

VALLEY Healthlink

Hampshire Memorial Hospital | Fall 2011

- **Clinical Research Today**
Impacting Health Tomorrow
- **The Basics**
of Lyme Disease

**West Virginia's
Oldest County**
Presents
**Its Newest
Treasure**



 **ValleyHealth**
Hampshire
Memorial Hospital

News from Around the Valley

FACILITIES

New hospitals topped the list of priorities for our West Virginia hospitals when they affiliated with Valley Health in 2008 and 2010. Updated facilities support new technology, attract clinical staff and are a source of community pride, enabling residents to stay close to home for care.



■ The new **Hampshire Memorial Hospital** and medical office building opened June 4 on Sunrise Boulevard in Romney, WV. "Community response to the new facility has been phenomenal," says hospital president Neil McLaughlin. The 65,000-square-foot hospital offers greater efficiency, privacy, safety and convenience, from new digital imaging equipment to patient- and family-

focused amenities. It's fully wired for patient monitoring and the transition to the electronic medical record and other computerized applications. *For details and opening event photos, visit www.valleyhealthlink.com/hampshire.*



■ NEW SPACE FOR PAGE COUNTY PHYSICIANS

Page Healthcare Associates will move into a new 19,000-square-foot medical office building on the hospital campus by year's end. In the town of Shenandoah, ground was broken in September for a 5,000-square-foot health clinic (above). The new **Page Shenandoah Health Center** will have eight to 10 exam rooms and educational and conference room space and will open next spring. Page Memorial has operated a primary care practice there since 2006.

■ In neighboring Morgan County, a replacement facility for **War Memorial Hospital** has risen on an 80-acre site on Fairview Drive in Berkeley Springs. The 87,000-square-foot facility and medical office building will open in early 2012. *For details and photos, visit www.valleyhealthlink.com/war.*



■ CAMPUS EXPANSION AT WMC

A new entrance on the west side of Winchester Medical Center welcomes those seeking heart and vascular testing and treatment. The 22,000-square-foot **A Heart & Vascular Center** addition created a coordinated focus for 350 clinical providers and an array of services. The five-story **B North Tower** will have a phased opening from October (Emergency Department) to December (Critical Care and bridge to East Garage) and January 2012 (Labor & Delivery, Nursery & NICU).

SERVICES

HEALING WITH O₂ IN WINCHESTER

With the installation of two hyperbaric oxygen (HBO) chambers, the Center for Advanced Wound Care and Hyperbaric Medicine has a new name and more comprehensive services. Located behind Hurst Hospitality House, the Center's physician and nurse specialists offer options for resolving chronic non-healing and complicated wounds. HBO therapy uses 100 percent pressurized oxygen to promote blood flow and tissue growth to heal wounds such as chronic bone infections, late radiation tissue injury, diabetic foot wounds and compromised skin grafts. "Under increased atmospheric pressure, oxygen is a potent drug," notes Thai Nguyen, MD, HBO medicine specialist at WMC. "Getting a lingering wound to heal can be life-changing for a patient." *For more information about Center physicians and services, call (540) 536-6547 or visit www.valleyhealthlink.com.*



WMC RECEIVES HEART FAILURE ACCREDITATION

In July, Winchester Medical Center became the first facility in Virginia to be accredited as a Heart Failure Center by the Society of Chest Pain Centers. Reviewers scrutinized the multidisciplinary program from communication with EMS to patient education and disease management. WMC treats nearly 3,000 patients each year with the complex chronic disease. *Visit www.valleyhealthlink.com/heartfailure or call 1-877-SAV-AHRT.*



WHEN LESS (INVASIVE) IS MORE (EFFECTIVE)

Minimally invasive techniques continue to improve the options for treatment without open surgery. The last issue of *Healthlink* mentioned TIF, an incisionless procedure to resolve reflux. Other Winchester Surgical Clinic physicians offer innovative surgical approaches, including:

- Using new equipment at Winchester Medical Center, **Erich Bruhn, MD**, performs transanal endoscopic microsurgery (TEMS) to visualize and treat rectal lesions, polyps or early cancers.
- **James Dumont, MD**, pioneered an innovative endoscopic technique to harvest veins for dialysis, which cleans the blood when the kidneys no longer can. His work was



recognized at the spring meeting of the Virginia Surgical Society.

- Orthopedic surgeon **James Larson, MD**, Bone & Joint Specialists of Winchester, is the first in the area to offer hip arthroscopy, a very effective procedure for patients with labral tears or impingement causing pain in the hip joint.

OTHER NEWS

HEALTH COACH HITS THE ROAD

Valley Health's large, bright **Health Coach** has been making appearances at county fairs, special events, shopping centers and other community locations to promote health. The roomy, air-conditioned coach provides a comfortable, mobile space for personal exams, small group education and health screenings for conditions ranging from high blood pressure and asthma to diminished bone density and diabetic retinopathy. Watch your newspaper for news of upcoming visits. *To discuss a Health Coach stop in your community, call (540) 536-3001.*



MEDICAL STAFF & SERVICES DIRECTORY AVAILABLE

The 174-page book is a comprehensive guide to Valley Health facilities and programs and features photo listings for 475 physicians with admitting privileges at the system's six hospitals. Free directories are available in the lobby of each hospital and other Valley Health and community locations. *To request a copy by mail, call (540) 536-5325.*



CLINICAL UNIFORMS STANDARDIZED SYSTEMWIDE

Nursing and other staff throughout Valley Health are sporting scrubs of a solid color, with each hue corresponding to a specific role in patient care. The new color palette makes it easier for coworkers, patients and visitors to quickly distinguish the various nurses, technologists and therapists on the patient care team.



Betty and George Quesinberry check out the new Toshiba 32-slice CT scanner during the hospital's open house.

A Peek Inside

Nearly 1,000 people got an up-close-and-personal look at the inner workings of the new Hampshire Memorial Hospital during open houses held on May 19 and 21, just prior to the hospital's move on June 4.

For Missy McDonald of Shanks, WV, what caught her attention immediately was just how bright and cheerful the new hospital is. "There's so much direct light, it makes everything look more up-to-date," she observed. McDonald was joined on the tour by her mother, Donna Bohrer of Slanesville, and other members of her family, representing three generations of Hampshire Countians. "It's all very impressive," noted Bohrer. "This new facility makes me feel more secure and gives me more confidence."

Betty and George Quesinberry, of Burlington, WV, also toured the new facility and were both impressed with how different it is from the "old" hospital. Betty, who retired from Winchester Medical Center in Winchester, VA, after 32 years as a critical care tech, knows first-hand the importance of having access to healthcare services close to home. "All our doctors are here in Romney, so having this wonderful facility will be a huge benefit."

PEOPLE ARE TALKING

Here's what some other people had to say during the open houses:

"Truly amazing!"

"I can't wait to get sick so I can come here!"

"Everyone is going to be really happy with this wonderful facility."

"I hope I never have to use it, but we're really glad to know that it's here if I do."

"We are so blessed to have this facility. First the Hampshire Wellness & Fitness Center, and now this new hospital!"

"I'm tickled that Romney got something this nice!"

Hampshire Welcomes *First Resident*

Using a fleet of ambulances and wheelchair vans, staff with Valley Medical Transport expertly moved 30 long-term care residents and six medical/surgical patients on Saturday, June 4, from the former Hampshire Memorial Hospital to its new facility 4.4 miles to the east on Sunrise Boulevard. The entire resident/patient transfer took approximately three hours to complete.

Onile Sencindiver, who celebrated her 101st birthday earlier this year, was the first resident to move into the new facility, and was greeted at the main door with a bouquet of flowers by Neil McLaughlin, interim hospital president.

"This was an extremely well-organized and well-planned operation that ran very smoothly," says McLaughlin. "We are fortunate to be able to draw on all of the expertise and resources within Valley Health, which helped ensure a successful move. The community response to the new facility has been very gratifying, and we are excited to be in place, ready to serve residents of the area."

The Hampshire Rural Health Clinic, which includes six physicians, a physician assistant and family nurse practitioner, began seeing patients in its new location on Monday, June 6. The multi-specialty clinic is located on the ground floor of the Medical Office Building, linked by a glass corridor to the hospital.



Neil McLaughlin and Crystal McCarty, administrator of Long-Term Care (standing), welcome Onile Sencindiver to her new home.



Officials with Valley Health and Hampshire Memorial Hospital, construction contractors, and local/state/national government representatives take part in the ribbon-cutting ceremony held at the new hospital.

New Hampshire Memorial Showcased to the Public

With the snip of a few scissors, history was made in Romney, WV, on May 19, 2011, as officials with Valley Health and Hampshire Memorial Hospital formally dedicated the new 65,000-square-foot replacement facility. Nearly 400 people crowded into the lobby and hallways for the official ribbon-cutting ceremony and to witness the beginning of a new chapter in a story that began more than 54 years ago.

In early 1957, the Hampshire County Court made the important decision to issue general revenue bonds, as well as to seek federal funds, for the purpose of building a community hospital. Two years later, on February 2, 1959, Bonnie Sue Combs became the first baby born in the 40-bed acute care/obstetrics hospital. The cost to build and equip the facility was approximately \$850,000.

Fast forward more than 50 years, and a \$30 million, state-of-the-art medical complex that includes an adjacent 24,000-square-foot medical office building now serves the residents of Hampshire County and beyond.

Todd Way, senior vice president of Regional Operations for Valley Health, used the occasion to acknowledge that if it had not been for the residents of Hampshire County, who wrote letters and signed petitions in favor of Valley Health's Certificate of Need

application, the crowd would not have spent that afternoon in May standing at the threshold of a thoroughly modern healthcare facility.

"It's a rare occasion to be present at the opening of a brand-new hospital," he continued, "and we are privileged to have such a great partnership with the citizens of Romney and the surrounding county."

Addressing the crowd, Walter Layman, chair of the Hampshire Memorial Hospital Board of Trustees, reminisced about the groundbreaking ceremony that was held for the project on July 6, 2009.

"Nothing worthwhile starts without a dream," he commented. "I know the medical staff of Hampshire Memorial dreamed of one day having a contemporary facility in which to practice their professions, and staff members who have spent their entire careers at Hampshire also bought into the dream."

"It's really important to talk about how we got here," offered Neil McLaughlin, interim president of Hampshire Memorial Hospital, referring to the hospital's construction, "but it's where we go from here that will have the greatest impact on this community. With improved access to technology that would not have been possible in the older facility, we are now on a path to a higher level of service."

Uptick in Lyme Disease

Avoiding Big Trouble From the Tiny Bug



The most common tick-borne disease is on the rise in our area. With a little extra vigilance, you can enjoy outdoor activities and keep Lyme disease at bay.

Anna McKee of Berkeley Springs, WV, has struggled with Lyme disease for the last few years, with symptoms fluctuating from mild to debilitating. With help from Winchester infectious disease specialist Connie Smith, MD, the 10-year-old has regained her health and energy. Anna is pictured here with her two sisters and dog.

According to Connie Smith, MD, FAAP, infectious disease specialist at Valley Health, the rise in the incidence of Lyme disease in our region correlates with increased exposure to the tiny deer tick and a reduced awareness of the disease itself. Lyme disease is a bacterial infection transmitted by the bite of an infected tick embedded in the skin. The disease surfaces first on the skin and, if untreated, can progress to the joints, nervous system and heart.

WHAT TO LOOK FOR

Early symptoms of Lyme disease mimic flu: chills, fever, fatigue, headaches, and joint or muscle pain. A classic, but often absent, sign of Lyme disease is a "bull's eye" rash that develops around the tick bite

within three to 30 days. More subtle symptoms, such as slight memory loss, are also common.

"The challenge with Lyme disease is spotting a tick, typically so small it can go unnoticed," says Dr. Smith. "Half of those infected will not develop a rash. So they don't see the tick, don't have a rash and are unaware of their infection for weeks."

WHAT TO EXPECT

Diagnosing Lyme disease involves assessing symptoms, the likelihood of contact and the results of blood tests. Dr. Smith and her colleagues follow evidence-based treatment guidelines from the Centers for Disease Control and Prevention, which include an oral antibiotic for up to a month. Some patients require an intravenous antibiotic.

Your Outdoor Protection

Whether you're working or relaxing outdoors, try to avoid areas heavily inhabited by ticks, such as brush, high grass and wooded land. If you venture into tick territory, remember to:

- » Wear lightweight and light-colored clothing that covers the arms and legs.
- » Use tick repellent on clothes or skin.
- » Shower every day.
- » Perform diligent skin checks with close attention to the belly button, ears, hair and scalp, underarms, and waist line, as well as the back of the legs.

The goal is to prevent exposure, then find and remove ticks.



IF YOU SUSPECT you or a family member has Lyme disease, contact your primary care physician immediately. To find a physician in your area, visit www.valleyhealthlink.com/physicians.

“Amigo” Makes Friends

Clinical Research Brings New Treatments and Energy to Valley Health

Someday when cardiologists routinely use a robotic device to correct irregular heartbeats, 36 Winchester Medical Center (WMC) patients will know they played a part.

WMC is one of 13 U.S. hospitals participating in a clinical trial investigating the Amigo Remote Catheter System. Clinical trials are essential to Food & Drug Administration (FDA) approval, ensuring new devices and drugs are safe and effective before they are placed on the market.

Electrophysiologist Ejaz Khan, MD, diagnoses and repairs electrical disturbances of the heart, known as arrhythmias, which, untreated, can cause disabling symptoms and sudden cardiac death. Last year, Dr. Khan performed more than 200 ablation procedures using radio frequency to create new electrical pathways in the heart’s conduction system and restore a healthy heart rhythm.

“Ablation can cure their arrhythmias and give patients their lives back,” he says.

During ablation, short bursts of low-dose radiation are used to visualize the electrical conduction system of the heart. The Amigo allows Dr. Khan to control the catheter from up to 100 feet away, out of the radiation field. “The Amigo makes it quicker, easier, more precise and safer for the patient and for me,” he explains. This trial is for using Amigo only for the mapping portion of the procedure, but it may eventually be approved for the longer ablation phase.

PAYING IT FORWARD

The first Amigo enrollee was Pam Harper, 45, of Ranson, WV, who sought relief for frightening episodes

of rapid heartbeat, one as fast as 280 beats per minute. A pharmacy employee at Jefferson Memorial Hospital, she felt the trial benefits outweighed the risks and wanted help, plain and simple.

Thirty-year-old Heather Embrey, Amigo patient #33, collapsed at home in Luray, VA while getting ready for work. Two tests later, Dr. Khan confirmed that her heart “likes to send blood to my feet instead of my head,” she explains. “He figured it out, explained it clearly and said we need to fix it.” Embrey was happy to enroll in the Amigo trial. “If it makes life easier and safer for everyone, why not?”

Jennifer Stanford, RN, MSN, director of Clinical Research, says most enrollees hope not only that a new drug or device will benefit them, but that their experience will inform and improve care for future patients. “Patients have access to cutting-edge drugs and devices, which may or may not be approved by the FDA; our physicians have an opportunity to be involved in leading medical research; and future patients will benefit from the research data gathered. It’s a win-win.”

Research Is Key to Better Outcomes

The Valley Health Clinical Research Department employs six research coordinators, all fluent in FDA regulations, and is currently managing more than 30 drug and device trials.

“The department is a big asset in coordinating the studies,” notes neurologist Patrick Capone, MD, PhD. Dr. Capone is the principal investigator on two acute stroke trials: DIAS 4 and NEST 3. NEST 3 is an innovative stroke treatment trial using laser light therapy to potentially improve outcomes.

WMC is a Primary Stroke Center with a tradition of leadership in stroke research. In 1987, the hospital and neurologists participated in a clinical trial for tPA, the clot-busting medication that revolutionized emergent treatment of stroke. “Research is energizing and helps us all stay on top of new developments,” Dr. Capone says.

TO LEARN MORE about arrhythmia services at Valley Health, visit www.valleyhealthlink.com.

For information about clinical trials, call (540) 536-8978.



Ejaz Khan, MD, electrophysiologist, is pictured with the Amigo Remote Catheter System in Winchester Medical Center's Electrophysiology Lab.



P.O. Box 3340
Winchester, VA 22604

Nonprofit Organization
U.S. Postage
PAID
Winchester, VA
Permit No. 333

Mark H. Merrill, CEO
Valley Health
Neil McLaughlin, Interim President
Hampshire Memorial Hospital

Hampshire Memorial Hospital in Romney, WV, is part of Valley Health, a nonprofit healthcare system serving the northern Shenandoah Valley and eastern West Virginia. *Healthlink* in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care. Questions or address changes may be directed to Marketing & Public Relations at (540) 536-5325. To view all six versions of *Healthlink* online, go to valleyhealthlink.com and click on "Media Center."



The Care You Need, Where You Need It.

Hampshire Rural Health Clinic

With five physicians, a physician assistant and family nurse practitioner, we offer healthcare services for the entire family, including internal medicine, pediatrics, family medicine, podiatry and general surgery.

Conveniently located next to the new Hampshire Memorial Hospital on Sunrise Blvd.

Open weekdays, 8:30 A.M. – 5:00 P.M.



For an appointment, call:

304-822-4932 (adult patients)

304-822-4940 (pediatric patients)

Walk-ins welcome