

your Health Matters

A publication produced four times a year as a community service of South County Health

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SOUTH COUNTY HEALTH

South County Hospital
401 782-8000

South County Home Health
401 782-0500

South County Medical Group
401 782-8000

South County Quality Care
401 789-8443

South County Surgical Supply
401 783-1850

MEDICAL & WELLNESS CENTER OPENS THIS MONTH IN WESTERLY!

Brand new 30,000 sq. ft. facility will be home to Urgent/Walk-In Care, Center for Women's Health, Ortho Rhode Island, South County Medical Group Primary Care, and much more!



South County Health Medical & Wellness Center
268 Post Road (Rt.1 near Walmart), Westerly, RI

The welcoming design of the newly constructed two-story South County Health Medical & Wellness Center is home to more than a dozen medical services, and offers light-filled spaces, thoughtfully planned reception and waiting areas, conference room and lecture space that will be available to local civic organizations, clubs, and business groups, and plenty of parking. Customer-focused amenities that are more often found in hotels than healthcare settings are another hallmark that distinguish the new Medical & Wellness Center.

This spring, residents of Westerly and adjacent towns in southern Rhode Island as well as southeastern Connecticut will have convenient access to an array of top-quality healthcare services, all under one roof.

A spacious Urgent/Walk-In Care center—open seven days a week and staffed with board certified physicians and registered nurses—will be located on the first floor of the building, along with lab, X-ray, and other vital diagnostic services. “The Urgent/Walk-In Care center will meet a tremendous need,” Dr. Robert Gianfrocco, medical director, noted. “We look forward to serving the needs of the community with timely, quality care and providing access to care *beyond* the urgent need being addressed. As part of South County Health, we will be able to facilitate referrals and appointments across a spectrum of needs.”

But urgent/walk-in care is just the beginning. From primary care for the whole family to women's health specialists to the region's leading orthopedic physicians—and so much more—the dedicated staff at the Medical &

Wellness Center stand ready to serve you. Call 401 604-2500 or visit southcountyhealth.org to learn more.

All the Care You Need, Under One Roof

- Anti-Coagulation Clinic
- Behavioral Health
- Cardiology
- Dermatology
- Diabetes Care
- General Surgeon
- Laboratory Services
- Nutrition Counseling
- Obstetrics & Gynecology
- Oncology & Hematology
- Orthopedics
- Physical Therapy
- Podiatry
- Primary Care & Family Medicine
- Urgent/Walk-In Care
- Wound Care
- X-Ray, Ultrasound, 3-D Mammography

TO YOUR HEALTH

PALLIATIVE CARE—CARE TO IMPROVE QUALITY OF LIFE AND ENHANCE HEALING

What it is, what it isn't, and why it's important



Louis R. Giancola
President & CEO
South County Health

This past January we launched an important new program for the hospital's inpatients: palliative care. Palliative care, and the specialty of Palliative Medicine, is medical care that provides relief from the symptoms and stress of a serious illness. It is not meant to be curative; the goal of palliative care is to improve quality of life for the patient (and his or her family as well) *while curative treatments are underway.*

It's important to note that palliative care is **not** hospice care. Hospice, as you may know, is care for those with a terminal illness, and who may have only months to live. Like palliative care, hospice care seeks to relieve physical pain and address the emotional needs of patient and family. An important distinction between the two, however, is that patients receiving hospice care are no longer receiving curative treatments.

Palliative care has been shown to be tremendously useful for patients of any age and across a range of diagnoses. It can be used for short-term alleviation of symptoms or longer-term support of chronic diseases. Most insurance plans, including Medicare and Medicaid, cover palliative care.

Palliative care is provided by a team of specialists—doctors, nurses, and social workers. At South County Health, we are partnering with two board-certified palliative care specialists from Hope Hospice & Palliative Care Rhode Island who work closely with our palliative care social worker as well as a chaplain to support the psychosocial needs of patients receiving palliative care.

A patient is identified as a candidate for palliative care during the admitting process; using an electronic health record system, the admitting nurse enters the patient's answers to a series of questions, and those answers result in scores. The total score determines whether there will be a referral for palliative care, which is made by the attending physician or hospitalist. The Palliative Care Team then develops a care plan.

Putting the program into practice

All physicians and nurses within the South County Medical Group of practices are being trained in palliative care. This foundation allows for a better continuum of care, from diagnosis to recovery.

A palliative care team is already in place at South County Home Health (formerly VNS Home Health Services), and the service has been very well received. The team helps home-bound patients in need of palliative care; now, the hospital's discharge planning team can refer patients to South County Home Health as needed to continue the palliative care plan at home.

As the program becomes more familiar during its launch at the Hospital, the Palliative Care Task Force, headed by Russ Corcoran, MD, will expand its efforts to work with our South County Medical Group primary care providers and specialists to identify eligible patients. The ultimate goal of the Palliative Care Task Force is to instate this care model throughout our system.

We will be working to educate not only our providers, nurses and the patients themselves about palliative care models, but also everyone who is part of the South County Health system. I think everyone will like what they learn.

Palliative care means better communication between patients and caregivers, better coordination of care, relief from pain and other symptoms that erode quality of life, and an improved ability to tolerate the curative treatments the patient is undergoing simultaneously. Harder to quantify but profoundly important is the positive impact palliative care can have on a person's emotional health and, subsequently, on quality of life.

When you receive this newsletter, the season of spring should be well underway. I hope yours is off to a good start.

lgiancola@southcountyhealth.org

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HOME CARE NEWS

INFLUENCING HEALTH FROM THE EARLIEST AGE

South County Home Health participates in important breastfeeding initiative



As a healthcare system dedicated to improving and safeguarding the health of the community we serve, now more than ever our focus is on establishing connections beyond the walls of the hospital, connections that promote environments where individuals can thrive from the earliest age.

Intervening at the beginning of a baby's life is about as early as it gets. That's why South County Home Health's pediatric team is pleased to participate in the Maternal and Child Health Bureau's (MCHB) breastfeeding initiative.

The focus is on making breastfeeding education and support more accessible for families in Washington County. Part of the approach includes improving communications between hospitals, social agencies, healthcare providers, and understanding among other community partners about the benefits of breastfeeding so that new moms can have the help they and their babies may need.

The South County Home Health pediatric team members are joined by others from South County Health and the community including lactation consultants, social workers, and staff from Healthy Families America. The goal: improve breastfeeding rates.

The health benefits of breastfeeding to a newborn are extensive; it is well established, for instance, that the nutritional components support the baby's immune system as well as its physical and mental development. To learn more, call South County Home Health at 401 782-0500.



New Moms' Club meets at the hospital every Tuesday from 10:00 a.m. to noon. The group is an enjoyable way for new moms to interact in a comfortable setting where a certified childbirth educator and lactation consultant facilitates the meetings and offers information on a variety of topics including baby sleeplessness, colic, parental sleep deprivation, postpartum stress, breastfeeding and more. Learn more at www.southcountyhealth.org or call 401 788-1226.

CALENDAR OF EVENTS

Check out our many new offerings!

BREASTFEEDING SUPPORT GROUP/NEW MOM'S CLUB. FREE. Meets every Tuesday, 10:00 – 12:00 p.m. in the Hospital's Potter Conference Center, 100 Kenyon Ave. A postpartum support group, led by a certified lactation consultant. Free baby weight check available at each meeting. A great opportunity for new moms to share information and insights about newborns in a casual and relaxed group setting. All moms are welcome! Call 788-1226.

PREPARING FOR BIRTH. A three-week Monday-evening series of classes conducted by a Certified Childbirth Educator. Recommended for women in the sixth or seventh month of pregnancy. Spouses or companions welcome. Registration required. The Hospital also offers an online class. To sign up, go to www.southcountyhealth.org. \$75.

BREASTFEEDING SUCCESS. A pre-natal class, offered once a month throughout the year; Wednesday 5:30 - 7:30 p.m. \$40 per couple. Call 792-2229 to register, or 788-1226 for information.

PARENTING CLASS. Offered every other month throughout the year; Wednesdays 5:30 - 7:30 p.m. \$40. **SIBLING TOUR.** Ages 3 and up welcome. Call 792-2229 to arrange a tour.

INFANT & CHILD ACCIDENT PREVENTION & CPR. Offered one Monday a month, most months. 6:00 - 8:30 p.m. For dates, visit www.southcountyhealth.org. Call 792-2229 to register.

CARDIAC AND PULMONARY REHAB. Twelve-week, medically supervised cardiac and nine-week pulmonary rehab programs in a state-of-the-art facility. Featuring exercise physiologists, respiratory therapists, and registered dietitians. There is also an ongoing "Wellness" and "Cardiac & Pulmonary Maintenance" follow-up program. Call 782-8020 ext. 3484.

CPR CLASSES. Offered throughout the year. Courses available for Friends & Family CPR; Healthcare Provider CPR; Heartsaver CPR; and Infant/Child CPR. Call 788-1999.

EXERCISE PROGRAMS. Our Wellness & Fitness Center – a full-service gym with treadmills, rowing machines, steppers, elliptical trainers, strength training equipment and more – is staffed by trained exercise physiologists who work with you to design an effective exercise program just for you. Call 782-8020, ext. 3484.

INDIVIDUALIZED EXERCISE TRAINING. A fitness program for adults of all ages and exercise levels, with a focus on chronic disease management and prevention. Learn proper exercise techniques, establish a well-rounded exercise routine, and improve your health. Five training sessions. One-on-one with exercise physiologist. \$150. Includes a one-month membership for unlimited use of the SC Hospital gym. Call 782-8020 ext. 3484.

YOUTH FITNESS PROGRAM. Small group exercise for adolescents aged 11-15 who are overweight or at-risk of becoming overweight. Strength and cardio training, obstacle courses, and more. Tuesdays and Thursdays, 3:30 - 4:30 p.m. in the Hospital's Wellness & Fitness Center. \$5 per session. Physician referral required. Call 782-8020 ext. 3484 for information.

SMOKING CESSATION. One-on-one counseling. Ongoing, offered year round. An eight-week program that combines lectures and exercise, with the theme, "Fit to Quit." Includes unlimited use of the Wellness & Fitness Center's gym facilities. Registration is required and there is a fee. A follow-up maintenance program is also available. Call 782-8020 ext. 3484.

"LIVING FIT" - SENIOR FITNESS FOCUS. Seniors with most BlueCHiP plans have unlimited use of the Hospital's Cardiopulmonary Wellness & Fitness Center for \$5 per month; call 782-8020 ext. 3484.

DIABETES EDUCATION. Both individual sessions and six-week group classes. Instruction is provided by Certified Diabetes Educator nurses, dietitians & pharmacists. We offer appointments and group classes at South County Hospital. Call 788-1135.

DIABETES SUPPORT GROUPS. Meets on the third Tuesday of March, June, Sept., Nov. from 7:00 - 8:30 p.m. and is facilitated by Certified Diabetes Educators. FREE. No registration required. Call 788-1696 for location.

PEDIATRIC DIABETES SUPPORT GROUP. FREE. Meets the last Wednesday of Feb., May, Aug. and the third Wednesday of Nov. at the Cardiopulmonary Suite in our Medical Office Building, 70 Kenyon Ave., Wakefield, from 6:30 – 8:00 p.m. Facilitated by a certified diabetes educator. Call 782-8020 ext. 3484.

BREAST CANCER MOBILE RESOURCE & WELLNESS CENTER. "Circle of Friends" meets the third Monday of the month, 10:00 a.m. - 2:00 p.m. Join the SCH Breast Health Program and the Gloria Gemma Breast Cancer Resource Foundation aboard the Gloria Gemma Mobile Resource & Wellness Center (pink RV located outside SCH's West entrance). Opportunity for breast cancer patients, survivors and caregivers to come together, share experiences, participate in a variety of activities, and learn how to live powerfully. For details, call 788-3850.

PREGNANCY LOSS SUPPORT GROUP. Meets evenings once a month at the Hospital, join anytime. A support group for those who have experienced miscarriage, fetal demise, or stillbirth, no matter when the loss occurred. Partners, family members, and friends are welcome. Call Joanne LaBelle for times and dates at 789-0661.

NUTRITION COUNSELING. Services with a registered dietitian are available for a variety of diet and nutrition issues, including Diabetes and Gestational Diabetes, Overweight and Obesity, Celiac Disease, Crohn's Disease, and others. For information, call 782-8020, ext. 3366. For an appointment, call 788-1135.

MEDICATION MANAGEMENT. FREE. Provided by pharmacists certified in medication management. For individuals taking multiple prescriptions, discharged from the hospital, experiencing side effects from medications, or for those who want to learn more about their prescriptions. Call 788-3811 to schedule your appointment.

CAREGIVERS BRUNCH. FREE. Learn how to cope when a loved one has been diagnosed with cancer. Third Friday of every month at South County Hospital's Potter Conference Center. 10:30 a.m. - noon. Offerings vary month to month. Breakfast is served. Reiki, relaxation, massage therapy sessions, and behavioral health services available. For details, call 788-3890.

STAR PROGRAM. Important physical and psychological rehabilitation for cancer survivors or those in treatment. Covered by insurance. Increases strength and well-being by working with physical therapists, registered dietitians, occupational therapists, exercise physiologists, pharmacists, mental health professionals, massage therapists, and more. Call 788-3890 for more information.

10TH ANNUAL WOMEN'S WELLNESS DAY. SAVE THE DATE: Saturday, October 22, Quidnessett Country Club. A day of enlightenment, inspiration, and fun! Best-selling author and Good Morning America contributor Tory Johnson, keynote speaker. For sponsorship opportunities, please call 788-1606.

THE INVITATIONAL GOLF TOURNAMENT. Wednesday, October 12, The Misquamicut Club. For sponsorship opportunities, please call 788-1610.

FREE LECTURE SERIES. For more information on lectures, visit www.southcountyhealth.org

FREE MONTHLY E-NEWSLETTER. Sign up for our free monthly e-newsletter and be the first to know about community outreach events, free evening lectures, what's new at the Hospital, who's new on the staff, and much more! Just send an email to mmurphy@southcountyhealth.org with "e-newsletter" in the subject line.

INTERVIEW WITH DR. GIANFROCCO

CHECKING IN WITH DR. ROBERT GIANFROCCO, DIRECTOR OF URGENT CARE FOR SOUTH COUNTY HEALTH

Dr. Robert Gianfrocco is a native Rhode Islander. He grew up in Johnston and Providence and attended the University of Rhode Island before continuing on to medical school. He is a board certified Family Medicine physician and for the last 16 years has devoted his practice of medicine to emergency and urgent care.

Q. What is the difference between an ER versus an Urgent Care facility?

A. While both emergency rooms and urgent care facilities provide immediate service to patients of all ages for a wide variety of conditions, urgent care is more focused on needs that can be treated relatively quickly and without specialist care or equipment that only a hospital-based ER can provide. A hospital ER is best suited to treat immediately life-threatening complaints such as chest pain, potential strokes, severe abdominal pain or significant injury/trauma. An urgent care center can treat simple fractures, lacerations, sprains, strains, bronchitis, asthma attacks, colds, flu, sunburn, rashes, bug bites, ticks, and poison ivy to name a few of the more common reasons folks come in for care. We can also perform checkups, physicals, and tests required for travel or employment—all with convenient, quick service at less cost than an ER.



Dr. Robert Gianfrocco

A. Our urgent care centers, located on Route 2 in East Greenwich and on Route 1 in Westerly, differ from others in two significant ways. The first is that we are always staffed by an experienced board certified physician and experienced registered nurses. The second is that our providers have strong backgrounds in family medicine, urgent care, or emergency medicine—all of which add up to optimal skills for the urgent care setting. These distinguishing features allow us to deliver the highest quality care. Also, as a member of South County Health, we have a fast-track connection with the staff and services at South County Hospital and its affiliated specialty groups when the need arises.

Q. Who is on staff in the South County Health Urgent Care centers?

A. Our core staff includes board certified physicians, registered nurses, nurse practitioners and physician assistants. Our staff is passionate about providing quality urgent care to patients and honored to now have the opportunity to bring this level of care to Westerly. The Urgent/Walk-In Care Center at South County Health's Medical & Wellness Center on Route 1 in Westerly (not far from the Walmart plaza) is large and bright and beautifully designed. And it's equipped to enable us to provide fast yet thorough quality care. We think patients will be pleased and we look forward to surpassing their expectations.

Q. What sets the South County Health Urgent Care centers apart from others in the area?

WE VALUE YOUR OPINION

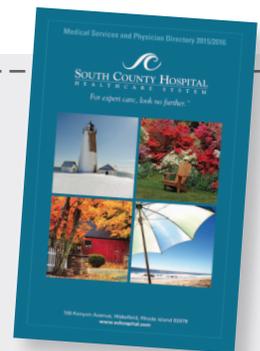
Overall, how would you rate *Your Health Matters* compared to other hospital wellness newsletters you receive?

EXCELLENT VERY GOOD GOOD FAIR POOR

What health topics would you like to read about in future issues?

Yes! Send me my FREE Medical Services & Physician Directory.

Yes! Add me to your mailing list for health and wellness lectures.



Please print your name and address below:

Name: _____

Address: _____

E-mail: _____



South County Health and the McGillivray family are dedicating this year's campaign in memory of South County Hospital's Chief of Surgery, Andrew Dowd, MD. Dr. Dowd was a member of the medical staff for 15 years, and was also an artist whose paintings are showcased in many of the offices around the Hospital. Campaign donors will gather in his memory, and in memory of their loved ones, on **Thursday, June 9, 2016**.

FRANCES MCGILLIVRAY TRIBUTE CAMPAIGN A CELEBRATION OF LIFE

The Frances McGillivray Tribute Campaign is named in honor of Frances McGillivray. Frances, also known as "Nonnie," was born at South County Hospital in 1935. Nonnie (a term of endearment for her nurturing maternal presence) established a wonderful life in the South County community and was a beloved volunteer at South County Hospital and a member of the cardiopulmonary center.

The McGillivray family is deeply rooted in South County and has made significant contributions to South County Hospital's community spirit and culture.

A special presentation will be made by the McGillivray family to the family of the honoree of the year at our annual dedication ceremony.

Gifts to the Frances McGillivray Tribute Campaign are a unique opportunity to express your sentiments for a loved one while helping South County Hospital continue its tradition of caring, commitment and excellence.

TRIBUTE GIFTS

Tribute gifts are a gratifying way to recognize someone who has touched your life while supporting advancements in cardiopulmonary rehabilitation services at South County Hospital.

GIFTS IN HONOR

Show those closest to you the important role they play in your life. Celebrate life's milestones: birthdays, weddings, graduations, anniversaries, retirements, or any special occasion.

GIFTS IN MEMORY

In memoriam gifts are a thoughtful way to express your sympathy for a loved one, colleague or friend.

How It Works

When you make a gift in honor or memory of a loved one, their name will be featured on the Frances McGillivray Tribute wall plaque for one year.

You will receive an acknowledgment for your tax deductible gift. A personalized letter will also be sent to the family member(s) to notify them that a gift was made in memory of their loved one or in his/her honor. The amount of your gift will not be disclosed.

Individuals and sponsors, who make a gift at one of the giving levels below, will be invited to attend a dedication ceremony and reception at the Hospital on **Thursday, June 9, 2016**.

At the reception a wall plaque will be dedicated and a special program will be conducted to honor loved ones being commemorated.

GIVING LEVELS

Legendary \$5,000 and above
Heirloom \$2,500 - \$4,999
Legacy \$1,000 - \$2,499
Heritage \$500 - \$999
Tribute \$250 - \$499
Friend \$100 - \$249
Gratitude \$50 - \$99

To make a gift, go to www.southcountyhealth.org and choose Giving, or contact Nicole Manfreda, special events coordinator, at 401 788-1610 or nmanfreda@southcountyhealth.org.

THE CIRCLE OF CARE

The Circle of Care and Corporate Circle of Care are comprised of individuals, foundations and corporate donors who make extraordinary outright gifts of \$1,000 or more to the Annual Fund each year. The generosity of these donors has been an essential source of support for the many patient care programs and services that South County Health provides to the community.

GIVING LEVELS

FOUNDER'S SOCIETY - \$25,000 and above

1919 SOCIETY - \$10,000-\$24,999

CHAIRMAN'S CLUB - \$5,000-\$9,999

TRUSTEE'S CLUB - \$2,500-\$4,999

PRESIDENT'S CLUB - \$1,000-\$2,499

As a member of our Circle of Care, you stand with our compassionate and talented health care professionals in ensuring that everyone in our community has access to the finest medical care possible, close to home. Your membership helps to ensure that people with heart disease, cancer, and other illnesses have the life-saving care they need. Your support will help us to care for newborns and their mothers, people who need emergency services, and all of our families, friends and neighbors—throughout their lives. And, you help to support countless other services and programs at the Hospital, including our enduring commitment to care for all in need, regardless of ability to pay.

Your philanthropic support helps to advance our Hospital's continuous commitment to excellence.

- **Women's Choice Award-Stroke Care:** South County Hospital has been named a recipient of the Women's Choice Award as one of America's 50 Best Hospitals for Stroke Care.

- **Pathway to Excellence:** The American Nurses Credentialing Center re-accredited South County Hospital as a Pathway to Excellence Hospital for fostering an environment where nurses can flourish.

We would be honored to recognize your generous and impactful gift of \$1,000 or more by welcoming you into our Circle of Care. Your investment will help ensure that South County Health will always be here to meet the healthcare needs of our community... whatever the occasion, whatever the moment.

HOW TO GIVE

Cash is the easiest and most direct way to give. Checks should be made payable to South County Hospital and mailed to: South County Hospital, Development Office, 100 Kenyon Avenue, Wakefield, RI 02879.

Online Giving is a convenient and secure way to make a credit card contribution. Please visit www.southcountyhealth.org and choose Giving.

Gifts of stock and other securities are welcome. Gifts of appreciated securities avoid capital gains taxes. Donors receive credit based on the face value of the securities donated. Please contact Claudia Swain, Vice President of Development at 401 788-1608 or email cswain@southcountyhealth.org.



"Hope Hospice & Palliative Care Rhode Island is honored and privileged to be a member of the Corporate Circle of Care, and to partner with South County Health in providing

hospice and palliative care to people experiencing serious illness and loss. Together, we make a great team!"

Diana Franchitto, President & CEO



together to advance the services of South County Health in the years ahead."

South County Hospital Auxiliary (Pictured: L-R Gerri Marsocci, Nadine McCauley, Joyce London, Claudia Swain, Nancy Read, Alex McBurney, Margaret Ead, Nancy Perry.)

"The Hospital Auxiliary is honored to be a part of South County Hospital's Circle of Care. The Auxiliary has a proud history of providing financial support for the initiatives that enhance care and comfort for our patients and their families. We look forward to working



SAVE THE DATE!

The Annual Circle of Care and Flagship Society Appreciation Reception
Thursday, September 8, 2016

Circle of Care and Flagship Society members are invited each year to a private reception thanking them for their generous gifts to South County Health. Please call Claudia at 401 788-1608 for more information.

Your Health Matters is a free publication produced four times a year as a community service of South County Health. To be added to our mailing list, please call us at 401 788-1492.

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South County Health
100 Kenyon Avenue
Wakefield, RI 02879

SURGEON BRINGS EXTENSIVE EXPERIENCE IN HAND AND NERVE SURGERY TO ORTHOPEDIC PRACTICE

Only surgeon of his kind to practice in an orthopedic setting



Benjamin Phillips, MD

where he was drawn to plastic surgery and the hand, noting, “its form and function were fascinating.” Soon after, he completed a fellowship in hand/microsurgery and peripheral nerve surgery at Washington University under one of the country’s premier nerve surgeons.

Specializing in hand and peripheral nerve surgery, Ben Phillips, MD, newest member of Ortho RI—South County, adds a new dimension to the team of providers. The **only surgeon with his training and background in an orthopedic practice in RI**, Dr. Phillips treats virtually every hand injury or abnormality, from relieving carpal tunnel syndrome to repairing intricate networks of nerves.

Phillips’ medical training began at Brown University

“The functional aspect of the hand is the most intriguing to me, and getting people back to their regular activities is always my goal,” said Dr. Phillips. “I spend a lot of time with my patients to understand the mental aspects of their injuries as well as the physical ones.”

Before returning to Rhode Island, Dr. Phillips worked as an attending surgeon in the Orthopedic Hand Clinic at Hunter Holmes McGuire VA Medical Center, and as an attending surgeon at the Medical College of Virginia Medical Center.

“Getting people back to their regular activities is always my goal.”

When asked what drew him to Ortho RI—South County, he says, “It is a forward-thinking group practice. The partners see a need in the state for what I do. Having me, a plastic surgeon and nerve surgeon on the team, makes Ortho RI—South County very different than other orthopedic practices.”

For more information or for a consultation, call 401 789-1422.