



Healthy Visions



**Saluting
emergency
responders**
Their partnership
with PBGMC
saves lives



Scott McFarland, MD, medical director of the ED (right), feels the new ED will be a tremendous asset to the community.

Letter from the CEO



David A. Pettit, CEO

We are excited to announce that we will soon break ground for our new emergency department (ED). The ED expansion at Palm Beach Gardens Medical Center is a long-awaited project that will allow us to efficiently and expertly treat the increasing number of people in our community

requiring emergency medical services (EMS). It will also give community members access to the state-of-the-art ED services they deserve from their community hospital. For more details, see the article at right.

May is National EMS Month, and in this issue we would like to recognize the valuable role our local EMS departments play in providing quality emergency medical care to our community. PBGMC is fortunate to work with professional, highly trained EMS organizations. With their help, we can give patients rapid, lifesaving care. It is a team effort to save lives, and we applaud the efforts of EMS experts.

Finally, I would like to mention that in February we started our first Versant RN Residency program for nurses, one of only a few such programs in South Florida. This exceptional training program gives our new nurses the skills and confidence they need to provide the best patient care possible. You can read more about Versant in this issue of *Healthy Visions*. It's just one of the many ways we put quality at the center of everything we do!

David A. Pettit, CEO

EMERGENCY DEPARTMENT

Expanding to better serve our community

In order to continue a long tradition of leading-edge emergency medical services, Palm Beach Gardens Medical Center is building a new \$10 million, state-of-the-art emergency department (ED).

It will be more than double the size of the old department, allowing the hospital to meet the growing needs of the Palm Beach Gardens community.

Scott McFarland, MD, medical director of the ED at PBGMC, couldn't be happier. "The ED at PBGMC is about to expand dramatically. The state-of-the-art design will match the quality of care we have always delivered here. Our ED staff boasts a core of dedicated nurses who average over a decade of devotion to this ED, and the physicians have been handpicked from the finest emergency residency programs in the country. The new ED is going to be a tremendous asset to the community."

The new facility will include renovation of the current 5,400-square-foot area and the build-out of an additional 9,537 square feet, for a total area of almost 15,000 square feet. Twenty individual exam rooms will provide privacy, security and comfort. There will also be an additional four-bed fast-track ward to help treat less critically ill patients and increase throughput for all patients. Another eight private rooms will be dedicated to chest pain, making a total of 32 beds.

The new ED will offer modern diagnostic treatment capabilities, and plans call for a dedicated CT (computed tomography) scanner—all designed to offer rapid, quality care to patients and families.

"The first hour of emergency intervention has been shown to have a critical impact on patient outcome," Dr. McFarland says. "Our new department will provide streamlined efficiency with minimal waiting, because those first few moments of an illness or injury are too precious to waste. It is university-quality care in a community hospital setting."

Expected ground-breaking for the new emergency department is early summer 2009.

Supporting our new nurses

“At Palm Beach Gardens Medical Center, we’ve taken the traditional nursing internship to a whole new level.

“Choosing a training program developed by nurses for nurses, PBGMC has partnered with Versant RN Residency, a hands-on curriculum designed to boost the confidence of new nurses and help ensure quality patient care,” says Deborah Hilliard-White, RN, Versant program coordinator and critical care educator at PBGMC.

The Versant RN Residency is designed to bridge the learning gap between traditional nursing education institutions and real-world clinical settings. Unlike graduate medical education, there are no structured nursing residency programs or universally accepted standards. Making the transition from the classroom to the real world is often difficult for new registered nurses (RNs).



Deborah Hilliard-White, RN

The nurses are prepared for their first assignments through a vigorous 18-week

residency program that includes all aspects of nursing care, including bedside training.

“Residents are supported—professionally and emotionally—by a network of experienced senior nurses who act as preceptors, mentors and debriefers, and who assist with training,” Hilliard-White says.

“New nurses are fortunate to go through this course at the beginning of their careers. The residency completely immerses them in real-world situations and gives them the skills they need to be successful, which ultimately benefits our patients and hospital community.”

The program is also designed to help reduce nurse turnover and address recruitment issues. Nurse shortages mean new RNs are increasingly pressured to fill vacancies quickly, often with insufficient preparation. This has created turnover rates of almost 50 percent for new RNs in their first year of employment. Versant RN



Residency has been shown to increase employee retention to more than 90 percent after one year and more than 80 percent after two years.

“PBGMC is committed to taking proactive steps to maintain a high-performing nursing workforce at our hospital,” Hilliard-White says. “Our goal is to provide our residents with the tools they need to develop as professional nurses who can be safely and effectively integrated into our patient care areas. This is just another example of our continued commitment to excellence.”

A word from our residents



Here’s what our residents have to say about what it means to them to be part of the Versant RN Residency program.



Jo-Ella Johnston

I am proud to be part of the Versant program because it will provide the opportunity to acclimate me to my new work environment, give me confidence and help build a strong foundation as a nurse.



Olivia McDaniel

As a Versant resident, I will uniquely transition from a newly registered nurse to an experienced registered nurse. The residency will ensure I provide patient care at my fullest potential.



Bruna Kerla

I feel that as a new graduate nurse, this program will give me the guidance and education I need to develop my nursing skills. It truly is a great opportunity for me, and I am very thankful to PBGMC for choosing me.



Heather Parker

I am proud to be selected for the Versant program because it will help me transition smoothly into my new career of nursing, which, in turn, will help me provide excellent care for my patients.



Jihann Pressage

I am proud to have been selected because I know the nurses at Palm Beach Gardens Medical Center are great, and it is only reasonable to train with the best.



Carlee Sweatt

It is a great opportunity to be part of the Versant Program at PBGMC. The program is challenging and gives me the support I need as a new graduate. My patients will be in better hands because of it.



Tracey Brown, RN-BSN, director of emergency services at PBGMC, receives an update on a patient from EMS responder Tony Ferrer. This exchange of information is critical.

A lifesaving partnership

Palm Beach Gardens Medical Center works closely with its emergency medical services (EMS) partners, cultivating open communication, mutual trust and strong relationships.

Our primary goal is to serve the community, and this is best accomplished through teamwork, education and state-of-the-art technology.

Keith Bryer, division chief for Palm Beach Gardens Fire Rescue Emergency Medical Services, agrees. “PBGMC and Palm Beach Gardens EMS have what can only be described as an amazing partnership,” he says, “and this benefits everyone in the community.”

Ongoing education of EMS staff is crucial. PBGMC is committed to providing EMS staff with the tools they need to stay informed. “Our EMS units attend educational seminars offered by PBGMC whenever able,” says Captain Albert Borrotto, from Palm Beach County Fire and Rescue. “We have attended very informative sessions by physicians on the treatment of stroke patients, cardiac patients, etc., and we learn right alongside the PBGMC medical staff.”

Programs range from physician lectures to actual hands-on training, such as the intubation OR rotation program. EMS works with PBGMC anesthesiologists to gain experience intubating patients (inserting a flexible tube into the trachea to pro-

[PBGMC salutes its EMTs and paramedics]

National Emergency Medical Services Week is May 17 through 23, and Palm Beach Gardens Medical Center would like to recognize the men and women who commit their lives to providing critical, lifesaving services and compassionate care to patients and their families.

Every second counts in an emergency, and teamwork between hospitals and EMS providers is essential. PBGMC works with many EMS organizations, including the cities of Palm Beach Gardens, North Palm Beach, West Palm Beach, Riviera

Beach, Jupiter/Tequesta and Palm Beach County Fire Rescue. PBGMC would like to thank them all for their efforts and outstanding professionalism.

“The emergency department (ED) is the backbone of our hospital and an essential part of our community,” says Tracey Brown, RN-BSN, director of emergency services at PBGMC. “The community relies on EMS and its trained professionals to recognize, treat and stabilize sick or injured patients while en route to the ED.” Brown says that the PBGMC ED works

with EMS teams and continues the care they initiate, and together they improve patient survival and outcomes through early recognition and prompt treatment.

“As a former paramedic, I am proud to take this opportunity to tell EMS how much we appreciate them,” Brown says. “Their dedication and efforts enable us to better serve the community ... and that’s what it is all about ... the community.”

EMS handles anything from medical emergencies to fires, hazardous material incidents and bomb scares to gas leaks.

vide breathing support). “This has been extremely successful,” Chief Bryer says, “and the patients benefit from our increased expertise. One of the most important things we can do in any emergency is to provide patients with a secured airway. Prior to the rotation, training was a challenge.”

In addition, donations from PBGMC in partnership with the American Heart Association have helped PBG Fire Rescue create an EMS training lab, which benefits all EMS organizations in Northern Palm Beach County. “This lab will be a tremendous asset for our community and area emergency medical technicians (EMTs) and paramedics,” Chief Bryer says.

Communication and teamwork

Teamwork, communication and technology go hand in hand in an emergency call. “The communication that we have with PBGMC helps us to deliver faster, better care to our patients,” Captain Borrotto says. Tracey Brown, RN-BSN, director of emergency services at PBGMC, agrees. “Teamwork is critical,” she says. “Your outcome in an emergency depends on the care you receive in the first 60 minutes. We are fortunate to have such a competent and efficient EMS system and such open lines of communication.”

This communication and teamwork is also facilitated by the fact that Scott McFarland, MD, medical director of the emergency department at PBGMC, is medical director of Riviera Beach Fire and Rescue, is on the Palm Beach County EMS Council and serves as chairman of the EMS Medical Directors.

Allies in the field

PBGMC is the designated cardiac care center for all rescue vehicles in the northern half of Palm Beach County. In emergencies where distance is an issue, cardiac patients are flown by Palm Beach County Fire and Rescue to PBGMC via Trauma Hawk helicopter.

“PBGMC has played a vital role in equipping EMS units with the ability to transmit ECGs (electrocardiograms) from the field via modems,” Captain Borrotto says.

Also known as Life-Net, these modems allow EMTs in the field to send an ECG right to the emergency room, or even to

“Every second in an emergency can have a tremendous impact on a patient’s outcome. We are fortunate to have such a great relationship with PBGMC.”

—Keith Bryer, division chief for Palm Beach Gardens Fire Rescue

a physician’s cell phone. If the physician determines the patient is having a heart attack, a cardiac alert is called and PBGMC immediately activates its cardiac catheterization team, which is on alert 24 hours a day, seven days a week.

The shorter the time from heart attack diagnosis to successful emergency angioplasty, the less damage a person will likely suffer. The gold standard is to have patients in surgery within 90 minutes of arriving at the hospital. This was accomplished in 100 percent of cases at PBGMC during November and December 2008 (2009 statistics are not yet available), and it is teamwork that makes this possible.

Similar communication occurs with stroke patients. If EMS suspects a patient is having a stroke, PBGMC is alerted while the patient is en route, and the stroke rapid response team gets ready for the patient.

“The team meets us at the door and the patient is immediately taken to CT (computed tomography),” Chief Bryer says. “Every second in an emergency can have a tremendous impact on a patient’s outcome. We are fortunate to have such a great relationship with PBGMC.”

Chief Bryer says this type of relationship is not typical—and ultimately allows EMS and the hospital to provide patients with superior care. “If you are unlucky enough to have an emergency,” he says, “you are in good hands in Palm Beach Gardens.”

“We tend to see people on their worst days ever,” says Keith Bryer, division chief for Palm Beach Gardens Fire Rescue Emergency Medical Services. “It takes a special person to do this day in and day out, and I am so proud of our team and the relationship we have developed with PBGMC over the years.”

We couldn’t agree more, and from all of us at PBGMC, “Thank you, EMS, for the round-the-clock dedication and individual compassion you show to our patients!”



Keith Bryer, division chief for Palm Beach Gardens Fire Rescue (far right), with members of the EMS team.



Photo courtesy of Smith & Nephew Orthopaedics

An example of a metal prosthesis commonly used in hip resurfacing



Vincent A. Fowble, MD, specializes in joint replacement surgery, including hip resurfacing. He has received specialty training in this area and regularly teaches other surgeons the technique. He is currently performing this procedure at PBGMC.

Hip resurfacing: An alternative for active adults

The knees and hips are the largest joints of the body. They are required for locomotion and mobility, but injury and disease, such as arthritis, can affect the joints and result in difficulty walking, stiffness and severe pain.

Conservative treatments, such as anti-inflammatory medications and physical therapy, may offer short-term relief, but for some people, surgery is necessary in order to maintain quality of life.

Over 300,000 total hip replacements are performed in the United States each year, and they are generally very successful at restoring function; but they have a major drawback. The typical replacement only lasts approximately 10 to 15 years and requires removing the entire head and neck of the femur (thigh bone) and replacing it with a metal or ceramic prosthesis. For this reason physicians routinely advise patients to postpone hip replacement surgery as long as possible. This can be especially frustrating and difficult for younger, active patients whose quality of life is severely diminished.

According to Vincent A. Fowble, MD, fellowship-trained total joint replacement specialist and board-certified orthopedic surgeon, younger patients may now have an interim alternative. “It is called hip resurfacing and does not require removal of the femoral head,” he says. “Instead, only the damaged cartilage and first layer of bone is removed. The femoral head is then reshaped and capped with a metal prosthesis.” Although modern-era hip

resurfacing has been done in Europe since 1993, it is relatively new to the United States—the Food and Drug Administration approved the first hip resurfacing system in 2006.


Hip resurfacing yields about the same benefits as a total replacement and will last about the same amount of time. The main advantage, says Dr. Fowble, is that it gives younger patients a fallback option down the road. “Most patients age 50 or younger can be expected to outlive the artificial

joint’s effectiveness. However, unlike a total hip replacement, hip resurfacing preserves enough healthy bone to allow for a future total hip implant, which is a much less complex procedure than a hip revision. Basically, it gives younger patients with hip problems two chances to live a healthy, active life.”

Dr. Fowble cautions that hip resurfacing is not for everyone. “The ideal candidate is a young, active individual, typically age 50 or younger, who will require a revision in their lifetime. Active individuals between 50 and 65 may also be candidates, but this procedure is usually not recommended for anyone age 65 or older.” Hip resurfacing may not be the best option for patients with renal disease, osteoporosis or other conditions that affect bone quality.

Achy joints? Find out about your options

If you would like to learn more about total joint replacement, including hip resurfacing, please join us in June for an informative lecture by Vincent A. Fowble, MD.

 For more information or to RSVP, please call 561-625-5070.

MINIMALLY INVASIVE SURGERY

Less pain, faster healing

Many people don't like the thought of going under the knife for any type of surgery. However, the days of major scars, long hospital stays and even longer recoveries may be history for some necessary and cosmetic surgeries, thanks to minimally invasive surgery techniques.

Minimally invasive surgery, also known as "keyhole" or "Band-Aid" surgery, has become an alternative to traditional open surgeries for many procedures, including general surgery on the gallbladder and appendix, colorectal surgery, cardiac surgery, neurosurgery, orthopedic surgery, and plastic surgery.

There are several advantages to minimally invasive surgery, such as less postoperative pain, lower infection rates and faster recovery time.

Ramon Vazquez, MD, chief of surgery at Palm Beach Gardens Medical Center, performs single-incision laparoscopic surgery (SILS) for gall bladder removal, antireflux surgery of the stomach and esophagus, and colorectal surgery.

According to Dr. Vazquez, there are several advantages to minimally invasive surgeries such as SILS. "Since the overall trauma to the skin and muscles is reduced, postoperative pain is lessened, which may allow patients to get out of bed and move around within hours of their operation. Also, minimally invasive surgeries can have a reduced infection rate because the body's tissues are not exposed to the open air for long periods of time as they are in traditional surgery."

With SILS, a surgeon makes a single incision within a patient's umbilicus (belly button). A thin instrument with a camera on the end (called a laparoscope or endoscope) is then inserted along with miniature graspers and scissors to perform the operation. The surgeon operates by watching a video display. "While the surgery is more challenging for the surgeon," Dr. Vazquez says, "the patient is left with virtually no scar and recovery time is typically faster."

Such was the case with Jan Traub,

a 48-year-old Palm Beach Gardens resident. Never having undergone any type of surgery, she was naturally apprehensive when gallbladder surgery was recommended. She was told about a new minimally invasive technique that would allow the surgery to be performed through her umbilicus.

"I was hesitant at the idea of surgery," Traub says, "but Dr. Vazquez and the nurses really put me at ease and answered all of my questions. I can't say enough good things about my care." She was admitted to PBGMC at 7 a.m. one morning in January and was home by 3 p.m. the same afternoon. "I experienced some pain,

but it was not awful," Traub says. "What I found truly amazing was that I only had a piece of gauze and a Band-Aid covering



Ramon Vazquez, MD,
chief of surgery at
PBGMC, general and
vascular surgeon

my belly button." According to Traub, she was back at work in less than a week and has no scarring. "I really can't tell where the incision was made," she says. "People have a hard time believing it when I tell them, but it's true!"

Minimally invasive surgery may not be an option for everyone, especially those with multiple surgeries or who have scar tissue. No matter what type of surgery you require, whether it is traditional or minimally invasive, be sure to discuss all of your options and concerns with your health care provider.



Dr. Vazquez performed minimally invasive gallbladder surgery on Jan Traub. "I can't tell where the incision was made," she says. "It's amazing."

HEALTHY VISIONS is published as a community service for the friends and patrons of PALM BEACH GARDENS MEDICAL CENTER, 3360 Burns Road, Palm Beach Gardens, FL 33410, www.pbgmc.com.

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The perfect Mother's Day gift: Life



Have you been trying to find a perfect gift for Mother's Day? How about the gift of life? Protect yourself and the loved ones in your life by scheduling a mammogram today.

The American Cancer Society recommends that women 40 and older have a mammogram every year and considers mammograms a valuable tool in the fight against breast cancer.

Mothers, daughters, grandmothers and granddaughters—we urge all women to take the necessary steps to maintain good breast health.

» Perform monthly self breast exams. » Talk with your doctor about your family history and risk factors for breast cancer. » Maintain a healthy diet and exercise program. » Schedule an annual mammogram.

One of the most recent advances in breast cancer detection is digital mammography, and we are proud to offer this leading-edge technology at Palm Beach Gardens Medical Center.

Early detection can save lives. Take good care of your mother ... take good care of yourself and schedule your mammogram today!



OUR GIFT TO YOU

If you schedule a mammogram at PBGMC during May, we will do a free osteoporosis screen and give you a Mother's Day gift to show our appreciation.

A prescription from your physician is required. We now accept walk-in patients Monday through Friday from 7 a.m. to 3 p.m. Evening hours are also available by appointment.

Call 561-694-7163 to schedule an appointment.

PBGMC WELCOMES NEW STAFF PHYSICIANS

Michael J. Federman, MD

Internal medicine

Robert J. Federman, MD

Internal medicine

Claude A. Harmon, MD

Radiation oncology

Farzana Malik, MD

Internal medicine

Suhail A. Musadi, MD

Endocrinology



PBGMC lab now taking appointments!

PBGMC is pleased to announce that patients may now schedule appointments for all blood draws at its full-service laboratory!

While walk-in patients are always welcome, we are pleased to offer patients the added convenience of scheduled appointments for blood work. Once you receive your prescription, simply call **561-694-7163** to schedule a time. On your appointment day, please come to the main lobby of the hospital where we have free valet parking available. You will be directed immediately to the laboratory, saving you valuable time!

Hours are Monday through Friday from 7:30 a.m. to 5 p.m.

PBGMC's full-service laboratory is dedicated to the delivery of fast, reliable care. Your physician will receive same-day results for in-house procedures as long as you arrive before 4 p.m.

Medicare and most PPO and POS plans are accepted. All HMO plans must have prior authorization.

HIP RESURFACING | AN EXTRA CHANCE FOR AN ACTIVE LIFE. SEE PAGE 6.