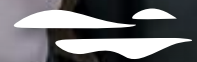


# MAKING ROUNDS

SUMMER 2022



Michelle meets the first responders who helped after learning her “heartburn” was something much more serious – Pg. 10



CAPE FEAR VALLEY  
HEALTH



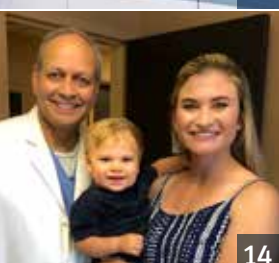
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Making Rounds is the official magazine of Cape Fear Valley Health, a 1,000+ bed, 8-hospital regional health system, with more than 1 million inpatient and outpatient visits annually.

A private not-for-profit organization with 7,400 employees and 1,300 physicians on our medical staff, it includes Cape Fear Valley Medical Center, Highsmith-Rainey Specialty Hospital, Cape Fear Valley Rehabilitation Center, Behavioral Health Care, Bladen County Hospital, Hoke Hospital, Health Pavilion North, Health Pavilion Hoke and Harnett Health.

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**TOP PERFORMER**



## LETTER *from the* CEO

I'm excited to realize how close we are to our next big project at Cape Fear Valley Medical Center, when we will soon start construction to add 100 beds to the hospital. Everyone will be looking up when we start, because the construction will grow the Valley Pavilion section two stories higher, to seven stories. The \$110 million expansion is expected to start this fall and finish in the fall of 2024.

This is a project that we've been planning for a long time, as well as carefully saving toward in our budgeting. When complete, the new beds will add 187 full-time equivalent positions at the medical center. It will also help us meet the growing needs of our community and provide meaningful assistance to reduce delays in our ED. We expect this to dramatically improve wait times in the ED.

Of the 100 new beds, about 40 will be designed as ICU beds, with the remaining beds designated for medical/surgery inpatient and observation. One of the most important details will be outside, however, on the roof. We're planning to include two rooftop helipads, which will allow patients to be taken by elevator directly into the ED. Our current helipad on the front lawn has served us well, but the rooftop access will further cut down transport time in emergencies.

We are so pleased with this growth that is expanding access to care, and I'm happy to announce another area where we are helping our patients get more care as both inpatients and outpatients: vascular services. For the first time, Cape Fear Valley Health will soon have its own vascular service line, with the addition of two board-certified vascular surgeons who will be officially part of the Cape Fear Valley team, assisting inpatient and outpatient needs.

This region has a tremendous need for vascular surgeons and their special skills, and we're thrilled to be able to provide that service in a way that will be seamlessly integrated with a patient's other services and records through Cape Fear Valley. This is especially important to dialysis patients, who will have full-time access to a Cape Fear Valley vascular surgeon when they need it. Look for more information about these doctors and the new Cape Fear Valley Vascular Surgery office in our next issue of Making Rounds.

Mike Nagowski  
CEO, CAPE FEAR VALLEY HEALTH

# TWICE

## the relief



*by Lia Tremblay*

# A double hip replacement gets Erwin woman back on her feet

**Last summer, on a trip to Topsail Beach with her family,** Mary McVicker was looking forward to splashing in the waves and enjoying the sunshine. But a growing discomfort in her hips was making the short stroll to the water nearly unbearable.

“I had difficulty just walking to the ocean,” she said. “I thought I had pulled something, so I just tried to take it easy. I made it through the rest of the trip, but with a lot of pain.”

After returning to her home in Erwin, she visited her primary care provider and described her symptoms. She left with a prescription for anti-inflammatory medication, but found it had little effect.

“It just continued to worsen,” she said. “I found myself having trouble sitting, walking and even sleeping.”

Still struggling, she was referred to Harnett Health Orthopaedics & Sports Medicine. A cortisone shot provided no lasting relief, and when her imaging revealed irreversible bone degeneration on both sides, it was clear that both hips would need to be replaced.

“I was initially very scared and nervous,” she said. “But at the same time, it was a relief that there might be an answer to my pain.”

McVicker is younger than the average hip-replacement patient, but with a family history of joint issues, she wasn't totally surprised by the need for surgery. And she felt much more confident about things after talking with her orthopedic surgeon, Bikram Grewal, MD.

“He has a very calming demeanor,” she said. “He is very kind and compassionate, and was very easy to talk to about what was happening.”

Her hips were replaced in two separate surgeries, the first of which took place just before Thanksgiving. She put her husband in charge of the holiday cooking and focused on the daily exercises she'd been taught to help speed her recovery.

“I went from walker to cane within a week,” she said. “It was not easy or fun, but I did it.”

Before long, she was doing something surgical patients rarely do: looking forward to another surgery. At her six-week checkup, she asked Dr. Grewal how soon she could get the other hip replaced.

“I was so happy with the first one that I wanted the second one immediately,” she said. “But I had to wait at least three months.”

The second surgery was done in March, and again, McVicker was pleased to feel her pain subsiding and her mobility returning.

“By that time, it had been three months since the first procedure,” she said. “So, I was really starting to feel more like my old self again.”

After both surgeries, McVicker was back at home the next day. She kept up with the recommended exercises and felt a little better every week.

“I was fortunate to have my husband and daughter to help me with recovery,” she said. “Dr. Grewal and his staff were very encouraging, too.”

McVicker said she also feels fortunate that she was able to get good care so close to home. Harnett Health Orthopaedics is about 15 minutes from her home, as is Betsy Johnson Hospital, where Dr. Grewal completed both surgeries.

“I would not want to have to go a long way in a lot of traffic,” she said. “Especially that early in the morning.”

Now, a year after her pain became unbearable, McVicker is back to doing so many of the things her hip pain wouldn't let her do.

“The main thing that I'm happy about is spending time with our daughter,” she said. “Before surgery, I struggled with gardening, going to the park, even standing up to cook. Now I can do all these things again.”

And she's looking forward to a much better time at Topsail Beach this year.

“I might not be ready to boogie board just yet,” she said, laughing, “but I know I can get to the ocean again. And that feels wonderful!”



# Just what the doctor ordered

A new partnership brings Philadelphia medical students to Fayetteville

*by Lia Tremblay*

In a recent analysis of shifting demographics and workforce trends, the Association of American Medical Colleges predicted a nationwide shortage of between 37,000 and 124,000 physicians by 2034. To address this potential crisis, Cape Fear Valley Health has joined forces with Drexel University College of Medicine, one of the largest medical schools in the nation. Medical students from Drexel, which is based in Philadelphia, can now complete their third- and fourth-year clinical rotations at Cape Fear Valley. They will also have the opportunity to study alongside their osteopathic medical student colleagues from Campbell University.

“It gives Cape Fear Valley access to a medical school with a long history,” said Hershey Bell, M.D., MSMedEd, FAAFP. Bell is Cape Fear Valley’s Vice President for Medical Education Program Development and Associate Regional Dean - Drexel University College of Medicine, Cape Fear Valley Regional Campus. “Drexel is known for its expertise, innovation, research and clinical success.”

The goal is not just to offer a change of scenery to the students or to broaden the scope of medical education in the Fayetteville area. It’s also to encourage these budding physicians to make North Carolina their home.

Statistically, Dr. Bell said, if a student goes to medical school in a particular area, there’s a 30 percent chance they will come back and practice medicine there. If they complete their residency in that area, there is a 50 percent chance.

“If they do both,” he said, “there is a 70 percent chance they will make that place their home.”

To boost those odds, the students are encouraged to spend their free time getting to know North Carolina and all it has to offer.

“They get to know the community,” Dr. Bell said, “and they have appreciated how accepting and welcoming it is.”

Getting to know the surrounding communities doesn’t just pique their interest in staying; it also changes the kinds of cases they see. Drexel student Sara Vaughan said one of her fellow students, an aspiring surgeon, had recently observed a patient who was recovering from a tractor accident.

“That’s not something you see in Philadelphia,” she said.

Vaughan, who is originally from Oklahoma, said that in her first few weeks at Cape Fear Valley, she began to feel pulled toward pediatrics as a possible specialty.

“I really like having the opportunity to care for the whole family,” she said. “It’s not just the child you’re treating. You have to build trust with the parents, too.”

Vaughan said she has appreciated learning more about the social and economic factors that affect patients and the care they receive.

“COVID-19 really exposed a lot of existing challenges around healthcare access,” she said. “We need to understand those as well as the clinical skills we are learning.”

Frank Estrella, a Drexel student from Florida, said that level of understanding is important to him too.

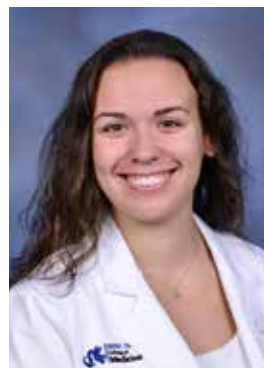
“Drexel’s education is very community based,” he said. “There is a real focus on serving the underserved.”

Estrella is already a great example of the potential for this partnership to attract new physicians for the long haul: he and his fiancée, a physician assistant, have just purchased their first home in Hope Mills.

“We can definitely see ourselves living here for a long time,” he said. “We really prefer not to be in a big city, and we like the warmer weather. There’s plenty to do here, and the cost of living is great.”

Dr. Bell noted that these students began their medical education in the summer of 2020, the early days of the COVID-19 pandemic, which has already made their experience unlike any other.

“They were doing so much virtual learning,” he said. “Most medical students form study groups and social networks to carry them through, but these students didn’t have that same benefit.”



Sara Vaughan said she has appreciated learning more about the social and economic factors that affect patients and the care they receive.

To make up for lost time, while getting to know North Carolina, they’ve also been encouraged to get to know each other.

“Some of them truly met for the first time here in Fayetteville,” Dr. Bell said.

While the partnership between Drexel and Cape Fear Valley is in its early days, Dr. Bell said he can already see it paying off.

“These students are gaining an understanding of unique issues in this area,” he said. “I know they have what it takes to improve healthcare in southeastern North Carolina.”



# An ounce of prevention

## Back-to-school vaccines help kids get ready for a great year

by Lia Tremblay

**Late summer is a busy time across North Carolina**, as parents scramble to make sure their kids are stocked up and ready for another school year. It's a busy time for pediatricians too, as their offices deal with sports physicals and last-minute checkups.

It's also a big time for talking about vaccines. North Carolina requires that children be up to date on more than a half-dozen immunizations before beginning kindergarten, and there are additional requirements before the start of the seventh grade and senior year.

"The kindergarten visit is a big one," said Warren Johnson, MD, a pediatrician at Hoke Primary Care. "They'll need at least four different vaccines to be ready for school."

That doesn't necessarily mean four different shots, however. Because different vaccines can be combined into a single dose, it takes just two "pokes" to get the job done with all four vaccines.

"The important thing is to stay up to date with well-child visits," said Dr. Johnson. "Those encompass a lot of the things we need to talk about for school readiness, including the vaccines they should be getting along the way."

Dr. Johnson said the past two years have complicated the vaccine conversation with his patients. Politicization of the COVID-19 pandemic has fueled suspicion of vaccines in general.



## K-12 School Vaccine Requirements

North Carolina law requires all children in the state to receive certain immunizations. Records are checked when children enter school or child care.

Vaccine	Doses Required Before School Entry
---------	------------------------------------

### Kindergarten

Diphtheria, tetanus and pertussis	5 doses
Polio	4 doses
Measles	2 doses
Mumps	2 doses
Rubella	1 dose
Haemophilus Influenzae type B (Hib)	4 doses
Hepatitis B (Hep B)	3 doses
Varicella (chickenpox)	2 doses
Pneumococcal conjugate	4 doses

### 7th Grade

Diphtheria, tetanus and pertussis	5 doses
Polio	4 doses
Measles	2 doses
Mumps	2 doses
Rubella	1 dose
Haemophilus Influenzae type B (Hib)	4 doses
Hepatitis B (Hep B)	3 doses
Varicella (chickenpox)	1 dose
Tetanus/diphtheria/pertussis	1 dose
Meningococcal conjugate	1 dose

### 12th Grade

Diphtheria, tetanus and pertussis	5 doses
Polio	4 doses
Measles	2 doses
Mumps	2 doses
Rubella	1 dose
Haemophilus Influenzae type B (Hib)	4 doses
Hepatitis B (Hep B)	3 doses
Varicella (chickenpox)	1 dose
Tetanus/diphtheria/pertussis	1 dose
Meningococcal conjugate	2 doses

For more information, visit

<https://immunization.dph.ncdhhs.gov/schools/k-12.htm>

“Some parents bring up concerns about risks,” he said. “But those perceived risks often come from inaccurate information, and misinformation can spread very quickly on social media.”

Dr. Johnson said he can relate to some of the concerns parents raise, and he welcomes the opportunity to put their minds at ease.

“It’s an important conversation to have,” he said, “and families will often change their minds based on trust and open communication. Some practices will say something like, ‘we won’t treat your children unless they’re vaccinated,’ and I think that can do more harm than good.”

Beyond the vaccines required for school attendance, Dr. Johnson said there are others that he recommends. The HPV vaccine is recommended for preadolescents and adolescents, for example – except in rare circumstances – he recommends that children receive the vaccines against COVID-19 and flu.

“Some parents bring up concerns about risks,” he said. “But those perceived risks often come from inaccurate information, and misinformation can spread very quickly on social media.”

“We never want to force anything,” he said, “but I do encourage the flu and COVID-19 vaccines. Even if a child is not at high risk for developing a severe illness after contracting the flu or COVID-19, we don’t want them spreading it to people who won’t be OK. And of course, we don’t want them missing days of school or activities if they don’t have to.”

For more information about North Carolina’s required vaccinations for students, visit [immunize.nc.gov](https://immunize.nc.gov). To schedule an appointment with Dr. Johnson or another great pediatrician, visit [capefearvalley.com/physician](https://capefearvalley.com/physician).

# Listen to your heart

A woman finds  
her “heartburn” was  
something much  
more serious

by Lia Tremblay

**At 36 years of age, with a 2-month-old baby, the last thing Michelle Boyd expected was a heart attack.** When she began to experience chest pains, she explained them away as nothing serious.

“I convinced myself it was heartburn,” she said.

With her maternity leave coming to an end, Boyd was determined to get some things done around the house before returning to her job in real estate. She sent her eldest child off to his first day of kindergarten and the middle child off to daycare with his new baby sister.



Michelle hugs  
Greg, a firefighter  
with Gray's Creek  
Fire Department

“I was rearranging some furniture,” she said, “and the chest pains came back. And this time, the pain was down my arm and up to my jaw.”

She called her mother, who lives nearby. Her mother, recognizing the signs of a possible heart attack, called 911. Soon an ambulance was pulling up to Boyd's home in Gray's Creek.

“Everything went really quickly after that,” she said. “I remember a man asking me about my stress level, and the next thing I knew I was waking up in the hospital.”

She awoke to learn that she'd suffered a serious heart attack. Her heart had stopped more than once, but she was stable after the placement of a stent to prop open the blocked artery that had nearly killed her.

While it may be surprising to hear of a woman in her 30s having a heart attack, recent studies have shown that heart attack hospitalizations in the 35-to-54 age group are rising. The increase is especially pronounced among women in that age group.

Most of these involved at least one of three major risk factors: high blood pressure, high cholesterol and smoking. Additional risk factors include diabetes, unhealthy diet, lack of exercise and a family history of heart disease.

Boyd says her heart attack was the result of a "perfect storm" of risk factors. In addition to a strong family history of heart attacks, her blood pressure had been elevated since giving birth two months earlier. A recent bout with COVID-19 had left her with lingering vascular issues. As a busy working mom, she had some unhealthy habits and often put her own needs on the back burner.

Her hospital stay gave her plenty of time to ponder all of this. Although much of the experience is still a blur, she does recall the kindness of the staff who cared for her.

"I felt really pampered at the hospital," she said. "I was still testing positive for COVID, so I couldn't have visitors at first. The nurses let me borrow their own phones so I could FaceTime my family."

After six days in the hospital, Boyd was strong enough to go home to her husband and kids. But she still had to take it easy.

"I was sent home on oxygen," she said, "and I still felt very weak. Even going to the bathroom was very taxing. My husband was really a superman. He took care of everything. And I felt a little stronger every day."

A year later, Boyd is feeling much more like herself again. And she's taking better care of her heart. She quit smoking, works out regularly and has improved her eating habits.

She also keeps up with regular doctor visits, something she hadn't done before.

"Before all this, I never really went to the doctor," she said. "I saw my OB/GYN while I was pregnant, but that was about it."

Now she has a general practitioner to keep an eye on her overall health, and continues to see Manoj Bhandari, M.D., FACC, FASE, the cardiologist she credits with saving her life.

"He's amazing," Boyd said. "Whenever I have a question, he's right there with the answer."

When she recently had an allergic reaction to one of her medications, it was Dr. Bhandari who encouraged her to get checked out in the emergency department. There she encountered a nurse who remembered her from her ordeal a year earlier.

"I just thought it was amazing that she would remember me after all that time," Boyd said. "She said it was good to see me doing so well."

Looking back on things a year later, Boyd says she has learned an important lesson.

"It was confirmation that I need to listen to my body," she said. "I think deep down, I knew that it wasn't just heartburn."





# Renovation, automation, and new graduates bring advances to laboratory

by Jami McLaughlin

Cape Fear Valley Health will soon get a new state-of-the-art centralized lab, which will reduce patient stays, speed up lab results and accommodate future growth for lab testing.



April Maroschak is the Corporate Director of Laboratory Services, overseeing all labs at Cape Fear Valley hospitals. She said the renovated 3,952-square-foot lab space will feature a new automated line, which will allow for her team to fill needed position openings, expand testing volumes and reduce the turnaround times for lab tests.

“With one open lab space and the new lab automation, we are going to be able to test more on-site instead of sending out,” said Maroschak. “The automated line will help the lab techs deliver faster and more consistent testing turnaround times. It will reduce the number of manual touches and allow for a single point of entry for samples to process through the lab.”

Faster lab results will make a noticeable difference among dialysis patients.

“As a health system, we are going to help dialysis patients get to chairs sooner. This is a significant change for our patients,” said Maroschak, who added dialysis patients are just one example.

According to Maroschak, the new automated line will receive the samples into the lab, automatically extracting the needed sections and performing the testing ordered. The line will also cap tubes, track storage of the specimens and discard the samples at the end of the three-day storage period. This will relieve staff from needing to manually process specimens, going to the refrigerator to pull the tubes and manually placing the samples on the instruments, saving vital time for patients waiting on lab results.

“In our current state, the core lab receives more than 9,000 specimens per day for the entire lab, including the microbiology and blood bank,” she said. “The automated line will process 1,400 sample tubes per hour for chemistry and hematology. This leaves us great opportunity for expansion of testing volumes.”

While the new lab equipment is cause for celebration, the impetus for the renovations wasn’t anything to cheer about. A national and statewide shortage of qualified clinical lab technicians is pushing the move to more automation.

“The applicant pool with two- and four-year degrees in clinical laboratory science is shrinking across the nation, so we were unable to fill the openings we had. Then COVID compounded it all,” said Maroschak.

But there’s other good news coming that might help change that. Maroschak, along with Vice President of Pharmacy and the Cancer Centers Chris Tart, worked with Fayetteville Technical Community College (FTCC) to get a program started for an associate degree in clinical laboratory science. The next closest college offering the two-year degree was at Sandhills Community College in Pinehurst.

“At the time, we had around ten job openings [in the lab], so working with FTCC enabled us to problem solve the situation ourselves. We had to figure out a way to get more students who were likely to stay in Fayetteville,” said Maroschak.

Maroschak said the first graduating class at FTCC will graduate in July, and half of those graduates have already

been hired at Cape Fear Valley to fill open positions.

Staffing the lab with homegrown clinical lab technicians was a real accomplishment. Combined with the lessened workload, thanks to the automated line, these two things will free up the team to concentrate on quality control.

“Eliminating the manual touches allows the lab technical staff to focus more on tasks and issues they trained for in school, like reviewing cells under the microscope, calibration and correlation of equipment and training students on theory,” said Maroschak.

Maroschak said the next goal after chemistry and infectious disease testing is introduced in August will be to add hematology systems to the automated line. Other systems will be gradually added in the future, as well.

“This is a huge benefit to Cape Fear Valley as well as other hospitals and clinics in our health system,” said Maroschak.

**“This is a huge benefit to Cape Fear Valley as well as other hospitals and clinics in our health system ... the other hospitals will be able to focus on immediate testing needs of inpatients and emergency room patients.”**

“As the core lab increases the workload without increasing the number of staff needed, the other hospitals will be able to focus on immediate testing needs of inpatients and emergency room patients. The routine testing will shift to the core lab.”

The strategic plan for the lab is to continue to grow testing volumes for health system clinics and keep patient testing within the health system. The renovated lab, opening in August, allows Cape Fear Valley to do more with less, achieving both further efficiency and cost savings with the lab automation while maximizing essential clinical lab technician staff to do what they do best – help save lives.



# Emmett bounces back

**A mysterious brain bleed, a terrifying day and a very bright future**

*by Lia Tremblay*

**Back in their home state of Minnesota, Claire and Dillon McLain were high school sweethearts.** After college, when they exchanged wedding vows, they knew they wanted to be parents.

When the Army brought them to Fort Bragg, the couple settled into a home in Hope Mills. Their son, Emmett, was born in the spring of 2021 and was exactly the child his parents had dreamed of.

“He was such a happy baby,” said Claire. “He had a very relaxed personality. And he loved to eat.”

But one day that June, when Emmett was just 2 months old, things took a very unexpected turn.

“He was fine that morning,” said Claire, “but he woke up from his midday nap screaming. He refused to eat, and that just wasn’t like him.”

Concerned, Claire called their pediatrician and made an appointment for that afternoon. But when Emmett went from screaming to projectile vomiting, and one of his little legs began to tremble, she realized this was a much more urgent matter.

“I knew there was a pediatric emergency department at Cape Fear Valley,” she said. “I always had it in mind that’s where we would go if we ever had a problem.”

At the medical center, Claire and Dillon watched helplessly as the staff began ruling out potential causes of Emmett’s

distress. As the minutes ticked by, Emmett became less and less responsive.

“It was the worst experience of my life,” Claire said. “We were both in complete shock.”

Finally, a CT scan revealed the cause of Emmett’s startling decline: inside his head, an inexplicable bleeding was causing a painful and dangerous pressure to his brain.

He would need surgery as soon as possible. With little time to spare, the McLains had their first quick meeting with a man they’ll never forget: Prithvi Narayan, MD, a board-certified pediatric neurosurgeon.

“I have seen babies with this condition before,” said Dr. Narayan, “but not often. It’s unusual to see a brain bleed like this at this age without an inciting event. He had no trauma, no underlying brain blood vessel problem, nothing that would explain this.”

The surgery to stop the bleeding and relieve the pressure on Emmett’s brain took hours, followed by a two-week hospital stay to monitor his recovery.

“We were so impressed by the care we received in the pediatric intensive care unit,” Claire said. “And it was good to be close to home so we could get some rest, get a shower and get back quickly when we needed to.”

Dr. Narayan visited at least once a day to check on Emmett. On one of those visits, Emmett’s oxygen had been dropping, and he seemed out of sorts.

“One of the intensivists recommended changing how we were holding him to see if that helped,” said Claire. “But I wasn’t holding him any differently than I usually did.”

When Dr. Narayan arrived, he immediately noticed the subtle signs of an absence seizure. He had Emmett rushed into a CT scan to make sure he hadn’t developed another bleed.

“Those seizures are not easy to spot even in older children,” said Claire. “It’s common after a brain injury to have seizures, but I had no idea it was happening. I’m so glad Dr. Narayan was there.”

Dr. Narayan gives Claire credit for getting Emmett to the hospital quickly, and is glad Cape Fear Valley had the resources to help.

“Without these services in Fayetteville, the family would have to drive nearly two hours,” he said. “He needed surgery as quickly as possible. I don’t know if we would have had time to transport him.”

In the months after his release from the hospital, Emmett had a whirlwind of specialist visits to make sure all was well. His brain



Claire and Emmett with Dr. Narayan

scans showed no signs of further bleeding or swelling, and he’s had weekly occupational and physical therapy to catch up on milestones delayed by his ordeal.

“He’s made amazing progress,” said Claire. “He was walking before his first birthday.”

Claire has enjoyed sharing these milestones with Dr. Narayan as the months have passed. He says it’s one of the best things about his job.

“I love getting updates from past patients,” he said. “That’s one of the great things about pediatric patients: You get to see them grow, and you can follow their progress for life.”

**“Without these services in Fayetteville, the family would have to drive nearly two hours. He needed surgery as quickly as possible. I don’t know if we would have had time to transport him.”**

With the dark days behind them, Claire says the family is focused on making memories. Emmett spent his first Christmas in Florida and recently enjoyed his first Woodpeckers game.

“Emotionally, I think we will be healing for years,” she said. “But this experience has made us appreciate every moment with him and not worry about the small things.”

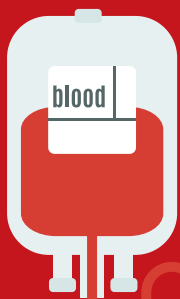
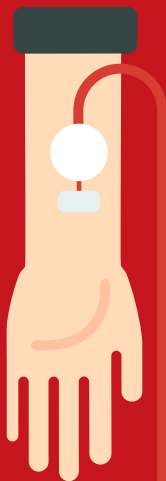
She has advice for new parents who might find themselves in a similar position.

“It’s hard to think about your baby needing anything but a checkup,” she said. “But an emergency like this can happen to you. Make sure you know where to go if it does.”

# About

Cape Fear Valley Blood Donor Center is YOUR local blood bank and has been serving local patients for the past 58 years. The Blood Donor Center is the only blood bank that supports patients at Cape Fear Valley Health hospitals in Bladen, Cumberland, Harnett and Hoke counties.

*\*American Red Cross Blood Services and The Blood Connection do not have contracts with Cape Fear Valley Health to serve our patients' blood needs in Bladen, Cumberland, Harnett or Hoke counties. Cape Fear Valley Blood Donor Center supports those needs.*



## CAPE FEAR VALLEY LOCAL NEED OF LIFE

### Donation Process

- To be eligible, donors must be feeling well, At least 17 years old (16 years old with written parental consent) and weigh at least 110 lbs.
- We'll start a screening process. It's like a mini-physical! You'll be seen by a phlebotomist in a private screening room to review your questionnaire and basic eligibility requirements.
- Your blood pressure and temperature will be taken, and hemoglobin checked with a small finger-prick. That tells us about how much iron you have in your blood. A phlebotomist will ask questions about your health, travel and current medicines. All information is confidential.
- You'll lie back in a donor bed and a phlebotomist will cleanse your arm with an antiseptic. Squeeze that stress ball so they can find a nice vein. A new, sterile, disposable needle is used to collect your blood. Small prick, and then you'll be done donating before you know it!
- Most donations are under 10 minutes. A phlebotomist then wraps your arm in a colorful bandage as your badge of honor for saving lives.
- Have your pick of a variety of sweets, treats and snacks, plus something to wash it all down. It's important to drink fluids so you replace the liquid volume you just donated.
- You can repeat every 56 days.

**DONATE BLOOD THIS SUMMER AND  
EARN A DONOR T-SHIRT OR TANK TOP,  
WHILE SUPPLIES LAST!**





# Did You Know

Did you know that many restrictions that previously stopped volunteers from giving blood have now been dropped or aren't as strict? Check out the latest FDA changes on international travel on our website.

Tattoos, piercings? No problem if they're healed and you received them in a licensed NC parlor.



# CAPE FEAR VALLEY HEALTH LIFESAVING BLOOD



It would take about 1.2 million mosquitoes to drain all of the average person's blood. An average mosquito drinks an amount about the size of a dried mustard seed.

Have no fear though! There's little to no risk of having your blood drained by mosquitoes, let alone encountering a swarm of millions.

Only females feed on blood. They need the nutrients found in blood to lay their eggs.

## Hosting a Drive

- You want to do more and make a greater community impact – hosting a blood drive could save hundreds of local lives! Host on behalf of your business, church, school or civic group. It's as easy as 1, 2, 3 ...
  1. Call or email our donor center.
    - (910) 615-LIFE
    - [savingliveslocally@capefearvalley.com](mailto:savingliveslocally@capefearvalley.com)
  2. Our mobile recruiter will help you pick a date and time for your blood drive, and where the bloodmobile should park. They'll also provide you with marketing materials/signage to promote your blood drive.
  3. Encourage volunteers to sign up to give blood on the day of your drive. You'll have a goal based on how long your blood drive is.
- The day of the drive, the bloodmobile rolls up, sets up registration, and all the work is taken care of by the Blood Donor Center team. Hosting is a great way to give back to the community, helping our friends, family and neighbors in need of lifesaving transfusions.

### FIND A DRIVE NEAR YOU



### SAVINGLIVESLOCALLY.ORG





# Continuity grows

## New endocrinology clinic gives options to diabetes patients

*by Laurie D. Willis*

In 2018, there were 389 diabetes-related deaths in Cumberland County, according to the CDC's multiple cause of death data. Nationally, men are more likely to have the illness as a contributing cause of death than women.

Amro Ilaiwy, MD, associate program director of the internal medicine residency program at Cape Fear Valley Health, knows all about diabetes and the medical problems it can spawn, including heart disease, stroke, blindness, kidney failure, amputations and others.

Ilaiwy wants to turn things around in Cumberland County and hopes the Cape Fear Valley Residency Endocrine Clinic can help do just that. Plans call for the clinic to open inside the Cape Fear Valley Continuity Clinic this September.

The Continuity Clinic, which is staffed by resident physicians under the supervision of internal medicine physicians, was created to address the growing number of patients who need ongoing care but don't have a primary care physician. Patients can be referred to the clinic by a hospital, emergency department or self-referral. Each patient is taken on by a resident who then becomes their primary care physician.

While the Continuity Clinic hours are 8:30 a.m. to 5 p.m., Monday through Friday, the Residency Endocrine Clinic will be open to patients on Mondays.

"We have private endocrinologists at Cape Fear Valley who provide excellent care. Our clinic aims to provide additional access to endocrine care in the Fayetteville area and help

shorten the time needed to see an endocrinologist,” Ilaiwy said. “We’ll be able to help patients with diabetes, weight management, thyroid disorders and adrenal and pituitary disorders. There’s a big need in Fayetteville for this clinic.”

Currently, there are 58 residents in Cape Fear Valley Health’s internal residency program. Each Monday the clinic is open, patients will be seen by a resident and Ilaiwy. Dieticians and a pharmacist will also be part of the program, he said.

“Having a dietician and a pharmacist on site will allow more access to specialized care so that patients won’t have to travel as far for appointments,” he said. “Also, people with pending appointments in the Cape Fear Valley system will be able to be seen sooner.”

The new endocrinology clinic in Fayetteville will be a teaching clinic, enabling patients to receive extended care with visits lasting between 30 and 45 minutes – a considerable length of time to spend with a physician.

**“As an educator of my patients and resident physicians, it’s my intention for the clinic to take a holistic approach to the patients’ needs while demonstrating a deeper understanding of their medical problems. We will try to take care of our patients as a whole.”**

Ilaiwy said about 50 percent of the patients who present for primary care clinics at Cape Fear Valley Health have diabetes type 1 or 2. At the new endocrinology clinic, they will be provided with continuity of care.

“I serve both as a primary care attending physician (internal medicine specialist) at the residency primary care clinic and as an endocrinologist within the health system, so I wear two different hats,” Ilaiwy said.

There’s no question Ilaiwy is the right person to run the new endocrinology clinic. Since joining Cape Fear Valley’s internal medicine residency program as associate director in 2021, he has become an integral part of the faculty at the continuity clinic. He completed his internal medicine residency training at the University of Miami Miller School



*Amro Ilaiwy, MD*

of Medicine/Holy Cross Hospital in Fort Lauderdale, Fla., and also did fellowship training in endocrinology, diabetes and metabolism at Duke University.

As a clinician with deep roots in academia, Ilaiwy has published many articles and is passionate about teaching. He’s excited about the opportunity to use his expertise as an educator to work with patients, while teaching them about their health and providing the tools they need to achieve their goals.

He has also been a physician long enough to know that educated patients have a better chance of improving their conditions than those who lack knowledge about their medical circumstances.

“If we can educate patients about their health through the new endocrinology clinic, I think it will empower them to become more vested in improving their health,” Ilaiwy said. “That is certainly one of our goals, and I hope for the sake of our patients, we succeed.”

The Continuity Clinic is located at 1218 Walter Reed Road, Fayetteville, NC 28304. For more information on appointments or referrals call (910) 615-3960.

# “Nursing chose me”



## CNO brings a fresh perspective to Bladen County Hospital

by Lia Tremblay

**After spending most of her nursing career in emergency departments,** Susan Phelps, RN, is no stranger to staying on her toes.

“It taught me to be prepared for anything at any moment,” she said. “You really have to be ready to make decisions and follow through on them quickly.”

Those years of experience have prepared her well for her new title: Chief Nursing Officer at Bladen County Hospital. The role of CNO comes with a long list of duties, including leading the hospital’s team of nurses and other healthcare professionals and ensuring excellent patient care through quality improvement programs.

Built in the 1950s, Bladen County Hospital has a long history of service to its community, providing acute care to a rural expanse between Fayetteville and Wilmington. And it’s come a long way since then.

“We are a critical access hospital,” said Phelps. “There’s no other within 30 miles, and we’re able to do a lot of things. We have a full-service, 24-hour emergency department, four ICU beds, two ORs, radiology . . . and we can do all of this without our patients having to drive a long way from home.”

Stephen Fife, President of Bladen County Hospital, said Phelps is a natural fit for the CNO role and Bladen’s friendly, small-town atmosphere.

“If you spend much time around Susan, it doesn’t take long to notice her passion for nursing, our patients and for leading her team,” he said. “One thing I love about working in our small hospital is the ability to develop lasting relationships with our team members across all levels of leadership. Susan’s personality and passion are a great fit for the culture we are working to build here.”

Originally from Lumberton, Phelps said she always knew she wanted to be a nurse. She found her niche in emergency care just six months after graduating from nursing school. Before stepping into her new role last September, she served as the Corporate Service Line Director at Cape Fear Valley’s Emergency Department – an experience made even more memorable by the onset of the COVID-19 pandemic.

## “I love the opportunity to make a difference for our patients”

“That’s something nursing school doesn’t really prepare you for,” she said. “It was important to take care of teams who were weary and to support them professionally and emotionally so they could do their best work.”

Offering that support to people on the front lines is something Phelps said she learned from role models throughout her career.

“I have had some amazing CNOs,” she said. “It’s wonderful to look up to someone who understands the job you’re doing and really wants you to enjoy it and feel a sense of purpose with it.”

Keeping healthcare teams happy and motivated doesn’t just make for a pleasant workplace—it also has demonstrable effects on patient satisfaction.



“She has already made positive progress with patient satisfaction scores through initiatives she has led,” said Fife. “Reading through the comments on these surveys, you can see the impact she has had.”

Phelps said that impact is something she is proud of and will always make a priority.

“I love the opportunity to make a difference for our patients,” she said. “I always want to leave a place better than I found it.”

She’s off to a great start on that goal: Shortly after her arrival at Bladen, she led the charge on a total renovation of its emergency department. Fresh flooring, countertops and sinks will make patient care areas easier to clean, and custom cabinets will free up some floor space for the teams to do their lifesaving work.

“It’s a little unnerving to renovate during a pandemic,” Phelps said, “but we have taken it phase by phase, and the difference is really remarkable.”

As the end of her first year at Bladen County Hospital approaches, Phelps is looking forward to many more years of leadership in the work she was always meant to do.

“I didn’t choose nursing,” she said. “Nursing chose me.”



# HONORING JESSE BYRD

A champion for cancer support and devoted patient advocate

by Ginny Capiot

**Fayetteville lost a true advocate for cancer care this May** with the passing of Jesse Byrd, Chair Emeritus of Cape Fear Valley Health Foundation's Friends of the Cancer Center Advisory Council.

For more than 30 years, Byrd led fundraising efforts to support local cancer patients receiving care at Cape Fear Valley Cancer Centers. He and his wife, Irene, were volunteers at Cape Fear Valley Cancer Treatment and CyberKnife Center and were instrumental in creating the health foundation's Friends of the Cancer Center.

Friends of the Cancer Center focuses on raising funds to support patients during treatment. They help patients purchase medications, reimburse gas for travel to treatments and provide turbans and wigs for those in need. The depth and breadth of support Friends of Cancer can provide to the community has grown exponentially over the years. But Byrd wasn't surprised when he looked back at all the Friends had accomplished in 30 years.

"I think Fayetteville is a giving community," he said.

In 1991, Irene Byrd lost her own battle with cancer. In 2015, Jesse Byrd honored her by establishing the Irene Thompson Byrd Cancer Care Endowment. His hope was to ensure support for cancer patients would be available for decades to come. Thanks to Byrd and his efforts, the Byrd endowment has grown to a sizable \$1.2 million.

Always humble, Byrd took no credit for his donation at first, until a friend convinced him that telling his story might make others choose to give. He then became a champion for the endowment, encouraging others to contribute to the fund.

"Jesse never sought the limelight or accolades," says Sabrina Brooks, Vice President of Cape Fear Valley Health Foundation. "He was unassuming. But if you talked with him about caring for cancer patients, he was vocal in his support. When asked about why he

created the endowment Jesse said, 'It's not just about Irene or the Friends of the Cancer Center. It's about the community. It's about the doctors and the nurses and the techs. And about all the people who do all they can to help those who are less fortunate. And that takes money.'"



As a certified public accountant, Byrd understood the importance of investment. He knew that endowments can provide annual support to supplement fundraising for patient support.

"There's always a need there," he said. "Every year our annual giving programs are tremendously important, but if you can build an endowment base that generates an investment income, you know that base is always going to be there."

"Jesse's impact will be felt by the cancer centers, the patients the centers serve and this region for decades to come," said Mike Nagowski, Cape Fear Valley Health's Chief Executive Officer.

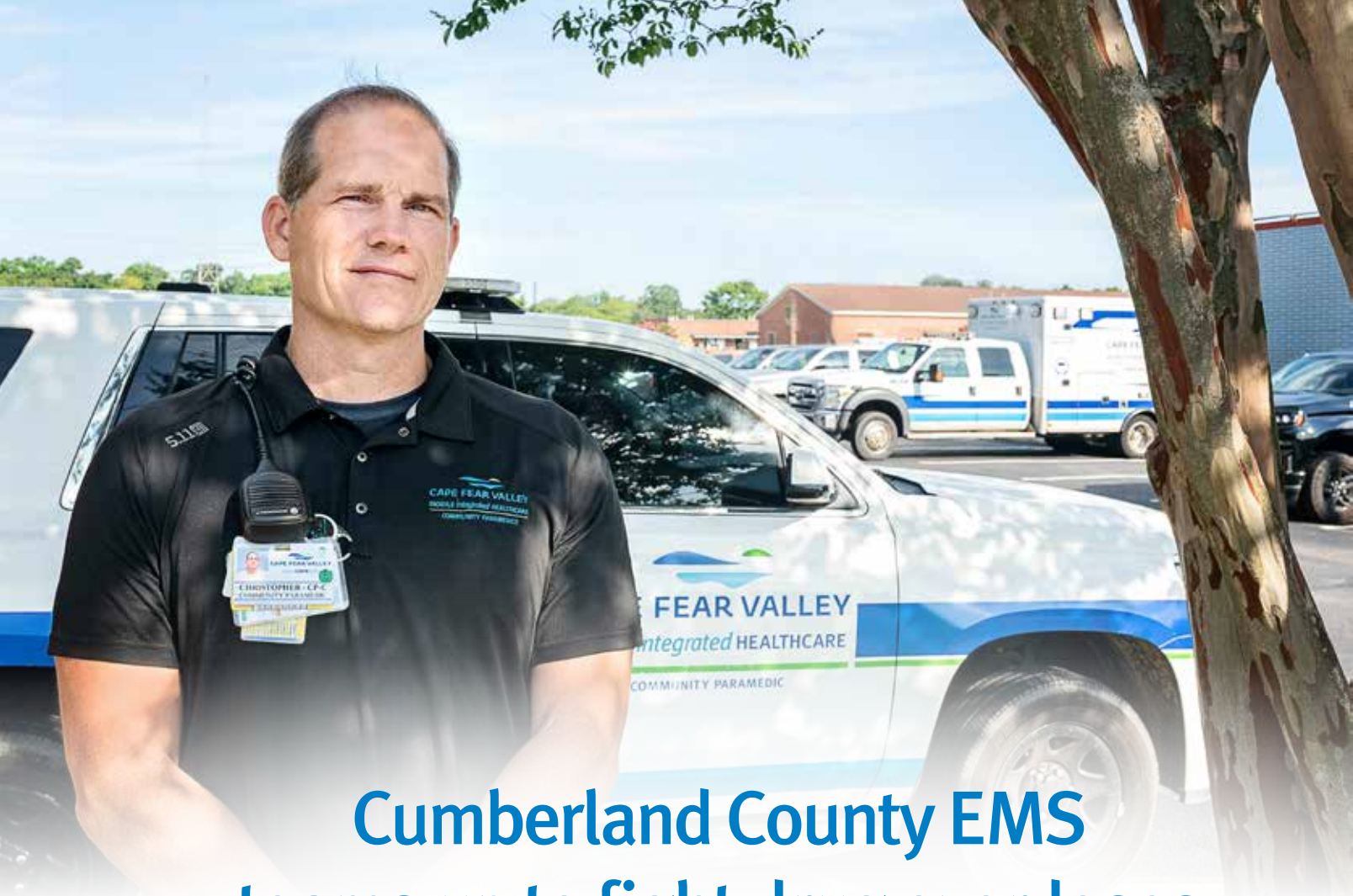
Jesse Byrd quietly touched many lives and provided assistance when it was most needed.

"I like to think we've helped a lot of people," he said. "I'm sure Irene has seen how much the cancer center has grown, and I'm sure she's proud."

At Cape Fear Valley Cancer Treatment and CyberKnife Center, cancer patients are invited to ring the silver bell on the Irene Thompson Byrd Cancer Care Endowment wall. The ringing bell signifies the patient's final cancer treatment and instills a sense of hope for the future before them.

It's fitting that this sign of hope sits on a wall that bears the name of those who have provided hope to so many.

*For more information on the Irene Thompson Byrd Cancer Care Endowment, please visit [www.capefearvalley.com/foundation](http://www.capefearvalley.com/foundation).*



# Cumberland County EMS teams up to fight drug overdoses

*by Laurie D. Willis*

**Drug overdoses have become a leading cause of accidental death in the United States.** In 2019, nearly 71,000 people died from opioid overdoses, according to the Centers for Disease Control and Prevention (CDC).

CDC statistics say more than 70 percent of overdose deaths involve prescription opioids, which include oxycodone, morphine, codeine, fentanyl and hydrocodone.

Increasingly across the country, Emergency Medical Services are responding to overdose calls, and Cumberland County is no exception. Last year, Cumberland County EMS personnel handled more than 3,000 overdose calls, according to Director David Grovdahl.

“It’s a big problem in Cumberland County,” said Grovdahl, who’s been the county’s EMS director for a year and has

worked in the field for 22 years.

Cumberland County is trying to combat the opioid overdose problem through a partnership between Cape Fear Valley Health (which oversees EMS), Cumberland County Government and the Cumberland County Health Department. The partnership doesn’t have an official name but has a multi-pronged approach that includes many strategies, including distributing Narcan nasal spray, which is used to reverse drug overdoses. Narcan has been on the market for 50 years, though it hasn’t always been available in nasal spray form.

“We try to ensure law enforcement, fire departments, community groups and anybody who needs Narcan has it available to them,” Grovdahl said. “They don’t have to pay for it. We are able to give it to them thanks to state and federal funding programs. Narcan has saved a lot of lives at this



point. So far in 2022, we've given Narcan a little more than 200 times.”

Community Paramedic Chris Dudley said he covers the basics of Narcan during training, explaining how it works, that it can't harm the person even if he or she isn't having an overdose and that those who administer it are protected under the Good Samaritan law.



“As 911 emergency medical services providers, we play an important role in combating this issue. Our mission at EMS and throughout Cape Fear Valley Health is to take care of the community, and that includes all aspects of healthcare.”

He also advises people to call 911 before administering Narcan to ensure they place the patient in a recovery position after administering the first dose and to wait two full minutes before giving the second dose.

Currently, Dudley conducts two to three trainings per month with hotel housekeepers, given the high number of overdoses that occur there, but he said officials are in the process of developing more Narcan training and scheduling regular biweekly trainings for the community.

“There are receptors in the brain that opioids work on, and Narcan binds to those receptors instead of the opiate,” Grovdahl said. “One of the things that can happen is you can

give somebody Narcan and when the Narcan wears off, they can still overdose. That's why it's always important to call 911. Narcan does not neutralize the opioids in the system. It binds with the receptors in the brain, but the body still has to metabolize it.”

Drug overdoses can happen for several reasons, including mislabeled medications, improper dosages taken, unintended drug interactions and unsupervised children getting into their parents' medicine cabinet. However, many overdoses happen due to drug addiction. For those addicted to these drugs, Narcan may be successful in saving their lives at that moment, but it's only half the battle.

“One of the things we know about substance abuse is that one trip to the emergency department will not cure drug addiction,” Grovdahl said. “They need to go through drug treatment and have wrap-around support services, which requires a team to help make the individual successful in recovery. So, our role is to also connect the individual when they're ready for drug treatment with a treatment center and a treatment program.

In February, EMS implemented the Cumberland County EMS Mental Health and Substance Abuse Program. Since it began, EMS has seen increasing numbers of individuals seeking drug treatment. The program is in the process of expanding as a branch of Cape Fear Valley Health's Community Paramedic Program, a health and substance abuse team that responds with 911 paramedics to the overdose call and follows up within 48 to 72 hours, to offer recovery services and handle any social issues that need to be addressed.

For example, an individual may need childcare while seeking treatment, so the team will connect individuals with community resources to help make recovery successful by addressing roadblocks and speed bumps that make recovery more difficult.

Grovdahl said program expansion in the next several months will include four community paramedics, two licensed clinical social workers and a peer support specialist, which will allow for around-the-clock coverage.

“Drug addiction is a healthcare problem as well as a legal issue,” Grovdahl said. “As the 911 emergency medical services providers for this county, we play an important role in combating this issue. Our mission at EMS and throughout Cape Fear Valley Health is to take care of the community, and that includes all aspects of healthcare.”

NEWS *briefs*

## Cape Fear Valley Health among first hospital-based EMS programs to carry whole blood

Blood transfusions for trauma patients are more accessible for residents of Cumberland and Hoke counties due to Cape Fear Valley Health now having whole blood available on its ground Quick Response Vehicles (QRVs). QRVs are smaller, more agile vehicles that can arrive at calls faster than an ambulance.

The availability of blood for EMS means patients suffering from traumatic injuries with significant blood loss now have a much better chance of surviving because one small bag of blood could mean the difference between life or death. Blood comes from local volunteers who give to the Cape Fear Valley Blood Donor Center.

EMS's accessibility to blood allows paramedics to perform blood transfusions after traumatic events, such as a major crash/accident, shooting or stabbing before the patient arrives at the hospital, which can lead to life-saving outcomes. Cape Fear Valley Health is among the first hospital-based EMS programs to carry blood in the state of North Carolina and the first multi-county health system in NC.

Time is of the essence for trauma patients, so this improvement in delivery of care improves the quality of care for our patients. Patients arrive to the Emergency Department better resuscitated, and vital signs are typically more stable due to restored blood volume.

## EMS vehicles get child safety grant for new pediatric seatbelts

Thanks to Cape Fear Valley Health Foundation's Friends of Children donations, Cape Fear Valley Mobile Integrated Healthcare: Cumberland County Emergency Medical Services (EMS) and Hoke County EMS will receive new safety devices for children in ambulances. Due to the many differing sizes of children through the developmental years, it is impossible to carry all the correct car seats to safely transport children. Therefore, these safety devices are an important safety tool. Cape Fear Valley's EMS vehicles transport nearly 4,000 children per year to Cape Fear Valley Health System hospitals.

The \$24,650 grant will fund 35 sets of emergency child restraints, which come in three sizes and fit children who weigh anywhere from 4 lbs. to 110 lbs. The pediatric seatbelt system is used with the existing ambulance cots to safely transport children in the event of an emergency. The funding provided enough devices for all the 911 ambulances in Cumberland and Hoke Counties.

"This will greatly enhance the safety for children when we transport them to the hospital," said Cumberland County EMS Director David Grovdahl. "We have adapted through the years, but none of the options are correct for all the various ages we transport. The Emergency Child Restraint system from EMS Solutions, LLC, was designed for EMS agencies to connect to our stretchers to safely restrain children on our cots and is adjustable to match size and weight. This will allow us to safely transport pediatric patients within N.C. statutes and guidelines for ambulances."



*(L to R) Dr. Leon Dantzler, Dr. Chuck Chima, Dr. Sam Fleishman, Dr. Elizabeth Shaffer, Dr. David Stewart, Machel Burgess, Mike Nagowski*

## Cumberland County EMS receives Gold Plus Mission Lifeline Award

Cape Fear Valley Mobile Integrated Healthcare: Cumberland County Emergency Medical Services (EMS) recently received the Gold Plus for 2022 Mission Lifeline award from the American Heart Association. This award recognizes the Cumberland County EMS for its commitment to offering rapid, research-based care to people experiencing the most severe form of heart attack, ultimately saving lives. Cumberland County EMS is a multiyear recipient of this award. Cumberland County EMS is the primary 911 provider of ambulance treatment and transport to all residents and visitors to Cumberland County.

## Cape Fear Valley honors five at Doctors' Day event

Cape Fear Valley Health Foundation's Caduceus Society honored several providers in April, when Cape Fear Valley Health Medical Staff Services held its 2022 Doctors' Day celebration at Cape Fear Botanical Garden. Three awards were presented – Advanced Practice Provider (APP) of the Year, Resident of the Year, and Physician of the Year – and Chris Aul, M.D., was recognized with the announcement of a new award named in his honor. The Caduceus Society honors the legacy of physicians in the community while providing resources that strengthen the shared vision of the medical staff.

After 40 years of service with Cape Fear Valley Health, Dr. Aul retired in February from his position as Associate Chief Medical Officer for Quality and Patient Safety. In honor of Dr. Aul's significant work as a champion for Patient Safety, the new Dr. Chris Aul Patient Safety and Quality Award was unveiled at the event. The Dr. Chris Aul Patient Safety and Quality Award will go to one clinical professional and one nonclinical professional each year who have demonstrated they are a "Patient Safety Champion," along with a stipend to be used for continuing education or to support a patient safety initiative at Cape Fear Valley Health. To support the stipend, the Cape Fear Valley Health Foundation, along with Dr. Aul's family, have so far raised more than \$20,000 of the \$25,000 needed to endow the award.

This year there was a tie for the Physician of the Year award, which was given to Leon Dantzler, M.D. and David Stewart, M.D., both of whom are Fayetteville natives. Dr. Dantzler is a hospitalist at Highsmith-Rainey Specialty Hospital. Dr. Dantzler was described as admired and appreciated by peers and staff at Highsmith, making all feel welcome, valued and respected. Dr. Stewart is an internal medicine specialist at Stewart Clinic in Fayetteville. He was nominated for the care and compassion he and his staff have shown patients during the pandemic.

Elizabeth Shaffer, M.D. was named Resident of the Year. Dr. Shaffer, who is a Class of 2023 Psychiatry Resident, was chosen by her peers as Chair of the Resident Wellness Committee. She will be staying with Cape Fear Valley Health after completing the third year of her residency as one of the first Child and Adolescent Psychiatry Fellows.

Nurse Practitioner Machel Burgess was named as the 2021 APP of the Year. Burgess, who works in Trauma and Acute Care at Cape Fear Valley Medical Center, was described as a diligent, organized and prized member of the surgery department, whether rounding on patients, creating work schedules, managing medical students or scrubbing into the operating room.



## Diabetes Camp offers summer fun and learning for diabetic children

From July 10 to 16, Cape Fear Valley Kids with Diabetes held its annual Pediatric Diabetes Summer Camp at Camp Rockfish. More than 50 diabetic children ages six to 18 spent the week enjoying swimming, nature, arts and crafts and so much more. For most of the children, it was their first chance to meet others who suffered from the disease as well. In addition to camp activities, campers were given more education on managing their diabetes to help empower them to live successfully with their disease.

This camp was a huge success thanks in part to the 30 volunteers who lent a hand during the week. For more information on upcoming events, visit [sweetkidswithdiabetes.com](http://sweetkidswithdiabetes.com).

## Cape Fear Valley Medical Center has received Quality Achievement Awards from the American Heart Association

### Get With The Guidelines® – Stroke Gold Plus

The award recognizes commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

Cape Fear Valley Medical Center earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a specific period.

The measures include evaluation of the proper use of medications and other stroke treatments aligned with the most-up-to-date, evidence-based guidelines aimed at speeding recovery and reducing death and disability for stroke patients.

### Get With The Guidelines® – Heart Failure Gold Plus

The award recognizes a hospital's commitment to ensuring heart failure patients receive the most appropriate treatment according to nationally recognized, research-based guidelines for treatment. The goal is speeding recovery and reducing hospital readmissions for heart failure patients.

To qualify for the awards, hospitals must demonstrate compliance with these performance measures at a set level for a year. The measures include evaluation of the proper use of medications and aggressive-risk-reduction therapies.

Before discharge, patients should also receive education on managing heart failure and overall health, schedule follow-up visits, and learn other transition interventions.

## Sheriff Hubert A. Peterkin honored with room, scholarship

The late Sheriff Hubert A. Peterkin was honored in July with the unveiling of a new bronze plaque to mark the naming of the Community Room at Cape Fear Valley Hoke Hospital in his honor. Sheriff Peterkin had a distinguished 34-year career in law enforcement and was a lifelong resident of Hoke County. A tireless advocate for his community and law enforcement reform, he earned the respect of those who knew him personally and professionally. The Sheriff Hubert Peterkin Community Room was dedicated to his memory by his loving family and a grateful community.

At the same time, a scholarship in his name for law enforcement dependents was also announced. This scholarship, sponsored by Cape Fear Valley Hoke Hospital and the Foundation's Friends of Hoke, will be available for any Hoke County high school senior who intends to pursue higher education in the health sciences field and is a dependent of a law enforcement agent in the county.

To make a gift to this scholarship fund in honor of Sheriff Peterkin's legacy, call (910) 615-1285.



Stephanie Evans, X-Ray Tech



Victoria Hicks, RN



Taylor Locklear, LPN



Anna Grace Long, NA II



Janelle Wilkerson, RN

## Five awarded Nursing Education Scholarships

As part of Nurses Week in May, Nursing Congress announced five new Nursing Education Scholarship winners: Anna Grace Long, NA II, Bladen Emergency Department; Taylor Locklear, LPN, Bladen Emergency Department; Stephanie Evans, X-Ray Technologist, Cape Fear Valley Radiology; Victoria Hicks, RN, Hoke Surgical Services; and Janelle Wilkerson, RN, Post Anesthesia. Nursing Congress awards scholarships to support Cape Fear Valley Health employees who are pursuing a career in nursing and nurses who are pursuing an advanced degree in nursing.

The awards were given at the Opening Ceremonies for Nurses Week, where WRAL reporter Gilbert Baez Sr. was the keynote speaker. After the ceremony, the nurses took a “candlelight” walk through the medical center to the main lobby.



Trent Glenn



Safiyah Lenea' Young

## Partners for Life Scholarship winner announced

Cape Fear Valley Health Foundation has awarded a \$500 scholarship to Safiyah Lenea' Young, a Cumberland County high school senior for helping organize school blood drives and advocate for volunteer blood donation.

Young graduated from Pine Forest High School's Academy of Emergency Medical Science. She will be attending the University of Michigan in the fall and plans to become an orthodontist.

Cape Fear Valley Health Foundation and Cape Fear Valley Blood Donor Center partnered to offer the scholarship grant. To qualify, students had to coordinate at least two blood drives with the Blood Donor Center during the school year.

Students also must maintain a 2.5 GPA, be nominated for the scholarship, and have plans to pursue a health science or health occupation degree in college. The scholarship is funded through donations to the Health Foundation.

The Blood Donor Center and Cumberland County Schools have partnered for 23 years to hold blood drives under the Partners for Life Program. The donated blood is used to help Cape Fear Valley Health patients.

The scholarship will be offered again this coming school year to one student per high school in Cumberland, Hoke, Harnett and Bladen Counties. Application and scholarship information can be found at [savingliveslocally.org](http://savingliveslocally.org) or by capturing the QR code.



## Caduceus Society Scholarship winner announced

Local high school student, Trent Glenn, was awarded the 2022 Caduceus Scholarship. The \$1,000 scholarship is funded through donations to the Caduceus Society. The Caduceus Society is a leadership giving society of current and former physicians with a continuing commitment to the ideals of Cape Fear Valley Health and a common mission to provide the highest quality healthcare to our community.

The intent is to encourage and support high school students to consider careers in the health sciences.

Glenn is a graduate of Gray's Creek High School and will be attending Appalachian State University in the fall to study nursing. Glenn has been described as an outstanding young man, scholar, athlete and leader.



## Internal Medicine



Eric Walker Jr., DO

Cape Fear Valley Internal Medicine  
Continuity Clinic

**Medical Degree:** Edward Via College of  
Osteopathic Medicine – Virginia Campus

**Internal Medicine Residency:** Cape Fear  
Valley Health

## Neurosurgery



Hardik Doshi, MD

Cape Fear Valley Neurology

**Medical Degree:** NHL Medical College,  
Ahmedabad, India

**Neurology Residency:** Detroit Medical  
Center/Wayne-State University

**Clinical Neurophysiology Fellowship:**  
Detroit Medical Center/Wayne-State  
University



Judith Borger, DO



Anthony Grello, DO



Scott Klenzak, MD



Scott Syndergaard, DO

## Cape Fear Valley doctors published in Archives of Suicide Research

**Scott Syndergaard, DO; Judith Borger, DO; Scott Klenzak, MD; and Anthony Grello, DO,** were recently published in the April issue of *Archives of Suicide Research*. Their article, “Implementation of Columbia Suicide Severity Rating Scale (C-SSRS) as a Universal Suicide Risk Screening tool in a High Volume Emergency Department” was also coauthored by Ashley Adams, M.S., of The Geneva Foundation.

## Two Fayetteville gastroenterology practices merge

Fayetteville Gastroenterology Associates and Cape Fear Center for Digestive Diseases have merged to form a new practice, Premier Gastroenterology. Fayetteville Gastroenterology Associates will now be Premier Gastroenterology at Valleygate and Cape Fear Center for Digestive Diseases will now be Premier Gastroenterology at Quiet Cove.

## Carolina Rheumatology moves

Effective Oct. 1, 2022, Carolina Rheumatology will be moving from its location at 2356 John Smith Road to 2125 Valleygate Drive, Fayetteville, NC 28304. If you have questions concerning appointments, please contact the office at (910) 920-1450.

## Clinical Trials Enrolling Patients in our Community

Carolina Institute for Clinical Research (CICR), a partnership between Cape Fear Valley Health and Wake Clinical Research, is currently accepting patients for several new clinical trials.

To learn more about the trials or to apply, contact CICR at (910) 302-8151 or visit [www.ci-cr.com](http://www.ci-cr.com)

### Still not vaccinated?

You may qualify for a paid clinical trial. Interested volunteers can sign up to be included in a clinical trial. Participants will be compensated for their time. Help fight the spread of COVID-19, get a vaccine today.

### Struggling to manage your depression?

Learn more about a depression research study for individuals. Qualified participants receive study-related medication and exams at no cost. Compensation for time and travel may be available.

### Want to help advance RSV research?

Older adults are more likely to develop serious complications from a cold-like virus called Respiratory Syncytial Virus (RSV). Join a clinical trial to help us research an investigational study vaccine to prevent RSV disease.

### Women's health study

Now enrolling individuals in a clinical research study for women with yeast infection. Learn about a research study for women dealing with this condition. Qualified participants receive study-related medication and exams at no cost. Compensation for time and travel may be available.

### What is CMV?

CMV (Cytomegalovirus) is a common virus that is often overlooked because healthy people who get it rarely show symptoms. But if a woman becomes infected with CMV while she is pregnant, she can pass the infection to her unborn baby. This can cause her child to suffer long-term disability due to birth defects, including hearing loss, or even death in very severe cases.

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## Support Groups

### Alzheimer's Caregiver Support Group

Meets the third Tuesday of each month  
2 – 3 p.m.  
Medical Arts Center  
101 Robeson Street, Suite 106,  
Fayetteville

For more information, contact Sam Hutchison at (910) 615-1633.

### Bariatric Support Group

Meets the third Thursday of each month  
6 – 7 p.m.  
Cape Fear Valley Village Surgical  
1841 Quiet Cove, Fayetteville

For more information, contact Debbie Wooten at [dwooten@capefearvalley.com](mailto:dwooten@capefearvalley.com).

### Better Breathers Support Group

Meets virtually the second Thursday of each month  
For more information or the Zoom meeting link, contact Diane Schultz at (910) 615-7822.

### Better Breathers Support Group – Harnett

Meets the third Friday of each month  
2 – 4 p.m.  
First Choice Health Center  
40 Autumn Fern Trail, Lillington  
For more information, contact Rebecca Crouch at [rebcrouch@gmail.com](mailto:rebcrouch@gmail.com) or (919) 423-3741.

### Mended Hearts

Meets virtually the second Tuesday of each month  
6 p.m.  
For more information or the Zoom meeting link, contact Bill Farr at [wfarr2@nc.rr.com](mailto:wfarr2@nc.rr.com).

### Parkinson's Disease Support Group of Fayetteville

Meets the second Saturday of each month  
10 a.m.  
Kiwanis Recreation Center  
352 Devers St., Fayetteville  
For more information, contact Stephen Koetter at (910) 518-0045 or [pdsgefay@gmail.com](mailto:pdsgefay@gmail.com).

### Dystonia Support Group

Meets virtually the second Tuesday of each month  
3 – 4:30 p.m.  
For more information, contact Crystal Edmonds at [cedystonia1920@gmail.com](mailto:cedystonia1920@gmail.com).



**CAPE FEAR VALLEY  
HEALTH SYSTEM<sup>SM</sup>**

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# umojja festival HEALTH CLINIC

Saturday, August 27,  
from 10 a.m. to 2 p.m.

Smith Recreation Center  
at Seabrook Park



**CAPE FEAR VALLEY  
HEALTH**