Top Floating Hospital for Children Pediatricians Now at Lawrence General

Lawrence General Hospital is committed to improving the health care experience of every person we serve, both big and small. That’s why we are partnering with Floating Hospital for Children at Tufts Medical Center to begin a new pediatric hospitalist program for children in our Pediatric Unit. These pediatricians from Floating Hospital help improve the quality of care for kids during a hospital stay because they can:
» Provide round-the-clock in-hospital care seven days a week
» Offer specialized care for children and adolescents
» Meet with your child’s other doctors and nurses to keep them up-to-speed on her condition and progress
» Approve and oversee your child’s hospital release to make certain the transition is smooth
» Improve patient satisfaction with the hospital experience

FIND OUT MORE
Turn to page 4 to discover how this new partnership is making a difference for our young patients and their families.
New Trustees Appointed

RICHARD J. SANTAGATI, CHAIRMAN OF THE BOARD, HAS ANNOUNCED THE NAMES OF TWO NEW MEMBERS OF THE HOSPITAL BOARD OF TRUSTEES.

Patricia McGovern is general counsel and senior vice president for corporate and community affairs at Beth Israel Deaconess Medical Center. Before that, McGovern was executive vice president for external affairs at CareGroup Healthcare System.

Before joining CareGroup in May 1999, McGovern practiced law at Goulston & Storrs, concentrating in the fields of public law and health care law. McGovern brought to all areas of the firm’s practice a unique knowledge and understanding of the major economic and political trends affecting the New England and national business environments.

McGovern is a member of the board of overseers of the New England Aquarium and currently serves as a director of Boston Private Bank & Trust, where she serves as chair of the Community Reinvestment Act Committee.

McGovern holds a bachelor’s degree and a law degree from Suffolk University. She holds numerous honorary degrees and, after graduation from law school, studied at the Academy of International Law, The Hague, the Netherlands. McGovern is a founder of the Women’s Bar Association. She was a fellow at the Radcliffe College Public Policy Institute during the 1994–1995 academic year, and in 1992 was a fellow at the Institute of Politics at the Kennedy School at Harvard University. She is a guest lecturer at a number of colleges, universities, law schools, and institutes throughout the Northeast.

McGovern also participates regularly as a panelist and guest host on several local and regional television and radio political and policy discussion programs.

Pierre H. Chahraban, M.D., FACC, has served as senior attending physician in Cardiovascular Diseases and Internal Medicine at Lawrence General Hospital and Caritas Holy Family Hospital in Methuen, Mass., since 1992. He is currently a fellow of the American College of Cardiology, member of the Massachusetts Medical Association, member of the Society of Cardiovascular Computed Tomography, and member of the Syrian Medical Association. He also previously served as president of the American Heart Association Center Merrimack Valley Division, New England Affiliate.

Staying Well

Many postmenopausal women take calcium supplements to help prevent osteoporosis. Now there may be another reason to consider taking calcium, according to a study of 223 women older than age 55. Those who took 1 gram of calcium daily saw an average increase of 7 percent in their HDL, or “good,” cholesterol levels. The study authors said that such an increase could cut the risk for cardiovascular events by 20 to 30 percent.

American Journal of Medicine, Vol. 112, No. 5
Lawrence General Hospital now offers Sorenson Video Relay Service® (SVRS®) for its deaf and hard-of-hearing patients, their families, and the surrounding deaf community at no cost. SVRS has revolutionized deaf communication. SVRS empowers deaf individuals to call hearing individuals anytime, anywhere and communicate in near real time using their native language, American Sign Language (ASL). The Sorenson VP-200® videophone also allows deaf individuals to communicate with other deaf individuals, using ASL, point-to-point.

Anyone in the surrounding area who is deaf or hard of hearing and uses ASL may use the Sorenson videophone located at Lawrence General Hospital. Even the simplest of calls, such as calling home to ask that additional supplies be brought to the Hospital or contacting a doctor or pharmacist, can be difficult for deaf individuals when using outdated TTY technology. SVRS makes it easy and convenient for deaf individuals to communicate, just as a hearing patient would, with those around them.

**Lawrence General Goes Green**

*After a comprehensive and all-inclusive selection process that considered four well-known and respected companies, Lawrence General Hospital has partnered with McKesson as it moves into the future of health care information technology.*

The McKesson team will partner with Lawrence to install and implement the new Paragon Hospital Information System, moving to:

» Electronic order/result sharing
» Electronic documentation
» Electronic medical records
» A paperless mode of operation

Lawrence General is at the start of a remarkable journey of process and cultural change, leading the Hospital to an IT system that will fully support the high-quality, safe care you expect from Lawrence General. This partnership puts Lawrence General on the road to the future of health care in our nation—where IT and shared data will help:

» Identify best clinical practices
» Improve outcomes
» Lower costs

**Easy Communication for the Deaf Community**

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**FOR MORE INFORMATION**

Call the Office of Interpreter Services at 978-683-4000, ext. 2676 (TTY: 978-794-3531).
Patients at Lawrence General Hospital’s 20-bed Pediatric Unit now benefit from a new and exciting partnership. Floating Hospital for Children at Tufts Medical Center now provides pediatric hospitalists to Lawrence General. This means that pediatric specialists are available 24 hours a day, 365 days a year.

“I am committed to bringing the highest level of care here to the Merrimack Valley,” says Dianne Anderson, President and CEO of Lawrence General Hospital. “Together with the Floating Hospital team, we are now able to bring pediatric specialty care close to home. Should a child need to be hospitalized, the Floating Hospital physicians will now be on site, here at Lawrence General Hospital, helping to care for them,” Anderson says.

A pediatric hospitalist is a board-certified pediatrician who specializes in the care of children admitted to a hospital. The pediatric hospitalist program benefits children and parents in the Merrimack Valley by ensuring that a pediatrician is always available to hospitalized children. The hospitalists work with a child’s pediatrician to coordinate hospital care and ensure a smooth transfer of care when children are released from the hospital.

“Our children will now benefit from the best of both worlds—the comfort and convenience of care so close to home and direct access to top-notch pediatric resources at Floating Hospital for Children,” says Kenneth Chan, M.D., of Andover Pediatrics.

Floating Hospital also provides pediatric hospitalist services at MetroWest Medical Center in Framingham, at Morton Hospital in Taunton, and at Lowell General Hospital. The pediatric hospitalist program offered by Lawrence General and Floating Hospital rounds out the comprehensive services for women and children offered in the Merrimack Valley—high-risk prenatal care, nursery care, emergency care, Pediatric After Hours Center, inpatient care, and the full support of a renowned children’s medical center in Boston.

**NEW PARTNERSHIP Brings Pediatric Specialists to Lawrence General Hospital**

**EXPERTS IN NEWBORN CARE**

Since 1997, Floating Hospital neonatologists—experts in the care of newborns—have managed the Level II Special Care Nursery at Lawrence General, making life easier for families. Tufts Medical Center also operates a Maternal Fetal Medicine Program at Lawrence General, offering genetic counseling and care for women with high-risk pregnancies. Floating Hospital pediatric cardiologists staff a service for children with heart problems at Lawrence General.

“Floating Hospital for Children at Tufts Medical Center is very pleased to support Lawrence General Hospital in its mission to provide pediatric care of the highest quality to children in their local communities,” says John Schreiber, M.D., chief administrative officer of Floating Hospital for Children.

**FLOATING HOSPITAL FACTS**

Check out [wwwFLOATINGHOSPITAL.org](http://www.FLOATINGHOSPITAL.org) for more details about the program.
Lawrence Partners with Quantros to Ensure Patient Safety

Quantros Safety and Risk Management™ (SRM) is a comprehensive Web-based event reporting, tracking, monitoring, and workflow management solution. Quantros SRM is a cost-effective tool that will help Lawrence General reduce the risk and impact of adverse events.

Quantros SRM™ generates information that Lawrence General will use to make the clinical, operational, and financial decisions that improve patient care and reduce risk by:

» Reporting, tracking, and monitoring adverse events
» Identifying and addressing adverse events in real time

SRM also controls the costs associated with managing that data by:

» Increasing productivity
» Lowering cost of care and reducing extended stays associated with adverse events

STAYING WELL

Sharpen your pencils and shuffle the cards! It seems that certain mentally stimulating leisure activities might lower the risk for Alzheimer’s disease. Such activities include playing cards, doing crossword puzzles, visiting museums, and reading. Researchers reviewed the leisure habits of 801 women and men ages 65 and older. Those who engaged in these types of activities most often were, on average, 47 percent less likely to develop Alzheimer’s than those who performed them least often. Although studies have shown an association between certain modifiable lifestyle factors and a reduced risk for Alzheimer’s disease, the National Institutes of Health says that researchers still aren’t sure whether these factors can actually prevent the disease.

Journal of the American Medical Association, Vol. 287, No. 6

Minimally Invasive Chest Surgery Clinic Now Open

You no longer need to travel outside of the area to find top-notch surgical care for chest conditions, such as gastroesophageal reflux disease (GERD). Our new Minimally Invasive Thoracic Surgery (MITS) Clinic makes it easier for patients to access the most advanced surgical options. It’s housed conveniently in Lawrence General Hospital’s state-of-the-art South Pavilion.

Drs. P.K. Poddar, Shalini Reddy, and Neal Chuang make up the experienced clinic team. Open since July, the clinic is already benefiting patients. During its first week, Dr. Reddy consulted with a patient who had not found relief from months of heartburn with diet changes or medication. After a thorough evaluation, Dr. Reddy told the patient that she qualified for a laparoscopic procedure known as a Nissen fundoplication. Patients who have the procedure benefit from less pain after surgery and a quick recovery.

The patient had surgery only two weeks following her initial consult at the MITS clinic. Cooperation between the MITS clinic and the operating room helps reduce wait times for surgery. This patient had a successful procedure and stayed at the Hospital for only one night. Since her surgery, she has returned to the MITS clinic for follow-up, and she is pain-free and free from her heartburn symptoms.

► THE MITS CLINIC IS OPEN

on Tuesdays from 8 a.m. to noon. Find out more about the clinic by calling 978-683-4000, ext. 2618 or 978-946-8250.
MEN: GET ACTIVE TO LOWER STROKE RISK

Can exercise protect against stroke? To find out, more than 3,000 older men and women were asked about their physical activity levels. After an average of nine years, 238 strokes occurred in the group. Men who had engaged in moderate- to heavy-intensity activity were 63 percent less likely to have a stroke than those who were inactive. But no link was found in this study between activity and stroke in women.

Moderate- to heavy-intensity exercise includes jogging, tennis, and swimming.

Experts also recommend other lifestyle choices to decrease stroke risk:

• Not smoking. Research indicates that smoking increases the risk for stroke by 50 percent. But within five years after quitting, former smokers can expect their risk level to fall to that of people who have never smoked.

• Limiting alcohol to light or moderate consumption.

Dianne J. Anderson, President and CEO, Announces New Patient-Family Advisory Council

WHAT IS THE PURPOSE OF THE PATIENT-FAMILY ADVISORY COUNCIL (PFAC)?

“At Lawrence General Hospital, we are committed to strengthening every aspect of the health care experience for patients and their families,” says Dianne J. Anderson, President and CEO of Lawrence General Hospital. “We need to utilize their direct input to help guide our strategic planning to improve the overall quality and satisfaction they experience at our community hospital. I am confident that I am joined by the dedicated LGH staff as we embark on this exciting new partnership.”

We are always interested in hearing what our patients and families think about their care. We have follow-up surveys and other ways to learn your opinion, but the PFAC adds an important new dimension. You will have more direct participation in decisions leading to improvements in patient care.

WHO WILL BELONG TO THE PFAC?

It will be a diverse group—nearly 30 patients, community leaders, doctors, nurses, CEO Dianne J. Anderson and two current Lawrence General Trustees.

WHAT KINDS OF THINGS MIGHT BE DISCUSSED?

As a member of the group, you will help decide the agenda. Generally, the focus is on quality, safety, communication, and processes. Just a few examples from other places are:

• Family waiting room improvements
• Communication about medications
• Ease of discharge
• Noise reduction

AM I QUALIFIED TO SERVE?

Being a PFAC member does not require a Ph.D. or extensive knowledge of health care in general. It does require having had a direct experience with the care Lawrence General Hospital offers in addition to:

• Caring deeply about the mission of Lawrence General and the welfare of our patients and community
• Feeling comfortable speaking up in a group but also being a good listener
• Respecting diversity and the opinion of others, even when you disagree
• Being able to attend meetings regularly (schedule to be determined by the group)

FOR MORE INFORMATION

Contact Andrea Eobstel at 978-946-8159 or Andrea.C.Eobstel@lawrencegeneral.org.
Lawrence General Creates New Role: Vice President of Philanthropy and Marketing

To fill the newly created position of Vice President, Philanthropy and Marketing, Lawrence General Hospital has appointed Nicholas S. Zaharias, who brings 25 years of executive experience in institutional advancement, constituent relations, and communications.

“We are very pleased to have a leader of Nick’s caliber join our executive team,” says Dianne J. Anderson, Lawrence General president and chief executive officer. “His impressive skills will help us take our development and marketing efforts to new heights.”

Zaharias says he is excited to partner with the board of trustees, physicians, and hospital staff to increase community awareness of the depth and breadth of clinical services offered by Lawrence General.

Most recently, Zaharias served as the director of development at Cushing Academy in Ashburnham, Mass. There, he focused on major gifts and planned giving and managed a multimillion-dollar annual fund. He also initiated a comprehensive planned-giving website, developed the institution’s first flash appeal, secured a $500,000 gift for a fully renovated dorm, and created a social networking presence for the academy.

Before his role at Cushing, he was director of development at The White Mountain School in Bethlehem, N.H., where he raised more than $1 million in a salute to the outgoing board chair. He also documented a $3.5 million bequest—the largest in the school’s history—and secured a music department gift from Bruce and Patti Springsteen. Previously, during his tenure at the Tilton School in Tilton, N.H., total giving increased by 768 percent over 4 years, and he lead a successful $11,000,000 campaign to build two new buildings.

Born in Manchester, N.H., and raised in Foxboro and Mansfield, Mass., Zaharias says he is excited to work in the Greater Merrimack Valley region.

“Lawrence General is indeed a hospital ‘on the move,’” he says. “I look forward to partnering with an enthusiastic board of trustees and the incredibly dedicated and caring staff led by Dianne Anderson, one of the most inspiring CEOs in New England.”

ABOUT NICK ZAHARIAS

A native of New Hampshire and Massachusetts, Nick Zaharias attended the University of Connecticut. He played soccer there and enjoyed coaching the sport while working at various education institutions, including Cushing Academy in Ashburnham, Mass., Choate Rosemary Hall, and Tilton School in Tilton, N.H., and during two United Soccer Academy tours of England, Denmark, and Sweden.

He and his wife, Patty, will make their home in Derry, N.H. They have a son, Stephen, who is an honor student and varsity soccer player at Colby College in Waterville, Maine.
Experts in Sleep Disorders

It is estimated that up to 70 million Americans suffer from a chronic sleep disorder that may adversely affect their health, their quality of life and even longevity. Obstructive sleep apnea often remains undiagnosed and can result in increased health risks. Proper diagnosis and effective treatment can contribute significantly to optimal management of your health.

The Sleep Center at Lawrence General Hospital offers a full range of diagnostic capabilities and the expertise to test for all types of sleep disorders. Among the leaders in this emerging field, Noah S. Siegel, M.D., and Glenn S. Newsome, M.D., M.P.H., FCCP, have successfully treated hundreds of patients with sleep disorders. Trained at the world’s most esteemed colleges and hospitals, they bring the highest level of expertise in advanced sleep medicine to the Lawrence General Hospital Sleep Center.

▶ Look forward to more information about this convenient new center opening later this fall at Lawrence General.

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Join our page, become a fan, or just check in to see the latest and greatest in LGH news and events.

Never miss a beat with constant updates on:

» Community health
» Advancements in our latest programs and services
» Event information
» Links to news and resources
» Awards and other good news
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