



Visionary

A PUBLICATION FOR THE FRIENDS AND SUPPORTERS OF NEWPORT HOSPITAL



From the Desk of Cathy Smith

To all the staff at Vanderbilt Rehab:

This is my favorite letter, and I am very proud to write it...this is for the people at Vanderbilt Rehabilitation Center who have helped me be the person I am today. If it weren't for you, I would never have come this far.

My name is Cathy Smith and I came to this hospital the first week in April, only being able to move my leg and right arm.

You should all be proud to be a part of such a wonderful organization. From the moment I arrived at your hospital, I was treated like Princess Diana. My favorite aunt was there to see this and I couldn't have felt more welcome. I was at Vanderbilt Rehab for six and a half weeks, in room 613, and when I left, we all cried like babies.

At a time in my life when I could not have been more scared, everyone, including the ladies that cleaned my room, the maintenance men, and the ladies from the kitchen, ALL made me feel, with their beautiful smiles, that I had a future. They treated me more like family and not like it was just their job. To have felt that kind of love in a hospital can only mean that their hearts are with them in their profession.

I spent four months and three days in four different hospitals/rehabs, including Spaulding in Charlestown, MA. Vanderbilt Rehabilitation Center was BY FAR the greatest hospital. And when I say by far, I mean that completely! Your impeccable team is the reason I have come so far in my recovery. I cannot thank you enough for accepting me, all of which has made me a better person.

It is because of the care I received while at your establishment that I will go on to help other people who have had the horrific experience of breaking their neck. You have shown me how helping other people and just being kind can make a world of difference in the life of another person. There is no price tag on kindness and there was never a single time in the six and a half weeks I was there that anyone was unkind to me.

I thank you from the bottom of my heart for making a terrible situation into a wonderful experience. Please be proud of all you do every day. You are a wonderful team full of beautiful people. I love each and everyone of you because of everything you've done for me. If there is ever anything I can do for any of you, I am here for you, as you were all there for me.

Be proud because you are wonderful! Thank you for teaching me that the world is a wonderful place with wonderful people in it. I can never thank you enough.

All my love,
Cathy



The Comprehensive Cancer Center at Newport Hospital

Delivering Health with Care



DR. HOWARD P. SAFRAN AND CINDY DRESSLER

It was late one day in January 2014 and Cindy Dressler finally had enough. The persistent cough that had plagued the then 69-year-old for nearly three weeks just wouldn't go away so she headed for the walk-in clinic.

"It was winter, so I thought I had a bad cold," recalls Cindy. "They told me I likely had bronchitis, gave me some medicine, and off I went."

Two more weeks passed and Cindy still didn't feel better. Friends began to tell her she didn't look like herself—she had also lost weight. Concerned, Cindy made an appointment to see her primary care physician, who immediately ordered a chest x-ray. The results shocked everyone.

"She told me I had a mass in my lung and in my liver, and that I needed to have further imaging right away," says Cindy.

Having previously had a positive experience at Newport Hospital for gall bladder surgery, Cindy

knew exactly where she wanted to receive care for what would become the fight of her life.

At Newport Hospital, a contrast CT scan revealed stage 4 colon cancer that had spread to Cindy's lung and liver. Surgery was immediately needed to remove the cancer and a blockage from the colon. But due to her frailty, doctors were concerned that Cindy's physical state might complicate her post-surgery recovery.

To prepare for surgery, Cindy was admitted to Newport Hospital the following day in order to receive IV infusions for five days to build up her nutrients and add some of the weight that had been lost.

From the moment Cindy met her oncologist, Howard P. Safran, MD, she was overcome with a sense of calm and relief. He spent hours with her, describing every detail of her treatment protocol, educating her about potential side effects, and what to expect each step of the way.

“My husband died from prostate cancer and we spent years going back and forth to Boston,” says Cindy. “I didn’t want to go through that again. When people get sick, they of course want the very best. But the best doesn’t have to be in Boston—the best care is sometimes right at your doorstep.”

The surgery to remove the cancer and blockage was extensive, requiring a resection of the sigmoid colon and a colostomy. Recovery from this phase of treatment entailed a five week stay in the hospital for monitoring, continued IV treatments and rigorous rehabilitation. Cindy needed to relearn how to walk and eat as she adjusted to her new circumstance.

But Cindy still wasn’t out of the woods. The cancer in her lung and liver would need to be attacked and an extensive regimen of chemotherapy was put into place, now that Cindy was strong enough to withstand it. Eighteen months later, Cindy is doing very well, and for now, her bi-weekly chemo treatments continue.



“I am at peace and can say without hesitation that my quality of life is now excellent, and I have Newport Hospital to thank for it... the people are just amazing—it’s a hospital that has everything you need.”

—Cindy, patient

quality of life is now excellent, and I have Newport Hospital to thank for it,” says Cindy. “Every day at Newport Hospital is patient appreciation day; the people are just amazing—it’s a hospital that has everything you need.”

“Everyone’s journey with cancer is different, but no matter the battle they face, the Comprehensive Cancer Center at Newport Hospital is there for them,” says Dr. Howard P. Safran, Research Director of the Comprehensive Cancer Center at Rhode Island, The Miriam and Newport hospitals. “Not only is Newport Hospital home to some of the most advanced cancer treatments available, it is home to the most compassionate caregivers in healthcare. Knowing that compassion played a role in Cindy’s recovery only underscores how important it is to us.” The Portsmouth resident feels so connected to Newport Hospital that when she decided to downsize her home and thought

about where she wanted to live next, she didn’t have to think twice, setting her sights on Newport.

“I am at peace and can say without hesitation that my

Vanderbilt Rehabilitation Receives Top Honor for Patient Satisfaction



Newport Hospital was named a 2015 Guardian of Excellence Award winner by Press Ganey Associates, Inc. for the hospital’s inpatient rehabilitation patient experience. Press Ganey is a leading health care performance improvement and analytics organization. The distinction recognizes top-performing health care organizations that have consistently reached the 95th percentile or above in categories ranging from patient experience to physician engagement.

“Newport Hospital receives glowing testimonials from patients who have had experience with our rehabilitation services,” said Crista F. Durand, president of Newport Hospital. “Receiving the Guardian of Excellence Award is a wonderful affirmation to our entire care team that what they do for our patients day in and day out makes an important impact.”

Physiatry Comes to Newport



JOSEF FIELDS, DO

Newport Hospital's Vanderbilt Rehabilitation Center is a recognized leader in rehabilitation, not only on Aquidneck Island, but throughout the state of Rhode Island. Building upon the strengths of its renown rehabilitation services and exceptional patient care, physiatrists Mustapha Kemal, MD and Josef Fields, DO recently joined the hospital to create a physiatry department and work closely with Vanderbilt staff, providing medical support and enhancing the continuum of both inpatient and outpatient care.

We recently sat down with Dr. Kemal, who is also the medical director of Vanderbilt Rehabilitation Center, for his perspective on physiatry and the addition of this specialty to Newport Hospital.

How is a physiatrist different from an internal medicine or orthopedic physician?

As physiatrists, we see patients from a rehabilitation perspective and look at how a disease or injury is affecting their function. Our focus is on improving movement, without pain. If there is a medical issue hindering progress, we address that as well. We also look at equipment, such as prosthetics and orthotics, or a wheelchair, walker or cane which can help improve a patient's function.

Why is physiatry an important addition to Newport Hospital and Vanderbilt Rehabilitation Center?

Not only are we able to provide added medical support to patients in the hospital, we are also able to offer a greater number of outpatient services including orthotic and prosthetics, management of spasticity (a common symptom occurring after neurologic illness or injury which affects patient's function), acupuncture for pain and disability assessments.

Investing in physiatry helps the whole community by reducing acute hospital stays, nursing home stays, helping people get back to work sooner and requiring less home health care.

What are a few examples of patients you might treat?

We see a lot of patients that have a disability as a result of a stroke, spinal cord injury or head trauma, in addition to amputations, multiple extensive trauma, neuromuscular illness and medical illness. We might help a patient regain movement who has become very weak and unable to walk after respiratory failure that required ventilator dependence or a marginally functioning patient with diabetes or vascular disease, or someone who has been hospitalized for pneumonia. On the outpatient side, we see patients with everything from back and neck pain to disabilities from multiple causes including neuromuscular disorders such as multiple sclerosis.

What do you like most about being a physiatrist?

There is no greater happiness than seeing a patient stand up and regain the ability to walk after having been confined to a wheelchair. If I can help someone overcome just a small part of their disability, that's my greatest reward.



MUSTAPHA KEMAL, MD