

nsmcNow!

THE NEWS OF NORTH SHORE MEDICAL CENTER



Psychiatrist Jonathan Stevens, M.D., chats with a patient in the new Inpatient Child Psychiatry unit located on East 3 at Union Hospital.

MENTAL HEALTH MAKEOVER

NEWLY RENOVATED GERIATRIC AND PEDIATRIC PSYCHIATRY UNITS ENHANCE ACCESS AND PATIENT EXPERIENCE

It may only be a short 10-minute drive down Route 128, but the new Inpatient Child Psychiatry Service located on East 3 at Union Hospital is light years away from its former location at the Hunt Center in Danvers in terms of physical space, care environment and over-all amenities.

“The new unit is bright and airy and gives patients access to a broad range of clinical support services offered at Union Hospital. It also offers our staff greater access to their colleagues in mental health and other specialties,” says Bob Caggiano, Ed.D, Executive Director, Department of Psychiatry. “It’s a huge improvement over the Hunt Center, where many of the other tenants—including those that provided us with ancillary services—moved out three years ago leaving behind something of a ghost town.” The move to Union Hospital, he adds, also marks a significant step in a broader effort to improve the patient experience for psychiatric patients across all NSMC locations and to facilitate better patient flow throughout the organization.

continued on page 3

Quality Time

INFUSION CLINIC DELIVERS ADVANCED CARE WITH A PERSONAL TOUCH

The Infusion Clinic at Union Hospital is known for its warm, friendly staff and welcoming environment. Because most patients who receive treatment in the unit do so over an extended period of time—some may go every day for a week, others with a chronic illness may go once a month for the rest of their lives—they get to know each other and the staff pretty well.

“We’re like a big family,” says Ann McCarthy, R.N., Nurse Manager of IV Therapy and the Infusion Clinic at Union Hospital. “The staff and patients spend a lot of time together and share in all of life’s major milestones—graduations, weddings, vacations, you name it.” To illustrate her point, McCarthy points out a bulletin board located in the unit that features a colorful array of family snapshots and news clippings pinned up by patients.

But, don’t be fooled by the homey atmosphere, the Union Hospital Infusion Clinic is a state-of-the-art facility featuring an array of advanced technology and a highly trained professional staff. Earlier this spring,



Ann McCarthy, R.N., (left) and Doris Dabrieo, R.N., of the Union Hospital Infusion Clinic.

continued on page 4



ON POINT

NSMC'S ACUPUNCTURE SERVICE GROWS IN POPULARITY



Adele Strauss, M.Ac., L.Ac., one of four licensed acupuncturists affiliated with the NSMC Wellness & Integrative Medicine Center, working with a patient.

Teresa Timlin first tried acupuncture in the early 1980s to treat severe migraine headaches and found immediate, long-lasting relief. “Within six months, the migraines stopped,” says Timlin, a medical coding specialist who works with North Shore Physicians Group.

When her migraines unexpectedly returned last winter, Timlin didn’t hesitate to book an appointment with Adele Strauss, M.Ac., L.Ac., one of four licensed acupuncturists affiliated with the NSMC Wellness & Integrative Medicine Center. “Again, the results were immediate,” she says. “The treatments also eased pain I was experiencing due to degenerative joint disease, arthritis and fibromyalgia.

Acupuncture has made a huge difference in my quality of life.” Timlin currently receives acupuncture treatment once a month, augmented by the occasional massage, taking advantage of NSMC’s 20 percent employee discount on all wellness programs.

An ancient healing technique developed in China about 3,000 years ago, acupuncture stimulates the body’s natural healing abilities by using hair-thin needles to trigger the body’s natural healing response. Acupuncture recognizes the body as an integrated, whole system and that health is maintained when there is a smooth flow of energy called Qi (pronounced “chee”). If the circulation of Qi is impaired or disrupted, normal function is affected, resulting in illness, pain or disease.

“There are very few ailments that won’t benefit from acupuncture,” says Strauss, who has been practicing classical Chinese acupuncture for 17 years and sees patients one day per week at the NSMC Wellness Center located at 400 Highland Avenue in

Salem. “I work with a full spectrum of disorders, including musculoskeletal injuries, chronic pain and headaches, arthritis, allergies, respiratory disorders and everyday stress.” Other NSMC acupuncturists also treat infertility, menopausal symptoms, gastrointestinal disorders, attention deficit disorder, tobacco addiction and the side effects from cancer treatment.

“In comparing the six-month period between October 2009 and March of 2010 to the same period this past year, our acupuncture treatments jumped by close to 30 percent,” says Sandy Skinner, R.N., Director of Wellness and Integrative Medicine. “As a culture, there continues to be growing public awareness and acceptance of complementary treatments like acupuncture, massage, hypnotherapy, yoga, strength training and Reiki. We’re also seeing more referrals directly from physicians.”

In addition to the NSMC Wellness Center, acupuncture services are also offered at the NSMC Women’s Center in Danvers and the North Shore Physicians Group Neurosurgery and Spine practice in Peabody. For more information, please call or 978-740-1022 or e-mail nsmcwellness@partners.org.



To accommodate the new 17-bed Inpatient Child Psychiatry Service—formerly known as the Inpatient Pediatric Psychiatry Unit—the Inpatient Geriatric Psychiatry Unit at Union Hospital was relocated from East 3 to newly renovated quarters on West 2. Now called the Senior Adult Inpatient Psychiatry Service, this 20-bed unit has also expanded its scope to serve a mixed senior adult/geriatric population as opposed to just patients 65 and over, giving the department more flexibility when placing patients.

“Part of our strategy right now is to free up space in the 26-bed Adult Inpatient Psychiatry Unit on the Salem

Additionally, Jonathan Stevens, M.D., Medical Director of the Inpatient Child Psychiatry Service, will also be available during business hours to do emergency psychiatric consults for patients of all ages in the Union Hospital Emergency Department.

Underscoring the importance of NSMC’s commitment to providing high-quality and accessible psychiatric services, says Caggiano, is the fact that funding for inpatient psychiatric resources is being cut at both the federal and state level. “Over the past two years, the Department of Mental Health has closed 200 beds in Massachusetts and they are talking about closing another

“Part of our strategy right now is to free up space in the 26-bed Adult Inpatient Psychiatry Unit on the Salem Campus, which is often full.”

Campus, which is often full,” explains Roxanne Ruppel, Senior Vice President of Operations. “Now, if a patient is admitted who is in their 50s and has complicated co-morbidities or chronic mental health issues, we can place them with the Senior Service on the Union Campus. This, in turn, frees up space for us to accommodate more adult patients in Salem. This approach also offers some relief to the Emergency Departments on both campuses, which sometimes hold psychiatric patients for extended periods due to limited bed availability.”

160 this year,” he says. “Where are these patients going to go? It creates a big problem because they often end up in hospital emergency departments. The more we can do to provide timely psychiatric care in the appropriate setting, the more we can control patient flow and manage healthcare costs.”

Opened at the Hunt Center in 2000, NSMC’s Inpatient Child Psychiatry Service is one of only a few such units in the entire state, making it a vital resource for families on the North Shore and well beyond the region.



Members of the Inpatient Child Psychiatry Service team.

2011 Nursing Award Recipients Announced

The 2011 NSMC Nursing Awards were presented at a special reception and award ceremony held on May 4 at the Peabody Marriott. At this ceremony, the 2011 nursing awards were presented, recognizing



Blodgett Award recipients Inoi Pinho, C.N.A., and Earl Drake, R.N., with Allie Blodgett (center).

professional practice and clinical excellence. This year’s award recipients were:

Broadhead Award: Joanne Corsetti, R.N., Advanced Practice Award (Salem Hospital); Constance Fabrizio, R.N., (Union Hospital); Helene Phalen, R.N., (Union Hospital); Melanie Potorski, R.N., (Spaulding North Shore).

Nursing Leadership: Greg Conklin, R.N., (Spaulding North Shore); Judith Schneider, R.N., (Salem Hospital).

Blodgett Award: Earl Drake, R.N., (Salem Hospital); Inoi Pinho, C.N.A., (Salem Hospital).

North Shore Cancer WALK / RUN, June 26



The 21st annual North Shore Cancer WALK and

2nd annual North Shore Cancer RUN will take place on Sunday, June 26, in Salem Willows Park. As the North Shore’s largest single-day fundraising event, the North Shore Cancer WALK/RUN has raised more than \$16 million to date, providing vital funds for cancer treatment and programs on the North Shore.

For more information, call 866-296-6900 or visit northshorcancerwalk.org.



Anne Abramo, DPT *Manager of Rehabilitation Services, Union Hospital*

“You’re never too old to learn,” says Anne Abramo, Manager of Rehabilitation Services at Union Hospital. Not that she’s old, but Abramo does know of what she speaks. This past April, she earned her Doctor of Physical Therapy (DPT) degree from the Northeastern University College of Professional Studies—almost 30 years after she earned her bachelors degree and started her career in rehab.

“I really did learn a lot over the past three years,” says Abramo of the doctorate program. “Medicine is ever-changing and it’s important to keep up with the latest research and technology. One of the main things I took away from the program is

“Medicine is ever-changing and it’s important to keep up with the latest research and technology.”

how to review evidence-based research and make better decisions for my patients. This has already changed how I do my job on a daily basis.”

Doing what’s best for her patients has always been central to Abramo’s work ethic. “I really enjoy taking care of patients and their families. Helping someone who, for example, just had surgery, to get back up on their feet and start moving again. It’s very gratifying. I feel very fortunate to get paid to do something that I love.”

With degree in hand, Abramo can now breathe a little easier. Juggling a full-time career, busy family life and rigorous doctorate program was not without its challenges. “I suddenly feel like I have all this free time on my hands,” she laughs.

A resident of Melrose, Abramo started at NSMC in 1993. In addition to managing all rehabilitation services at Union Hospital, she is also the diabetes program coordinator for all NSMC locations. The mother of a teenage daughter, she also enjoys playing the guitar.

Bailey Honored by Northshore Education Consortium



Edward Bailey, M.D., Chair of Pediatrics at Mass General *for* Children at North Shore Medical Center, was recently honored by the Northshore Education Consortium with the 2011 Community Partner Award.

Dr. Bailey has devoted his life to advocating for children and working to improve access to quality healthcare, strengthen families and prevent child abuse and domestic violence. The Northshore Education Consortium is the largest provider of intensive special education services to children and youth with emotional, behavioral and developmental disabilities on the North Shore.

Levine Named 2011 Community Clinician of the Year



Marc Levine, M.D., was recently honored as the 2011 Community Clinician of the Year by his physician peers in the Essex South District Medical Society. A board-certified pediatrician, Dr. Levine is part of the NSMC medical staff and is a physician at the Lynn Community Health Center, where he has practiced since 1984. The Community Clinician of the Year Award was established in 1998 by the Massachusetts Medical Society to recognize a physician from each of the Society’s 20 district medical societies who has made significant contributions to his or her patients and the community and who stands out as a leading advocate and caregiver.

Infusion Clinic continued from page 1

the clinic became the first outpatient care unit in the entire Partners HealthCare system to implement a computerized medication bar-coding system (also known as MAK) adding to the overall quality and safety of the care delivered.

“We have a very dedicated staff that is committed to delivering comprehensive, high-quality care and that means staying on top of the latest medications and providing the safest treatment,” says Doris Dabrieo, R.N., Infusion Clinic Coordinator at Union Hospital. “There are always new medications coming out, so regular training is an important part of our professional development.” This emphasis on continuing education is what led to the staff of the Union facility becoming trained to administer Tysabri, a powerful new drug to treat multiple sclerosis. They are one of only a small handful of infusion clinics outside Boston licensed to do so.

Located on West Ground at Union Hospital since March of 2011, the 10-bay Infusion Clinic was previously located on West 2, now home to the Inpatient Senior Psychiatry Service. The new ground-floor location offers easy access for the 100-plus patients who visit the clinic each week and an airy, open-floor layout that allows nurses to keep a close eye on the entire unit at once. Each infusion bay is equipped with a computer-enhanced “smart” intravenous pump to help prevent medication errors, as well as a private television set and ample space for family members to visit. The Salem Hospital Infusion Clinic, located in the Emergency Department, consists of two infusion chairs and maintains more limited office hours.

Infusion therapy involves the administration of medication through a needle or catheter. Diseases commonly requiring infusion therapy include infections that are unresponsive to oral antibiotics, cancer and cancer-related pain, dehydration and gastrointestinal diseases or disorders.