



Physician FOCUS

News for South County Health Medical Staff

August 2017

DIAGNOSTIC IMAGING UPGRADES HELP PHYSICIANS, HELP PATIENTS

South County Health's diagnostic imaging capabilities have improved dramatically with the recently installed 1.5 MRI. Considered to be a top-of-the-line system in its class, the Siemens Magnetom Aera MRI was operational as of June 28, 2017.

According to Lenor Durand, manager of the Diagnostic Imaging department, the advantages of this new unit benefit patients and physicians who rely on imaging as a tool in the diagnosis and treatment of injuries and illness.

The technology will also help in the diagnosis of a variety of cancers.

"Now we will bring breast MRI and biopsies into our program, which will be a tremendous asset for our Cancer Center. We'll also be able to provide prostate scans, which we didn't have the technology to do before," Lenor said.

Among the benefits to patients:

- **Faster.** A scan that used to take 45 minutes will now take approximately 25 minutes.
- **Comfort.** Many scans can now be administered "feet first," an advantage for people who feel confined in traditional "head first" systems.
- **Capacity.** Patient weight limit is 500 lbs.
- **Less noise.** Patients will not be subjected to the "banging" associated with traditional MRIs.

In addition, patients with compatible, MRI-conditional cardiac pacemakers will be able to have MRI exams when needed.

"Previously, no one with a pacemaker could have an MRI," Lenor said.



The project began in April when construction crews dismantled and removed the existing MRI in preparation for the upgraded machine. The new MRI was delivered and installed during the first week of June. Before being certified and approved for service, the device was calibrated and underwent extensive testing to ensure performance compliance. The imaging device has since become an invaluable tool in patient care.

For more information visit the [diagnostic imaging webpage](#) or call 401-788-1486.

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Lou's Health Wave





One of the most exciting aspects of the practice of medicine is its constant evolution. New therapies and life improving and prolonging advances are occurring at a rapidly accelerating pace. It is exciting to be part of a progression toward better health and longevity. Yet while change is invigorating, it can also provoke anxiety.

Each practice-altering discovery can instill trepidation that one may be left behind. This is true today more than ever as the forces responsible for change in medicine are derived not just from scientific advances, but also from the adoption of technology.

Over the past decade the conversation around technology in medicine has focused on electronic medical records and the use of computers in the examination room. More recently attention has turned to artificial intelligence (AI) and how it will change the role of the physician. It is now clear that AI will be a revolutionary force in healthcare. The advent of “deep learning”, whereby a computer analyzes data and then uses artificial neuronal networks to generate predictions will mean that almost all aspects of practicing medicine will be transferred from man to machine. Experts foresee that in a few years clinical skills we deem essential to patient care, and for which we have

trained for many years, will be performed by a computer. Generating differential diagnoses, interpreting imaging studies, selecting optimal drug and other treatment modalities all may be removed from our domain. For those skeptics of the rapid adoption of AI, I offer as evidence the recent development of artificial intelligence algorithms that can interpret chest X-rays, detect the presence of malignant cells in microscopic pathology specimens and assess a patient’s risk of cardiovascular events with greater accuracy and far more rapidly than a human being.

Where does this leave us, the physician? As I ponder this question, the more I appreciate the irony of the rise of artificial intelligence. For the larger the role of technology in healthcare becomes, the greater will be the value of the humanist in medicine. I have no doubt that in a few years computers will be choosing the most effective treatments for our patients. We, however, will still be needed to decide if these are the right treatments and to guide our patients with compassion and kindness.

Aaron Weisbord, MD
President, South County Health Medical Staff

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Physician Focus is a publication for the medical staff of South County Health. Questions or comments should be directed to [Eric Dickervitz](mailto:Eric.Dickervitz@southcountyhealth.org) at 401 788-1137.

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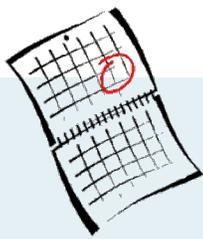
VIDEO OF THE MONTH

Spine Care



Ian Madom, MD, takes a comprehensive approach to spine care. He is an expert in cervical spine and lumbar spine disorders, and is board certified by the American Board of Orthopedic Surgery.





MARK YOUR CALENDAR

AUGUST 2017

MEDICAL STAFF CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cancer Conference 7 – 8 am Potter P&T Committee 7:30 – 8:30 am DI Conference Room	1 Admissions Review Committee 7 – 8 am Med Staff Library	2 3	4	5
6	Ob/Gyn Dept. 6 – 7:30 pm Potter	7 Cancer Conference 7 – 8 am Potter Credentials Committee 7 – 9 am Potter A	8 M&M Conference Noon – 1 pm Potter B&C	9 Leadership Council 7 – 8:30 am Med Staff Library	10 11	12
13	14	15 Cancer Conference 7 – 8 am Potter Medical Executive Committee 7 – 9 am Potter A	16	17 Dept. of Emergency Medicine 7:15 – 9:15 am DI Conference Room	18	19
20	21	22 Cancer Conference 7 – 8 am Potter OR Department Staff Education 8:30 am	23 Medical Records Committee 7:30 – 9 am Med Staff Library	24	25	26
27	28	29 Cancer Conference 7 – 8 am Potter	30	31		

Please note: P&T Committee will now meet on the first Tuesday of each month, from 7:30 – 8:30 a.m. in the DI Conference Room.

Please refer to the Medical Staff Calendar shared on Outlook for any changes or modifications to the printed calendar here.

MEDICAL STAFF BURNOUT



Russ Corcoran, MD

I recently returned from a great vacation, coming back renewed, refreshed and ready to work. While reading some emails during my vacation, I realized that although I was recharging, I was still connected. That led me to think about a topic that affects all of us – physician, nurse and healthcare

workers' burnout. As I started reading and researching this topic, I found that I had only seen the tip of the iceberg, so here I will only touch on my initial impressions.

One of our colleagues has been sending me articles about burnout for the last year and a half. It's very prevalent, with an estimated 49 percent of physicians having symptoms. Worse, burnout causes significant morbidity and mortality in the physician community. Nearly 400 doctors a year commit suicide, the equivalent of one med school per year. This is a higher rate than the general population.

Med staff burnout can also contribute to early retirement, career change, social problems, substance abuse and marital problems.

So what is causing and contributing to this problem? Doctors have become so discouraged about the progress of medical care that 73 percent of physicians would not recommend a career in medicine to their family or friends. Our medical system is, and has been, in a state

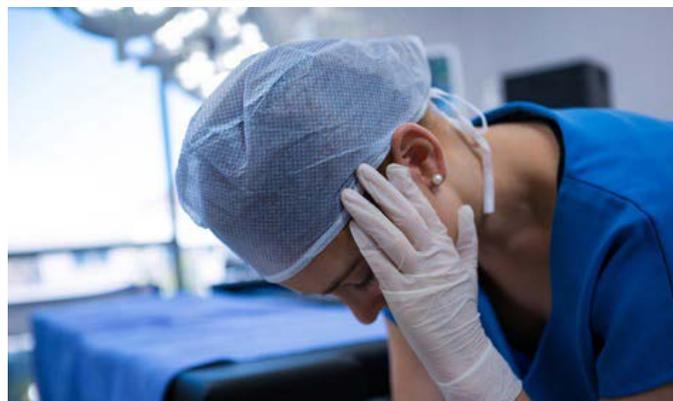
of change over the past 8-10 years and this is not going to stop. We have been transitioning from mostly individual and small practices to larger practices and associations. The electronic medical record systems have increased the work of providers and allowed measurement of multiple metrics. These systems have not progressed to ease the work of providers and have negatively impacted their work satisfaction. Providers are isolated by these changes. As a result, their support of patients, colleagues and staff

has decreased because of structural changes in our systems.

The tip of the iceberg is described above and I will discuss these issues in future columns. What can we do about this in the interim? Awareness of the problems is the first step. Pay attention to those around you, your colleagues, nurses and your staff. Listen and be open to suggestions for changes that can make all of our processes better. Take care of yourself and others. Get plenty of sleep and take time off. Communication with patients and staff can help prevent and even cure the symptoms of burnout. Use teamwork to solve problems. Team approaches to caregiving appear to be one of the best ways to prevent burnout of all of our team members.

I thank you for the care you provide to our patients and welcome your comments and suggestions.

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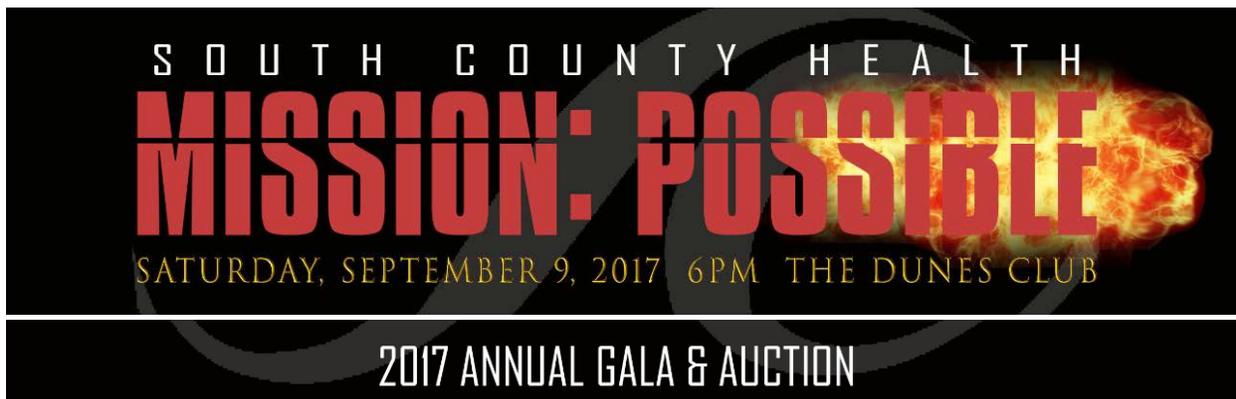


SOUTH COUNTY HEALTH INVITATIONAL



(l-r) Tom Breen, CFO, Gerald Colvin, DO, James Smythe, MD, and Russ Corcoran, MD, CMO, were among the golfers who participated in the two-day South County Health Invitational on June 6-7, 2017. The event raised \$120,000 to help South County Health sustain its vision.

ACCEPT THE MISSION



The [South County Health Gala](#) returns on Saturday, September 9, 2017 at The Dunes Club in Narragansett. The event theme, “Mission: Possible,” represents the expanse of programs and services South County Health provides for the health of the community.

The gala will feature dinner, dancing, live music by the Cartells, as well as a live and silent auction. The

event will also include an opportunity to participate in “Fund a Need” to benefit South County Healthy Bodies Healthy Minds.

The event committee co-chairs are Susan and Sandra Winter. To reserve a table in advance, please email the Development Team at developmentoffice@southcountyhealth.org.

WELCOME TO SOUTH COUNTY HEALTH

The following professionals were recently appointed to the South County Health medical staff.

Thomas Barrett, MD (*Admitting – Orthopedic Surgery*)

Dr. Thomas Barrett, an orthopedic surgeon, was approved to the South County Health medical staff. He received a medical degree from Albany Medical College in NY where he also completed a residency in orthopedic surgery. He recently completed an adult reconstruction orthopedic fellowship at Baylor College of Medicine in Houston, TX prior to joining OrthoRI-West Bay.

Charles Hackett, MD

(*Consulting – Internal Medicine/Palliative Care*)

Dr. Charles Hackett, medical director at Hope Hospice & Palliative Care, was approved to the South County Health medical staff where he will provide consult in internal medicine and palliative care. Dr. Hackett received his medical degree from McMaster University in Ontario, Canada, and completed a residency in family medicine at McGill University, Quebec, Canada.

Andrew Sechrest, NP-C (*Emergency Department*)

Andrew Sechrest, NP-C, joined the medical staff where he will work as a nurse practitioner in the Emergency Department. Andrew is a graduate of Emory University Nell Hodgson Woodruff School of Nursing, Atlanta, GA, where he completed his studies in the Master of Science in Nursing.

Crystal Taveras, FNP (*Affiliate – Express Care*)

Crystal received a master's degree in nursing, family nurse practitioner, from Simmons College, Boston, after receiving a BS in nursing from the University of North Carolina. Among her professional experiences, she has cared for patients as a family nurse practitioner at Thundermist Health Center, and as an emergency department registered nurse at Hasbro Children's Hospital.

OF INTEREST...

[How a Joke About Flying Squirrels Led to an Ailing Woman's Cure](#)

By Lisa Sanders, MD

(New York Times Magazine – June 22, 2017)

Infectious disease specialist, Fredric Silverblatt, MD, and South County Hospital were recently featured in a New York Times Magazine article. Writer, Lisa Sanders, MD, reported on how one woman's mysterious condition was successfully diagnosed and treated with the help of the patient's family and Dr. Silverblatt's medical sleuthing.

And speaking of Lyme disease ...

[Green Line Apothecary is Offering Onsite Lyme Disease Treatment](#)

by Casey Nilsson

(Rhode Island Monthly – June 19, 2017)

According to the Centers for Disease Control, Rhode Island ranks fourth in the nation for Lyme disease incidence. If bitten by a tick carrying the disease, antibiotics must be given within 72 hours of the bite to prevent the development of Lyme disease. Green Line Apothecary is the first pharmacy in the country to administer antibiotic treatment to prevent the vector-borne illness.

HOUSEKEEPING TAKES EXTRA STEP TO FIGHT HOSPITAL-ASSOCIATED INFECTIONS



Steve Cote, manager, Environmental Services, South County Health sets up the RD robotic device.

The Environmental Services department recently added a new tool to help create a virtually germ-free environment and lower the risk of hospital-acquired infections.

The device, known as a Rapid Disinfecter, is being used in operating rooms, the endoscopy suite, isolation rooms, diagnostic imaging and the cardiac cath lab, emitting ultraviolet light that kills microorganisms by disrupting their DNA, while avoiding genetic changes or the creation of superbugs.

Studies indicate that this technology has a significant role in healthcare environmental hygiene and infection prevention.

The UV light technology is used in conjunction with manual cleaning processes to eradicate highly resistant bacteria (MRSA, VRE, CRE), viruses, and spores such as C-Diff. The robot is also critical in times of public health concerns, and can be an asset if health threats occur such as the recent Ebola outbreak.

Once an area has been cleaned and disinfected manually, the robotic device is placed in the unoccupied room, which is then sealed off to people.

“An automated measured dose of UVC energy is delivered throughout a room of any size, effectively eliminating human error in the cleaning process,” said Lee Ann Quinn, Director of Infection Prevention.

South County Hospital is one of only two hospitals in the state using this UV light disinfection system.

Smaller units that use UV technology to kill pathogens on cell phones and other hand-held devices are located in the hospital cafeteria and in the surgical waiting room. Staff and visitors are encouraged to disinfect devices such as pagers, cell phones, tablets, and stethoscopes to reduce the pathogenic load that contributes to the spread of germs.

See [Barbara Morse Silva's HealthCheck Report on South County Health's RD.](#)

CME OPPORTUNITIES

Endocrinology for Primary Care

(See website for CME credit information.)

Chicago, Illinois – Fairmont Chicago Millennium Park
August 25, 2017 – August 27, 2017

This conference is designed to provide primary care practitioners with up-to-date, evidence-based information on commonly encountered endocrinology and diabetes medical issues, while suggesting pragmatic approaches to clinical management.

Internal Medicine Update

(See website for CME credit information.)

New Orleans, Louisiana – Omni Royal Orleans French Quarter
October 13, 2017 – October 15, 2017

The Internal Medicine conference is designed to provide physicians, nurse practitioners, nurses and physician assistants involved in Primary Care with evidence-based information on commonly encountered office dilemmas and suggest current approaches to clinical management. The conference will present and critically assess recent advances and key topics in Internal Medicine to enhance the knowledge and competence of Primary Care attendees.

Infectious Diseases in Primary Care

(See website for CME credit information.)

Fairmont Copley Plaza, Boston, MA
Oct 25 – 27, 2017

The Comprehensive 2017 Infectious Disease Update: Prevention, Diagnosis, Treatment provides a comprehensive infectious disease update for physicians, nurse practitioners and physician assistants. This course provides guidance to improve the diagnosis, prevention and treatment of infectious diseases.



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GOT AN IDEA?

Do you want to submit an idea or story for the next issue of *Physician Focus*? Contact [Eric Dickervitz](mailto:Eric.Dickervitz@scch.org) at 401 788-1137.

Yield: 8 servings | Diabetes Recipe | Gluten Free | Heart Healthy Recipe



Perfect for a cookout or any summer night, these flavorful Beef Kebabs are a crowd pleaser. Be sure to marinate the beef a few hours before grilling to make it nice and tender.

INGREDIENTS

2 tsp fresh lime juice
 2 tsp freshly grated lime zest
 2 Tbsp tamari
 2 Tbsp fish sauce
 4 garlic cloves, minced
 2 tsp minced fresh ginger
 2 tsp brown sugar
 2 tsp ground turmeric
 1 tsp ground coriander
 1 tsp cumin
 1 tsp black pepper
 2 lbs beef tenderloin, cut into 2-inch cubes
 3 green bell peppers, cut into 2-inch pieces
 1 lb fresh mushroom, stems removed
 3 pts cherry tomatoes
 1 fresh pineapple
 Chopped scallions for garnish (optional)
 Sesame seeds for garnish (optional)

PREPARATION

- In a bowl, combine the lime juice, lime zest, soy sauce, fish sauce, garlic, ginger, brown sugar, turmeric, coriander, cumin and black pepper and stir to combine. In a shallow baking dish, arrange the beef cubes and cover with the marinade. Turn to coat. Cover and marinate in the refrigerator for up to 2 hours.
- Using 16 metal skewers or soaked wooden skewers, thread the beef, bell peppers, mushrooms, cherry tomatoes and pineapple in alternating rows.
- Lightly spray a grill pan with nonstick cooking spray and heat over medium heat. Grill the beef kebabs for 3 to 5 minutes on each side, or until seared and cooked through. Garnish with the scallions and sesame seeds, if desired.

Recipe courtesy of:

<http://www.webhealthyrecipes.com>

View this and more Health eCooking recipes:

[Beef Kababs](#)

OGUNQUIT, MAINE



The seaside village of [Ogunquit, Maine](#) is a favorite vacation destination for many reasons. Home to three-and-a-half miles of white sandy beaches, the town motto still stands as “beautiful place by the sea.” With fresh seafood, art galleries, nature walks and more, there is an attraction to draw in everybody.

For anyone looking to explore the outdoors, walking the [Marginal Way](#) is a popular activity for its stunning scenic route along Maine’s shoreline. The mile-long path stretches from downtown Ogunquit’s Shore Road to the docks at Perkins Cove. There is plenty for the eye to see, from the glimmering sea and spacious beaches to Ogunquit’s charming shops and cottages.

As for hitting the beach in the summer, [Ogunquit Beach](#) can become pretty busy in the midst of the season. Try venturing off from the crowd to [Footbridge Beach](#). Located at the northern end, it is not as well-known, offering more space to sprawl out and enjoy the sun.

If you’re looking for some entertainment, the [Ogunquit Playhouse](#) serves as a cultural icon for the small town. With more than 80 years of musical productions to its name, the theater produces five shows during its 21-week season. It is also listed on the National Register of Historic Places and has brought in people like Helen Hayes, Bette Davis, and Anthony Quinn to its stage.

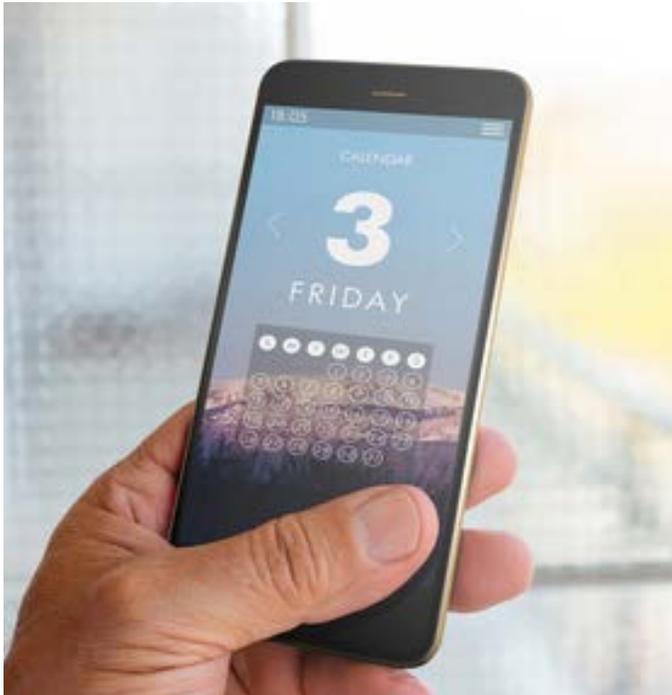
To grab a bite to eat, [Barnacle Billy’s](#) has been an Ogunquit legend for more than 50 years. The restaurant is known for its seafood, including lobster, clam chowder and steamed clams. Among its diners, Barnacle Billy’s has hosted U.S presidents, politicians, celebrities, and professional athletes.

Getting there

Ogunquit, ME is an approximately three-hour drive from Providence, heading north on Route 95. The town is located on Route 1, east of Route 95.

MARK YOUR CALENDAR

Watch for your invitation to the following medical staff events.



SEPTEMBER 12

Annual Cancer Conference on Staging

Potter Conference Center 7 – 8 am

Presentation by Marcelo DaSilva, MD

PCP Dinner

Arturo Joe's 6 – 8 pm

SEPTEMBER 23

Westerly Heart Walk

Watch Hill, Westerly 9 am

OCTOBER 12

Hail & Farewell

The Towers, Narragansett 5:30 – 8 pm

DECEMBER 12

PCP Dinner

Arturo Joe's 6 – 8 pm

SOUTH COUNTY HEALTH COMMUNITY LECTURE SERIES

South County Health medical staff and other professionals will present at our community lecture series. Here are some of the upcoming topics:



Backpacks & Back Pain

Wednesday, August 30 / 6:30 – 8 p.m.

Presented by Dave Menatian, physical therapist
Medical & Wellness Center, Westerly

Car Seat Safety Check
Saturday, Sept. 16 / 11 am – 2 pm
Presented by East Greenwich Police Department
Medical & Wellness Center, East Greenwich



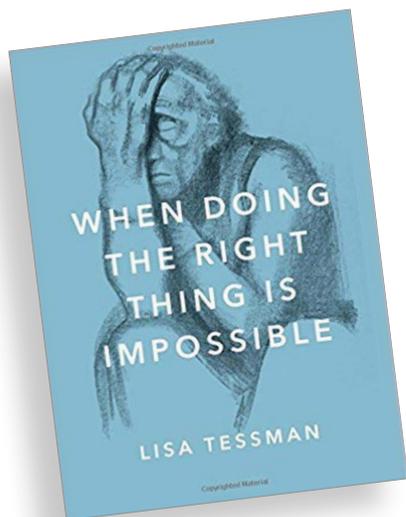
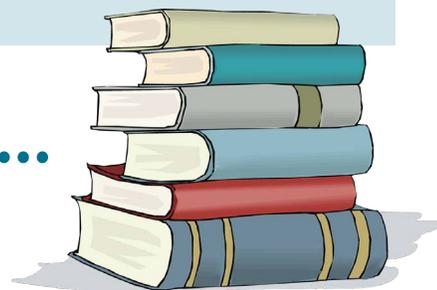
Baby Ready Pets

Wednesday, September 27 / 6:30 – 8 pm

Presented by Jane Deming & Stand Up For Animals
Medical & Wellness Center, Westerly

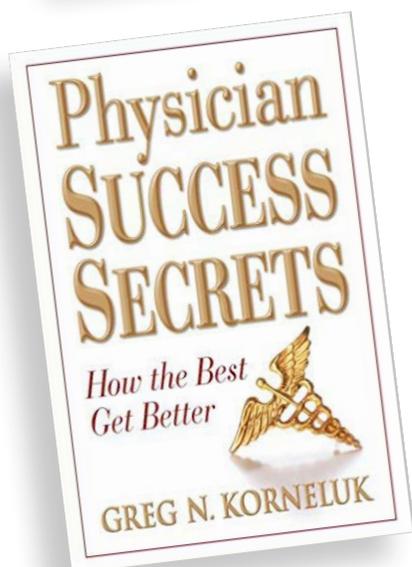


ON THE BOOKSHELF...

**When Doing the Right Thing Is Impossible****(Philosophy in Action)**

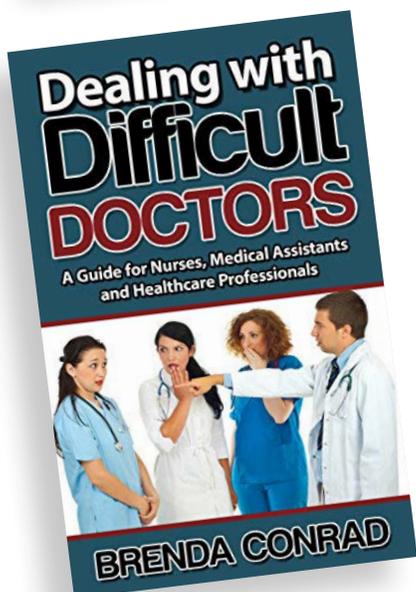
by Lisa Tessman

Human life is filled with impossible moral decisions – some involving the life or death of another person. Drawing on philosophy, empirical psychology, and evolutionary theory, “When Doing the Right Thing Is Impossible” explores how and why human beings have constructed moral requirements to be binding even when they are impossible to fulfill.

**Physician Success Secrets: How the Best Get Better**

by Greg N. Korneluk

In this book, Greg Korneluk demonstrates that physicians are achieving breakthroughs in their practices allowing them to practice the kind of medicine they have always dreamed of and at the same time having time for a personal life. They are re-inventing their practices by focusing more on “quality at the point of service,” using a system called “CARES-Plus” – Core Service, Access, Representation, Economics, Staff & Support, and Attitude.

**Dealing with Difficult Doctors: A Guide for Nurses, Medical Assistants and Healthcare Professionals****(Nurses, Medical Assistants and Other Healthcare Support ... Industry and with Physicians Book 1)**

by Brenda Conrad

Doctors are amazing human beings. They save lives every day and help us live healthier lives. But the healthcare industry is constantly changing and becoming more challenging, often creating frustration and chaos. Although healthcare can be a stressful environment for all staff members involved, doctors often bear the brunt of that stress. This book offers strategies to help healthcare support staff build a physician’s confidence in their abilities; communicate clearly; diffuse difficult situations; and stand their ground when the patient will benefit.