Certifications



Disease Specific Certification  
by The Joint Commission

### Cape Fear Valley Medical Center

- Heart Attack Care
- Heart Failure
- Advanced Stroke Care
- Pneumonia
- Hip Replacement Surgery
- Knee Replacement Surgery
- Sepsis
- Advanced Perinatal Care

### Highsmith-Rainey Specialty Hospital

- Wound Care

### Hoke Hospital

- Acute Stroke Care
- Chest Pain
- Hip Replacement Surgery
- Knee Replacement Surgery

### Bladen County Hospital

- Pneumonia
- Sepsis

**Chest Pain** Accredited by the American College of Cardiology

**Breast Care** Accredited by the National Accreditation Program for Breast Centers

**Weight Loss Surgery** Accredited by the American Society for Metabolic and Bariatric Surgery

**Physical Rehabilitation** Accredited by the Commission on Accreditation of Rehab. Facilities

**Sleep Medicine** Accredited by the American Academy of Sleep Medicine



## Cape Fear Valley Health Foundation support totaling **\$2.194 million**

### Grants

**\$201,916**

#### **Enhancing Facilities**

Bladen Medical Associates White Lake

Back-up water supply for Cape Fear Valley Medical Center for use in emergency situations

**\$143,214**

#### **Enhancing Patient Care**

**\$100,000**

#### **Support for Stanton Hospitality House**

"A Home Away from Home" for out-of-town families of patients in Cape Fear Valley Rehabilitation Center, NICU and other units at Cape Fear Valley Medical Center

**\$562,490**

#### **Community Health Initiatives**

Support of a Community Network of Care for low income and uninsured residents

Bladen County Opioid Task Force

Community Alternatives Program for people with disabilities

**\$360,386**

#### **Training the Next Generation of Physicians**

**\$350,000**

#### **Support of Psychiatry Residency**

**\$40,935**

#### **Support of Rehabilitation Services**

**\$9,396**

#### **Preserving The History of Highsmith-Rainey Specialty Hospital**

**\$147,734**

#### **in Grants to the health system by Cape Fear Valley Volunteer Auxiliary**

Renovation of Highsmith-Rainey ICU waiting areas

Renovation to Cape Fear Valley Diagnostic Center

Monitoring system for training mannequins for the Residency Programs



# Endowments

## Irene Thompson Byrd Cancer Care Endowment

**\$876,562**

This endowment was created by Jesse Byrd in memory of his late wife Irene, to provide a permanent source of funding for support of patients receiving care at our Cancer Centers. Jesse and Irene were part of the volunteer group who established Friends of the Cancer Center in 1989.

## Nursing Congress Academic Advancement Scholarship Endowment

**\$81,339**

Created by Cape Fear Valley Health's Nursing Congress this scholarship is awarded to Cape Fear Valley Health registered nurses who are pursuing a baccalaureate, masters or doctorate degree in nursing on a full- or part-time basis.

## Cato Nursing Endowment

**\$36,323**

The Cato Nursing Scholarship, established by the Cato Corporation, is awarded annually to deserving Cape Fear Valley Health employees who are pursuing a baccalaureate, masters or doctorate degree on a full- or part-time basis to further their career in nursing.

## Charles B.C. Holt Diabetes Endowment

**\$388,928**

This endowment was created by Peggy Holt, wife of the late Charles B. C. Holt, to provide a permanent source of funding for programs and services to support diabetic patients who seek care at Cape Fear Valley Diabetes and Endocrine Center.

## Thomas Joseph Keith Family Medical Research Endowment Fund

**\$78,193**

This endowment, created by Thomas J. Keith, former chair of the Campbell University Board of Trustees, is designed to provide a permanent source of funding for medical research at Cape Fear Valley Health. The fund has a special emphasis on research projects conducted by Campbell University Jerry M. Wallace School of Osteopathic Medicine graduates who are currently physician residents at Cape Fear Valley.



## Caduceus Society Endowment

**\$320,557**

The Caduceus Society is a physician-directed endowment fund, created largely through the donations of Cape Fear Valley Health physicians and their families.

## Highsmith-Rainey Nursing Scholarship Endowment

**\$42,393**

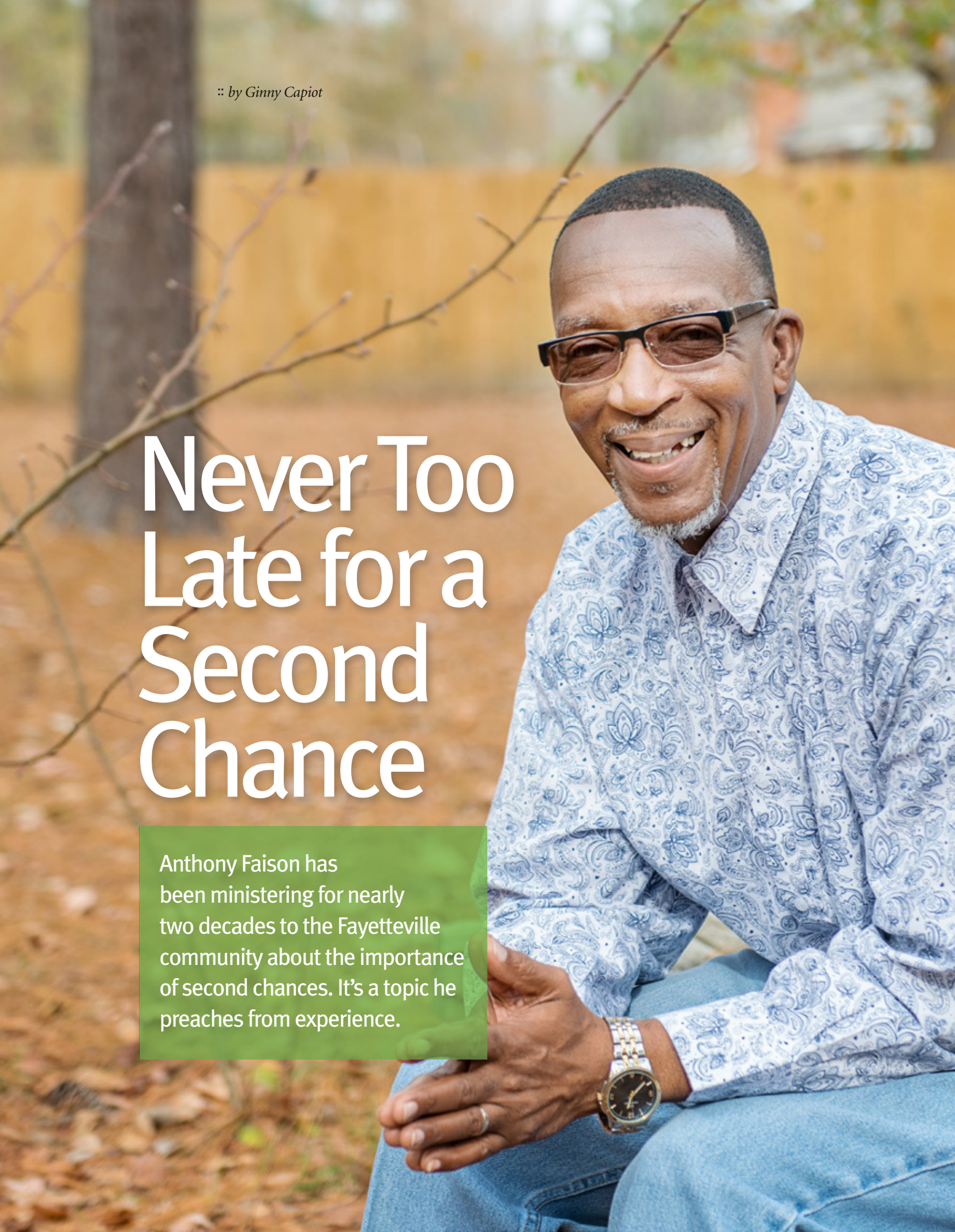
This endowment was created by Highsmith-Rainey Nursing School Alumni to assist with books and tuition for qualified individuals enrolled full-time in an accredited program that leads to an Associate Degree or a Baccalaureate Degree in Nursing.

## Southeastern Speech and Hearing Endowment

**\$97,296**

When Southeastern Speech and Hearing ceased operations some two decades ago, Cape Fear Valley Health Foundation became the recipient of the remaining assets. The earnings from the endowment can only be used to support speech and hearing services.





:: by Ginny Capiot

# Never Too Late for a Second Chance

Anthony Faison has been ministering for nearly two decades to the Fayetteville community about the importance of second chances. It's a topic he preaches from experience.



Faison served prison time in his younger years, before turning things around and devoting his life to God. Now he runs 2<sup>nd</sup>Chance Ministries Deliverance Center with his wife, Rosa, known throughout the community as Lady G. He also ministers to youth that it's never too late to walk the straight line. For his uncompromising method of preaching and teaching, he has been given the nickname "Da Preacha."

Faison also dedicates his time to helping those returning home from prison to successfully re-enter society. He was promoting these services at the Umoja Festival in August when he received his *second* second chance at life.

Faison was preparing to leave when someone convinced him to stop by Cape Fear Valley's Free Clinic and Health Fair. A quick blood test found his blood sugar to be dangerously high.

A physician at the festival recommended Faison follow up with his primary care physician. The subsequent appointment revealed he had Type 2 diabetes.

"I was shocked," Faison said. "I never would've known! I was tired a lot, but I put that down to being as busy as I am."

Also known as adult-onset diabetes, Type 2 diabetes is the main type among African Americans. The condition affects one in ten African Americans, or roughly 4 million within the population group.

If left unchecked, diabetes can lead to serious complications, such as blindness, kidney damage, cardiovascular disease, lower-limb amputations and early death. Early recognition is the key to preventing these complications.

Darvin Jones, Community Health Coordinator at Cape Fear Valley Health, says stories like Faison's are what led to the free health clinic at the Umoja Festival.

"There are so many health disparities among the African American population," Jones said. "I wanted to fight that by having the hospital 'make a house call' straight to the community."

When Jones heard that the Umoja Group was also looking for a health and wellness event to offer at their annual Umoja Festival, the pairing seemed a natural fit. This year marks the health system's 10<sup>th</sup> appearance at the festival and the clinic gets bigger each year.



"Every year we find someone with a life-threatening condition that they weren't aware of," Jones said. "We are truly saving lives with this health fair."

Faison's life was definitely affected. He credits the festival and clinic with saving his life.

"African Americans, especially males, we feel like we don't have time for doctors," Faison said. "But we need to get checked."

At-risk population groups also need to make lifestyle changes recommended by their doctor. Faison takes his medication as directed, checks his blood sugar six times a day, and keeps a food diary so he can track how his body feels when he eats certain foods.

He also eats out less frequently, has eliminated sugary sodas and fried foods, and eats more vegetables. The vegetables were literally hard to swallow for him at first, but he says they're a small sacrifice for his health.

"Eating healthy is a little more expensive," Faison admits. "But it's a lot less expensive than treating health issues after they are a problem."

Faison's efforts are paying off. The 54-year-old has a lot more energy now and is more focused. His blood sugar also hovers around an ideal 104.

"I'm thankful to Cape Fear Valley and the Umoja organizers," he said. "There is no telling where my life would be if I didn't get checked. And it's free. Why wouldn't you go if it's free?"

The Cape Fear Valley Free Clinic and Health Fair takes place every year on the fourth Saturday in August at the annual Umoja Festival. The event is in conjunction with the health system's community health initiative, Take Charge of Your Health. For more information, visit [capefearvalley.com](http://capefearvalley.com) and click on "Community Health" at the top of your screen.



by Donnie Byers



# ON A

# MISSION

Helping the less fortunate means sacrificing one's self



## Balichand Permashwar, M.D., is no stranger to medical missions.

He's volunteered for several over the years with Medical Mission to Serve, a nonprofit group he formed with his wife and friends. So, when Hurricane Dorian ravaged The Bahamas last summer, he knew he had to go.

The British-born physician did his medical internship on the islands and developed a strong bond with the tiny coral-based archipelago nation and its people. But it was a tough decision. Going meant dropping everything and leaving his family behind. He had always taken them on past mission trips.

The Hoke Hospital hospitalist also had a job to consider. Leaving on such short notice would have put his patients in a bind. Luckily, both his wife and employer understood the situation.

"My wife just said 'Go,'" Dr. Permashwar said.

It was all the urging he needed.

Hurricane Dorian pounded The Bahamas with category-5 winds and massive flooding, leveling almost everything in its wake. The effects were some of the worst ever experienced by the country.

Cruise ships ferried thousands of Dorian survivors to the U.S., but even more were left behind to fend for themselves in the storm's aftermath. Many were young children orphaned by the ordeal or separated from parents. Nearly all of them were now homeless too.

Dr. Permashwar agreed to work four days with the group Medical Professionals on a Mission in Nassau, the Bahamian capital and main island. Their marching orders were to help provide physicals to the hundreds of children brought in from the country's smaller islands.

The work wasn't glamorous, but Dr. Permashwar understood its importance. He grew up in Jamaica and Guyana, so he learned early on the need for humanitarian work in developing countries. Helping people recover from a hurricane just added importance.

The Bahamian children needed physicals so they could get back into schools while staying in Nassau. Hurricane Dorian had wiped out entire school districts on the neighboring islands of Abaco, Freeport and Grand Bahama.

The children he saw had little more than the clothes on their back. Many of them came with younger siblings in tow, because their parents were gone. Dr. Permashwar is particularly haunted by the memory of one teen girl who incessantly begged rescuers to check for her missing family on Abaco.

"It was heartbreaking," he said.

Some children were too young to even know where home was. The Bahamas consists of more than 700 tiny islands. Trying to document the children's age, address and identity proved to be a nightmare for officials.

The working conditions were crude but hospitable. A base camp was set up inside Nassau's national soccer stadium to handle the endless number of arriving children. Stations were set up inside to handle registration, vaccinations, and hearing and vision tests.

Dr. Permashwar's team was relatively small but still managed to process 50 of the camp's daily 50 – 150 visitors. Volunteers worked inside makeshift patient rooms, checking for any sort of vaccination records before providing physicals.

## Inside makeshift patient rooms, the team of volunteers checked vaccination records and provided physicals to 50 patients a day.

Many of the young patients arrived visibly distraught. They didn't talk or have an appetite and were extremely clingy. Child specialists said the youths were suffering from underlying emotional stress.

Volunteers began giving the children small toys and games to help them reconnect. The youngest children would often sit on the ground and play with their new prized possessions, only to break out in tears moments later.

Seeing such suffering wasn't new for Dr. Permashwar, but it never gets easier for him. After his tour ended, he flew back to the states to rejoin his family. Sadly, many of his former patients would never be able to do the same.

Despite his melancholy emotions, Dr. Permashwar says he wouldn't hesitate to go back. His mission trip made a difference, if even for a brief moment, for a number of young children back in The Bahamas.

"Helping made me feel really humble," he said.



CAPE FEAR VALLEY HEALTH : *NEWS briefs*

## We're Here For You

Cape Fear Valley Health has partnered with Campbell University's Jerry M. Wallace School of Osteopathic Medicine to open a medical residency program dedicated to training new physicians. The goal is for them to take up practice in rural communities, which are facing a shortage of physicians nationwide. Some of these resident trainees recently joined Cape Fear Valley to provide free screenings at community events recently in Eden, Yadkinville, Marion, Swansboro, Bladenboro and Dunn.

## Urgent Need For Blood Platelet Donors



### CAPE FEAR VALLEY BLOOD DONOR CENTER

The Blood Donor Center is in need of blood platelet donations due to a shortage of local donors. Blood platelets aid the healing process, but donated platelets must be used within five days. This causes a continual need for donations. Demand for the life-saving blood product far exceeds current availability in Cumberland, Bladen, Hoke and Harnett counties. Ideal platelet donors have AB+, AB-, A+, A-, B+ and O+ blood types. Platelet donors can give as often as every two weeks. Cancer patients are the primary recipients of blood platelet transfusions due to chemotherapy effects. Platelet transfusions are also used for premature babies, surgical patients and patients with other life-threatening conditions. For more information or to donate, please call (910) 615-LIFE. The Blood Donor Center is located at 3357 Village Drive in Fayetteville.

NATIONALLY RECOGNIZED



## Hospitals Earn Top Patient Safety Grades

Cape Fear Valley Medical Center in Fayetteville, Central Harnett Hospital in Lillington and Betsy Johnson Hospital in Dunn have earned an A grade for patient safety. The grades were revealed in the Leapfrog Group's Hospital Safety Score biannual ratings survey for the Fall 2019 reporting period. Cape Fear Valley Medical Center has received an A for four straight reporting periods. The Leapfrog Group's ratings system is considered the gold standard for Patient Safety. It is the first and only hospital rating system to be peer-reviewed by the Journal of Patient Safety.



## Care Enhancement Grant Funds Patient Transport Chairs

Through a Care Enhancement Grant, Cape Fear Valley Health Foundation provided five TransCart Patient Transport Chairs for the Patient Transportation Department. The carts are used to efficiently and expeditiously transport patients, along with their belongings, when they are leaving Cape Fear Valley Medical Center. This grant was made possible by generous community donations to the Foundation, including those made to the Employee Giving Campaign.





## Friends of Children Golf and Tennis Classic

Cape Fear Valley Health Foundation recently held its 24<sup>th</sup> Annual Friends of Children Golf Classic, presented by Marsh McLennan and MedCost, raising more than \$130,000.

Ryan Aul, Richard Craven, Tommy Spencer and Billy West of Platinum Sponsor Team Systel, won by 1 stroke against runner-up, Platinum Sponsor Bragg Mutual Federal Credit Union. The winners' names will be engraved on the tournament's Classic Cup.

The tournament weekend also included the foundation's annual Tennis Classic, which was held at Highland Country Club. The weekend's proceeds were enough to buy all new bassinets for Cape Fear Valley's Family Centered Care Unit, which delivers 4,500 babies each year.

## Medical Center Changes

Cape Fear Valley Medical Center relocated its Discharge Lounge to the front of the hospital to improve the patient discharge process. The Discharge Lounge was previously located on the Melrose Road side of campus. The new lobby location has the same hours: Monday through Friday, 8 a.m. to 8 p.m., and weekends from 8 a.m. to 6 p.m. All patients are discharged from the lobby except Family Centered Care Unit, Rehab, NICU and PICU patients.

The medical center's outpatient parking has also been changed to accommodate ongoing construction on the hospital's Melrose Road side. Outpatient visitors must now park in the Pavilion Parking Deck while the new Center for Medical Education and Research is constructed beside Cape Fear Valley Cancer Treatment and CyberKnife® Center.

## Harnett Gets 3D Mammography

Harnett Health Breast Care Center in Dunn is now equipped with a new Hologic Selenia 3D Mammography Imaging Machine with SmartCurve Technology. The technology increases patient comfort through a proprietary curved paddle surface that mirrors breast shape, reducing pinching.

3D Mammography with SmartCurve technology is designed to detect more invasive cancers, reduce false positives, and is FDA-approved as superior to conventional 2D mammography for all women, including those with dense breasts.

The new machinery is part of Harnett Health Breast Care Center's ongoing commitment to superior breast cancer detection for patients across the county. All of the center's imaging is read by David Allison, M.D., and his team.

Physician referrals are required for mammograms. Patients can obtain a referral by having their primary care physician call Harnett Health Breast Care Center at (910) 892-1000 ext. 5000.

## Hoke Holiday Sale and Health Fair

Hoke County residents were able to enjoy last minute Christmas shopping while learning about Hoke Hospital services during a \$5 Holiday Sale & Health Fair. Items for sale included jewelry, scarves, tools, handbags and more. Shoppers were also able to get free health and dental screenings and learn hands-only CPR.

CAPE FEAR VALLEY HEALTH : **NEW physicians****Child and Adolescent Psychiatry****Marla Hemphill, M.D.**

Community Mental Health Center  
711 Executive Place, Fayetteville  
(910) 615-3333

**Child and Adolescent Psychiatry Fellowship:** Eisenhower Army Medical Center and Medical College of Georgia, Augusta, Ga.

**Forensic Psychiatry Fellowship:** Walter Reed Army Medical Center, Washington, D.C.

**Psychiatry:** Walter Reed Army Medical Center, Washington, D.C.

**Medical Degree:** University of North Dakota, Grand Forks, N.D.

**Board Certification:** Psychiatry, Child and Adolescent Psychiatry, Forensic Psychiatry

**Neurology****Matthew Banks, D.O.**

Cape Fear Valley Neurology  
1219 Walter Reed Road, Fayetteville  
(910) 615-3350

**Neuromuscular Fellowship:** Case Western Reserve University School of Medicine, Cleveland, Ohio.

**Neurology:** Case Western Reserve University School of Medicine, Cleveland, Ohio.

**Medical Degree:** Touro University Nevada College of Osteopathic Medicine, Henderson, Nev.

**Board Certification:** Neurology

**Psychiatry****Kisha Hartwick, M.D.**

Community Mental Health Center  
711 Executive Place, Fayetteville  
(910) 615-3333

**Psychiatry:** Morehouse School of Medicine, Atlanta, Ga.

**Medical Degree:** Emory University, Atlanta, Ga.

**Board Certification:** Psychiatry



Kalpana Krishna, M.D.

**Kalpana Krishna, M.D.**, recently joined Cape Fear Valley Internal Medicine at 101 Robeson Street, Suite 300. For an appointment, please call (910) 615- 1617. Cape Fear Valley Internal Medicine

Continuity Clinic will continue to operate at 1218 Walter Reed Road.



Vipal Savaliya, M.D.



Elizabeth Onyeaso, M.D.

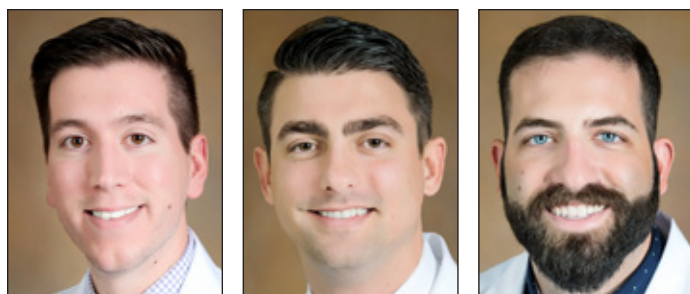
**Vipal Savaliya, M.D.**, and **Elizabeth Onyeaso, M.D.**, have added an office infusion center at ID Care. The infusion center provides outpatient infusion of antimicrobials, IV Ig, TPN and biologic agents, such as Remicade. ID Care is located at 1319 Avon St. in Fayetteville. For more information, call (910) 729-6552.



Chinazor Umerah, M.D., MBA, FACP

Cape Fear Valley Health Foundation approved a grant for **Chinazor Umerah, M.D., MBA, FACP**, to carry out a quality improvement project with the Transitional Year Residents and the

Heart Failure Coordinator. The aim of the project is to improve patient knowledge and self-care for heart failure patients at Cape Fear Valley Medical Center. A similar project is anticipated to extend to all admitted patients.



Nicholas Biondi, D.O. Michael Samiratedu, D.O. Adam Rosenblum, D.O.

**Nicholas Biondi, D.O.**, principle author, **Michael Samiratedu, D.O.** and **Adam Rosenblum, D.O.**, Internal Medicine Residents, had an article published in The Cureus Journal of Medical Science, Nov. 24, 2019. The article was titled *The impact of interprofessional monitoring and education on the usage of systemic glucocorticoids in acute exacerbations of chronic obstructive pulmonary disease: a retrospective medication use review.*



Jayson Tripp, D.O. Elizabeth Shaffer, M.D. Joseph Shortall, D.O.

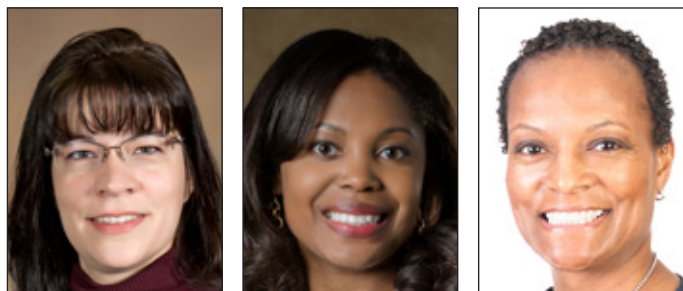
**Jayson Tripp, D.O.**, **Elizabeth Shaffer, M.D.**, and **Joseph Shortall, D.O.**, psychiatry residents, will present poster presentations at the American Psychiatric Association's April 24-26 meeting in Philadelphia. The residents' research studies were supervised by psychiatrist **Sree Latha Krishna Jadapalle, M.D.**, and neurologist **Matthew Banks, D.O.**

Dr. Tripp will present three research posters: *Treating Schizophrenia in a Patient That Develops Paralytic Ileus While Being Treated With Fluphenazine*, *Safe Treatment of Psychosis in a Post-TBI Patient With a Prolonged QTC Interval*, and *Safety of Psychotropic Medications in Patients with Pancytopenia – Case Report and Literature Review.*

Dr. Shaffer's presentation is titled *Alice in Wonderland Syndrome: How Lesions in the Posterior Cingulate Gyrus can lead to distortions in Time and Space.*

Dr. Shortall's presentation is titled *Syndrome of Irreversible Lithium-Effectuated Neurotoxicity.*

## CAPE FEAR VALLEY HEALTH : PHYSICIAN *briefs*



Nancy Finnigan, D.O. Jennifer Perry, M.D. Cheryl Colvin, M.D.



Daniel Laut, D.P.M. Samuel Fleishman, M.D. Manoj Bhandari, M.D.



Brunilda Cordero, M.D.

**Nancy Finnigan, D.O.**, Program Director of Cape Fear Valley's Internal Medicine Residency Program, presented a session on Diabetes and Your Kidneys at Better Health's *3rd Annual Living Well With Diabetes Symposium* held on Nov. 2.

**Jennifer Perry, M.D.**, Cape Fear Eye Associates spoke on Diabetes and Vision, **Cheryl Colvin, M.D.**, Cape Fear Valley Emergency Department, spoke on

ER Utilization, **Daniel Laut, D.P.M.**, spoke on Foot Care and Diabetes, **Samuel Fleishman, M.D.**, Chief Medical Officer, spoke on Sleep and Diabetes, and **Manoj Bhandari, M.D.**, Cape Fear Cardiology, spoke on Diabetes and the heart. **Brunilda Cordero, M.D.**, Cape Fear Valley Pediatric Endocrinology, led a question and answer session titled *Ask the Doc*. Approximately 200 people from the community attended the event.

**Phillip Ward, DPM**, of Cape Fear Valley Podiatry, co-wrote a chapter on laboratory medicine with his daughter, **Meredith L. Ward, DPM**, in the book titled *Review Text in Podiatric Orthopedics and Medicine, 3rd Edition, 2019.*





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