

Regional CURRENTS

PREMIER
ISSUE!

PORTSMOUTH REGIONAL HOSPITAL HEALTH NEWS SPRING 2010



**Expanding PRH,
Improving Patient Care**

**Rebirth of
Our Maternity Unit**

**Success Story: Healing
Stubborn Wounds**



www.portsmouthhospital.com



Photo © David Maurand 2010.

▲ "The new atrium replaces multiple entrances to the 'old' hospital and provides streamlined access to registration, preoperative tests like X-rays and EKG's, and financial counseling." —William Duffy

RENOVATING PRH Improving Care on Many Levels

The new Portsmouth Regional Hospital's main entrance, which opened in June, is stunning. It features a two-story atrium with nautical-chart wall décor, maritime scenes, and "flying jibs" reflecting the Seacoast's ocean heritage.

But focusing on the artistic merits of PRH's renovations misses the point. The three-year program of expansions and upgrades is designed to enhance patient care in many ways.

"Inspiring décor can lift patients psychologically," notes Facilities Management Vice President William Duffy, "but these renovations are intended to improve our care on more tangible levels."

RENOVATING PRH

The \$64 million project adds 68,000 square feet and renovates 88,000 square feet of existing space. In the process, all of the hospital's patient rooms are being converted to private rooms to enhance patient comfort. Surgical and other facilities are also being expanded.

The entire project is scheduled to be completed in 2012. "We're phasing the work to minimize patient inconvenience," Duffy says. "As of January 1, we were about 60 percent done." Finished areas include the Maternity Unit and the new third floor of the Shoals Building.

Following the renovations, all of the hospital's patient rooms will be private.





Rebirth of Our Maternity Unit

Just as it leads the Seacoast in quality of care, Portsmouth Regional Hospital's Maternity Unit took the lead in PRH's renovation program. With a more soothing ambiance, new furnishings, and technology upgrades, the Maternity Unit is among the first areas completed.

"Every patient area has been rebuilt for warmth, comfort, and efficiency," notes Maternal Child Services Director Catherine Hazelton. Patient rooms are marked by soft colors, built-in equipment, and high-tech resources. Each room has an extra-long sleep chair for partners staying overnight, a wall-mounted flat-screen television, and access to a wireless network for laptop computers. Birthing rooms feature maplewood furnishings with the feel of a homelike environment. The Family Waiting Room has been enlarged and refurbished.

ENHANCED TECHNOLOGY

Nurses have access to in-room computers for logging charts when they administer medications. Perhaps most important, computer resources have been expanded to allow staff access to fetal monitoring of mothers in labor from anywhere in the department.

"A nurse caring for a patient in another room can still monitor her in-labor patient from there," Hazelton notes.

To reassure new parents, the unit emphasizes tight security, including around-the-clock video surveillance with monitors throughout the department, a sign-in desk at the elevator, and the "Hugs & Kisses" security system that matches babies' wristbands to mothers' badges.



SAME TOP-QUALITY CARE

What hasn't changed is the Maternity Unit's commitment to superb clinical skills combined with human warmth and compassion—those have always been the Maternity Services standards. Intensive training ensures staff maintains the highest skill level.

"We're here to help parents at every stage," says Hazelton. Educational programs are available to help parents long before their due date, emphasizing factors like nutrition and exercise. There are classes in pregnancy, Lamaze breathing, relaxation techniques, and pain control.

During their hospital stay, mothers have access to relaxing daily massages to help them cope with anxiety or the pain of contractions during labor. There is now a designated Lactation Room where staff assists breast-feeding moms

following discharge. It's available to them at no charge, for as many visits as they need. ●

Presenting: PRH Parent Primer

Portsmouth Regional Hospital is pleased to present *PRH Parent Primer*, a free weekly e-newsletter with information and advice for expecting and new parents.

Each e-mail gives subscribers information tailored to their week of pregnancy and, following birth, the age of their newborn. This service is available to any expectant parent, PRH patient or not.

To see a sample e-newsletter and sign up to receive your weekly newsletter, visit www.portsmouthhospital.com.



Hybrid Operating Room Brings Unique Capabilities to PRH

Cardiovascular surgeon Victor Kim, M.D., has seen the future, and it's hybrids. Not hybrid automobiles, but hybrid operating rooms (ORs). And the first hybrid OR in the Seacoast is at Portsmouth Regional Hospital.

"These are the ORs of the future," says Dr. Kim, a specialist in endovascular, or percutaneous, surgery. This minimally invasive form of surgery uses thin instruments inserted through blood vessels to treat problems ranging from abdominal aortic aneurysms to blood clots in the legs.

"As minimally invasive surgery becomes more the norm," he says, "ORs that accommodate both percutaneous and conventional procedures will be immensely valuable. While we're cleaning out a diseased femoral artery through traditional open-incision surgery, for example, we can insert a stent to

open up a narrowed section higher up in the artery."

HIGHER-QUALITY IMAGING

Performing percutaneous procedures in conventional ORs involves bringing in portable imaging systems to guide the catheter's progress through blood vessels. In the hybrid OR, the built-in, ceiling-mounted Philips Allura system provides higher-quality images and a larger view.

"Not only is the quality better," notes Kellie Drake, B.S.N., director of surgical services, "you can see more within one image. Less contrast dye and less use of radiation are required. It's much safer."

PRH's hybrid OR is fully adaptable to either type of surgery.

"The hybrid room resembles a catheterization lab, with a control room and bank of imaging monitors," Drake notes. "But that

equipment can be compressed into one corner, each piece moved with the press of a button, to allow the surgical team to work."

FOSTERING COLLABORATION

Often, surgeons and cardiologists work in conjunction for combined procedures, such as stenting abdominal aortic aneurysms. The new hybrid OR is used for procedures as diverse as diagnostic arteriograms; endovascular repair of problems in the aorta; and open cardiac, thoracic, and vascular surgical procedures.

"In the future," Dr. Kim says, "we'll be able to do such procedures as percutaneous valve repairs in the heart and combined open cardiac bypass and stenting."

"This new resource puts PRH up there with many of the major teaching hospitals. In fact, a lot of major centers don't have these capabilities yet." ●

learn more

Find more information about the Wound Care Center at www.portsmouthhospital.com.

Success Story: Healing Stubborn Wounds

When North Hampton resident Nancy Buzzell broke her leg several years ago, the operation to fix it went smoothly, but the healing process didn't. A bone infection led to her first visit to Portsmouth Regional Hospital's Wound Care Center and Hyperbaric Services—and her first experience with "diving."

"They treated [the infection] with gauze and antibacterial medications, but it wouldn't heal," Buzzell says. "So they put me into the hyperbaric chamber, and it started to heal within a week. I couldn't see it, but the doctors could tell. It took 30 'dives,' but it worked," she says.

In 2009, the 63-year-old Buzzell returned for treatment of gum damage caused by radiation

therapy for Hodgkin's lymphoma. For that, she needed 45 "dives."

The 90-minute hyperbaric treatments are called "dives" because, using oxygen, they replicate the increased pressure scuba divers experience underwater. Hyperbaric chambers are best known for treating divers for decompression sickness, but treatment also approved for special diagnoses stimulates healing.

Being in the tank, which is a little larger than a telephone booth, can be strange at first, Buzzell admits. "You feel it in your ears and head the first few times, but after that you don't notice it at all."

Having been through the treatment twice, Buzzell remains enthusiastic about it. "This treatment is awesome! Everybody there is awesome," she says. ●

Wound Care Center and Hyperbaric Services

A team of clinicians evaluates each patient and creates a plan to address that person's underlying issues as well as the wound. They have access to advanced techniques ranging from specialized growth factor to artificial skin. Hyperbaric treatments are used for about 10 percent of patients.

To learn more about the Wound Care Center and Hyperbaric Services, visit www.portsmouthhospital.com, or call 800-991-HEAL.

NEWS from Portsmouth Regional Hospital

• Center of Excellence for Weight-Loss Surgery

In conjunction with the Atlantic Surgical Practice, Portsmouth Regional Hospital's Bariatric Program has been awarded the American Society of Metabolic and Bariatric Surgery/ASMBS Center of Excellence. Congratulations to the surgeons, behavioral consultants, dietitians, physical therapists, and staff members of the NH Medical and Surgical Weight Loss Center who help patients live healthier, longer lives.

• See the Blue Angels Flight Team

Portsmouth Regional Hospital is proud to sponsor the Boston-Portsmouth Air Show at the Portsmouth International Airport at Pease. The event will take place August 28 and 29 and feature the U.S. Navy Blue Angels flight team.

• Portsmouth Goes Smoke-Free

On June 1, Portsmouth Regional Hospital became a tobacco-free campus. The ban covers all types of tobacco, including chewing tobacco, and extends to everyone on campus—patients, visitors, employees, students, and vendors. PRH is committed to providing a clean and healthy environment.

• Individuals Honored for 'Compassion, Kindness'

Paula H. Marden was honored with the 2009 Frist Humanitarian Award; Donavon Albertson, M.D., won the Physician Humanitarian Award; and Veronica Schulman received the Volunteer Award. The winners' integrity, hard work, compassion, kindness, knowledge, and generosity set a high standard for health care professionals.





A New Approach to Breast Care



To schedule an appointment, call 603-433-5190. For more information about the Breast Center, visit www.portsmouthhospital.com.

Mammography Helps Detect Cancer Early

As you get older, your risk of getting breast cancer gets higher. About one in eight breast cancers happen in women younger than age 45. Two out of three are found in women ages 55 and older.

Having a screening mammography is the best way to find breast cancer early. And the earlier this disease is diagnosed, the more likely it can be treated effectively.

Portsmouth Regional Hospital offers complete breast imaging services at Portsmouth Regional Breast Center. It's just one of the ways we put you first.

Call us today to schedule a screening mammogram.
Portsmouth Regional Breast Center
155 Borthwick Avenue,
West Building
Portsmouth, New Hampshire
603-433-5190

Portsmouth Regional Hospital's new Breast Center at 155 Borthwick Avenue—just down the street from the main hospital building—is more than just an expanded, modern setting for women to receive state-of-the-art mammography services. It represents a more streamlined approach.

"The new Breast Center offers patients top-quality screening and diagnostic mammography with greater ease of access," says Imaging Services Director Robert White.

ONLY AT PRH

Part of that approach involves offering singular technical capabilities. The center is the only Seacoast facility to have large plate detectors available for women with larger breasts, requiring fewer images to be shot. It's among the few centers using MammoPads foam cushions

to minimize discomfort. And PRH is the only area hospital using computer-aided diagnosis to assist radiologists. The center has an all-female staff of certified technologists and is accredited by the American College of Radiology.

"Screening mammography saves lives," notes PRH radiologist Archie McGowan, M.D. "As its use has increased, breast cancer's death rate has declined. Despite debates about when women should start having mammograms, there's no question—it's a very valuable tool, especially for older women." Women should ask their doctor when to begin screening.

MORE THAN MAMMOGRAMS

Along with mammography, on-site services include breast ultrasound and bone densitometry. The center serves as the gateway to breast MRI

and biopsy procedures performed in the main hospital building.

"We anticipate staffing a new position in the center—a navigator to help patients through the system, from mammography to MRI to the Hematology and Oncology Center, as needed," Dr. McGowan notes. "We're seeking to make the process as stress-free as possible." ●

[learn more](#)

For more information about the Emergency Department at Portsmouth Regional Hospital, visit www.portsmouthhospital.com.

Is It an Emergency?

The Emergency Department at Portsmouth Regional Hospital is usually a busy place. Providers have to handle the most severe problems first, and people with non-life-threatening problems may have to wait.

When you or a loved one is hurt or ill, choosing whether to go to the Emergency Department or seek other kinds of care can be tough. Here are some guidelines.

CHOOSING THE RIGHT CARE

Whenever possible, make your primary care provider your first

choice, especially when you need treatment for chronic conditions or preventive care like immunizations and checkups.

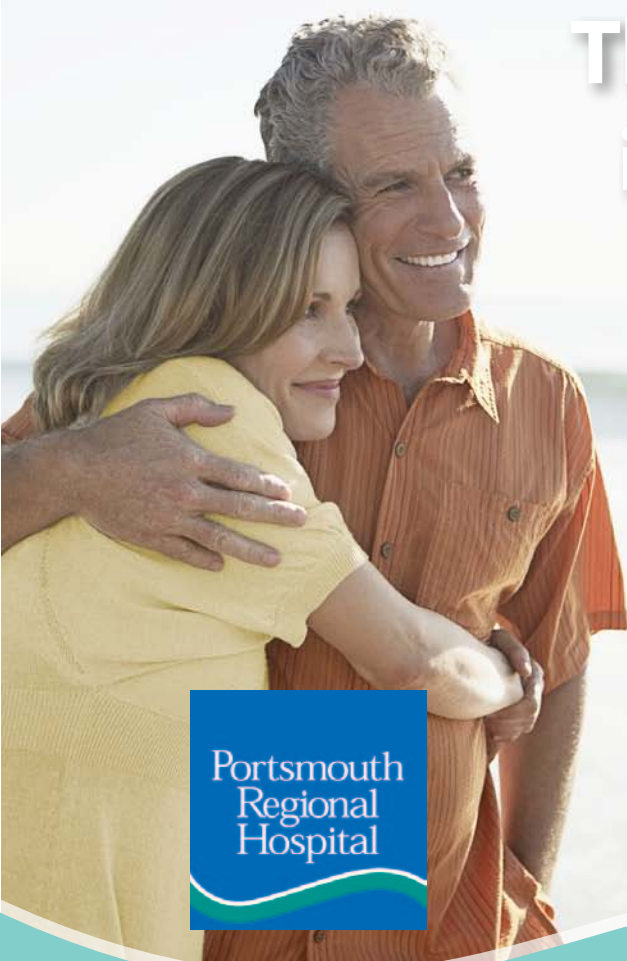
Choose the Emergency Department for an injury or illness that you think could lead to death or disability. The PRH Emergency Department is fully staffed 24 hours a day with board certified emergency physicians and nurses who are specially trained and certified in trauma and advanced cardiac life support.

Some patients will benefit from being seen quickly and having

access to radiology technology—including MRI, ultrasound, and nuclear medicine—located right down the hall. Our full-time cardiac catheterization lab is well-known for its quick response time to ensure treatment plans get under way as quickly as possible.

KNOW YOUR PLAN

Make sure you understand the rules of your health plan regarding emergency care. Some plans require that you call them within 24 hours of visiting the Emergency Department. ●



They put me first with instant access to ER wait times

When my hand needed stitches, I needed an ER that offered great care fast. That's why I went to Portsmouth Regional Hospital. My family has come to rely on them when it matters. And now their ER wait times are instantly available online or on my cell phone. **To see ER wait times, visit www.portsmouthhospital.com or text "ER" to 23000.**



Portsmouth
Regional
Hospital

For free, 24/7 physician referral and health information, call Consult-A-Nurse® at **888-421-1080**.

Regional CURRENTS

Nancy E. Notis

Associate Director of Marketing and Public Affairs

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Spring 2010 Classes & Events



EXERCISE CLASSES

Visit portsmouthhospital.com or call **603-929-7571** for class details.

Ageless Yoga

A gentle class. Preregistration required.

Balance Chi

Boost stability, flexibility, and strength.

Core Basics

For those with back pain or spinal conditions. Covered by insurance for current physical therapy patients.

Fit to the Core

Builds on the skills from "Core Basics."

Healthy Steps

An exercise class that is free for cancer patients with a doctor's referral.

No Bones

Strength-boosting for people with osteoporosis or osteopenia.

Pink Pilates

Free for breast cancer patients with a doctor's referral. Preregistration required.

"20-20-20" Yoga, Pilates, and Cardio Fusion

Spend 20 minutes on each exercise style. For all ages.

Vinyasa Yoga

For all levels. Preregistration required.

Zumba

A high-energy dance class.

EDUCATION AND SUPPORT

Call the numbers listed for details.

Bariatric Community Seminars

888-421-1080

Bariatric Support Group

603-334-2006

Breast Cancer Support

603-433-4846

Caregiver Support Group

603-559-4106

Mended Hearts, Inc.

Monthly cardiac education.

603-433-4846

Nutrition Connection

603-433-4822

Second Wind

Pulmonary rehab and asthma education.

603-433-4895

Wellness Connection

603-433-5228

Wentworth Connections

Formerly local h2u benefits.

603-433-0070, ext. 122

MATERNAL CHILD SERVICES

Call the numbers listed below for details.

Boot Camp for Dads—FREE!

603-433-4041

Breast-Feeding Support Group—FREE!

603-433-4028

Childbirth Education

603-433-5280

Hypnobirth Education

603-433-5280

Infant and Child CPR

603-433-4041

Infant Massage

603-433-2627

Seacoast Postpartum Adjustment Group

207-363-1379

Sibling Class—FREE!

603-433-4041

HEALTH HAPPENINGS

Call the numbers listed for details.

CPR—Adult and Infant Classes

Taught by American Heart Association Instructors

603-433-4041

Massage Therapy

Massage and foot reflexology available.

603-433-4015

Reiki Services

603-433-5175

Volunteer Opportunities

603-433-4002

Women's Care Lecture Series

888-421-1080