

# Healthbeat

A PUBLICATION FOR THE NEWPORT COUNTY COMMUNITY • FALL 2021



Newport Hospital  
*Lifespan. Delivering health with care.®*

## Message from the President of Newport Hospital



Welcome to the fall edition of Healthbeat. Every day, the Newport Hospital team is working to meet the healthcare needs of our patients today, and to

anticipate and support the healthcare needs of our community in the future. As we approach the two-year anniversary of the COVID-19 pandemic, I want to thank our community members and friends for your continuous support through this difficult time.

Inside this newsletter, you'll see photos of some of our newly renovated areas of the hospital, including the Vanderbilt Rehabilitation Center, Lifespan Pharmacy, and Café 1873. Last year, we renovated and expanded our Newport Women's Health center, and we are excited to welcome two new OB/GYNs to our team of providers this fall.

You can also learn more about Newport Hospital's recent awards, including the American Heart Association/American Stroke Association Get With The Guidelines Stroke Gold Plus Quality Achievement Award and the American College of Radiology's Diagnostic Imaging Center of Excellence recognition.

For a community hospital in the smallest state, we have earned prestigious national awards in line with some of the larger hospitals throughout the country.

Despite the demands of the pandemic and a challenging year-plus in healthcare, Newport Hospital continues to make strategic investments in our programs and facilities to ensure easy access to high-quality care and services close to home. I am incredibly proud of our courageous, dedicated team of healthcare workers, who continue to reaffirm our promise to *Deliver health with care*. I am consistently impressed by their resilience and commitment to providing top-notch care. I hope you'll enjoy meeting some of these team members in the following pages, as well as during our monthly virtual community lecture events.

Wishing you all the best this holiday season.

In health and partnership,

Crista F. Durand, MBA, FACHE  
President, Newport Hospital

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## New Faces in Newport County



**Ross E. Barker, DO**, is an interventional pain management physician with the Norman Prince Spine Institute. He completed a pain medicine fellowship at Harvard Medical School, Beth Israel Deaconess Medical Center in Boston. He completed his anesthesiology residency at Tufts

University School of Medicine, St. Elizabeth's Medical Center in Boston, where he served as chief resident. Dr. Barker received a doctor of osteopathic medicine degree from the University of New England College of Osteopathic Medicine in Biddeford, Maine. He is board certified by the American Board of Anesthesiology in both anesthesiology and pain medicine and is a member of the American Society of Anesthesiologists.



**Emily G. Blosser, MD, PhD**, is an obstetrician-gynecologist with Newport Women's Health, a Lifespan Physician Group practice. Dr. Blosser earned her medical and PhD degrees from the University of Alabama at Birmingham and completed her residency at Ochsner Clinic Foundation in New Orleans.

Dr. Blosser has served as the Junior Fellow District VII Louisiana Section Vice Chair and Chair in the American College of Obstetricians and Gynecologists.

She has been a clinician educator at Brown University, working with medical student and resident trainees. She has a strong interest in research, with work focusing on route selection for hysterectomy for benign conditions, earning multiple awards at Ochsner. Dr. Blosser is committed to the provision of compassionate and equitable care to all patients, and promotes an inclusive culture to best deliver individualized, evidence-based care.



**Jennifer Enos, DO**, is an obstetrician-gynecologist with Newport Women's Health, a Lifespan Physician Group practice. Dr. Enos earned her doctorate in osteopathic medicine from Kansas City University of Medicine and Biosciences and completed her obstetrics and gynecology residency

at McLaren Macomb Hospital in Mount Clements, Michigan.

She provides complete gynecological, prenatal, and postpartum care to women, including high-risk obstetrics. She has also performed gynecological surgeries, such as laparoscopic and abdominal hysterectomies, and is fully trained in robotic surgery. Dr. Enos is a member of the American College of Obstetricians and Gynecologists, American College of Osteopathic Obstetricians and Gynecologists, and American Osteopathic Association.



**Archen Krupadev, MD**, is an internal medicine physician with Lifespan Physician Group Primary Care, Newport. Dr. Krupadev earned her medical degree from Ross University School of Medicine in Portsmouth, Dominica. Dr. Krupadev completed her internal medicine residency at Mercy

Catholic Medical Center in Philadelphia.



**Stephan Pirnie, MD, PhD**, is a physiatrist with Newport Physical Medicine and Rehabilitation, a Lifespan Physician Group practice. He attended the University of Connecticut School of Medicine, where he earned a medical degree and PhD in biomedical sciences with a concentration in genetics

and developmental biology. He completed his internship in internal medicine at the University of Massachusetts

Medical School, followed by a residency in physical medicine and rehabilitation at the University of Michigan, where he was awarded the Theodore Cole Award for Resident Clinical Excellence. Dr. Pirnie is a member of the American Association of Physical Medicine and Rehabilitation as well as the American Association of Neuromuscular & Electrodiagnostic Medicine.

Dr. Pirnie provides care to patients in the Vanderbilt Rehabilitation Center inpatient rehabilitation program to help them recover from acute changes in function following injuries, strokes, and surgeries. He also sees patients with musculoskeletal and neurologic disorders and performs EMGs in the outpatient setting.

## Valentin Antoci, MD, PhD, Becomes New Medical Director of Total Joint Replacement Program at Newport Hospital



Valentin Antoci, MD, PhD, has been appointed medical director of Newport Hospital's Total Joint Replacement program. Dr. Antoci brings years of experience as an orthopedic surgeon at Newport Hospital as well as at The Miriam Hospital's Total Joint Center. He is also an Associate Professor of Orthopedic Surgery at The

Warren Alpert Medical School of Brown University and Director of Outpatient Adult Reconstruction with University Orthopedics. He completed his surgical training at Harvard with privileges at the Massachusetts General Hospital, Brigham and Women's Hospital, and the Beth Israel Deaconess Medical Center.

"This is a wonderful development for Newport Hospital. We are proud to have such a highly skilled and experienced surgeon take the helm of our Total Joint Replacement

program. Dr. Antoci will not only continue the program's excellence but push it to even greater heights," said Crista F. Durand, president of Newport Hospital. "Patients on Aquidneck Island and from surrounding communities need look no further than Newport Hospital when seeking a total joint program – and surgeon – with outstanding experience and results."

Dr. Antoci focuses on hip and knee adult reconstruction, and has special interests in minimally invasive surgery, partial knee replacement, modern approaches, and implantation techniques, as well as various revision and reconstructive procedures, including trauma.

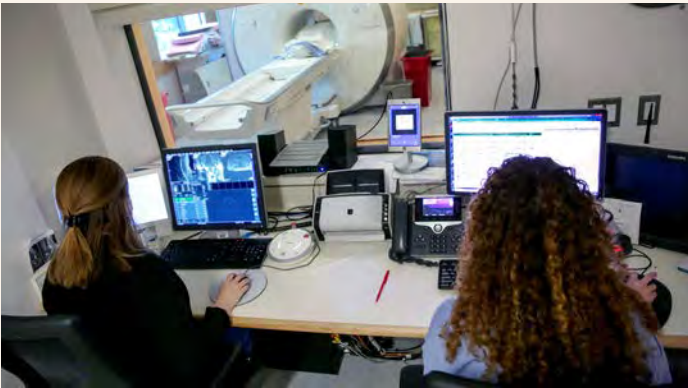
His experience is augmented by his extensive and ongoing research – in such areas as joint implant design, tissue engineering, and biological interactions at the implant interface – which have put him at the forefront of orthopedic advancements.

"It is a privilege and an honor to be part of the Newport Hospital team – I appreciate the very high level of care at Newport, the operating room efficiency, and the kindness and empathy of the nurses on the hospital floor. More importantly, I appreciate the local patient population and the people of Aquidneck Island," said Dr. Antoci.

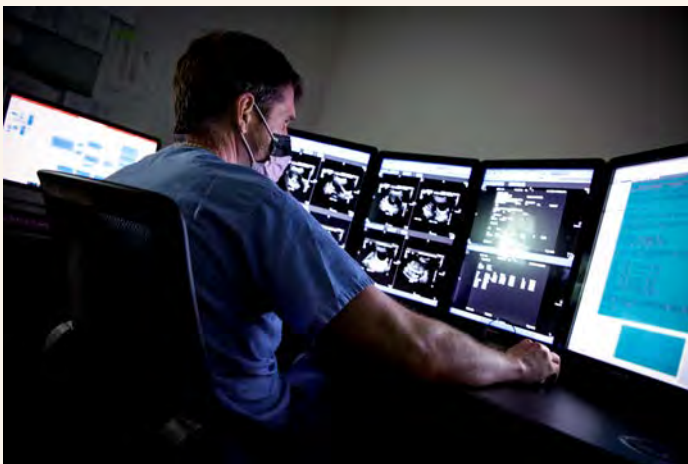
To learn more about total hip, knee, and shoulder replacement surgery at Newport Hospital, visit [www.lifespan.org/newportjointreplacement](http://www.lifespan.org/newportjointreplacement) or call 401-845-4330.

## Impact of Philanthropy

Over the last five years, our community has stepped forward in charitable support of key healthcare initiatives at Newport Hospital, including the expansion and transformation of the emergency department, advancements in patient services, diagnostic imaging, the behavioral health partial hospitalization program, cardiovascular care, and more. THANK YOU for your commitment to our community's health and wellness, and for your generous charitable support.



Most recently, the Newport Hospital Foundation team appealed to the community to support A Salute to Health – Be Part of the Picture. Charitable donations from this summer fundraising campaign will support the purchase and implementation of new state-of-the-art open MRI, CT scanner, and mammography tomosynthesis units, serving patients at our Portsmouth Imaging Center and the Newport Hospital main campus. Through our community's generous contributions, we have exceeded our goal of \$750,000. Please reach out to the Foundation team at 401-845-1536 or visit [www.newporthospital-summer.org](http://www.newporthospital-summer.org) to learn more.



## Diagnostic Imaging Becomes Rhode Island's Only Center of Excellence



Newport Hospital has been designated a Diagnostic Imaging Center of Excellence by the American College of Radiology (ACR). It is the only hospital in Rhode Island to receive the designation.

The hospital's team of radiologists, staff, and administration invested nearly two years into the preparation, documentation, and accreditation that preceded ACR's site evaluation, which was conducted virtually due to pandemic restrictions.

"It took quite a while to get everything in place, and there are very few sites that are considered ACR Centers of Excellence because there's a lot of work as far as quality and commitment to achieve the accreditation for all the imaging modalities before you can apply," said Christopher Monteiro, director of imaging at Newport Hospital and director of radiology information systems for Lifespan.

This honor is one more to add to the hospital's significant accomplishments. In 2019, Newport Hospital became the first hospital or site in Rhode Island to implement HeartFlow Analysis, which takes data from a coronary CTA and creates a digital 3D model of the coronary arteries. This technology can potentially eliminate the need for a patient to undergo cardiac catheterization.

"Providing comprehensive care to patients and being an outstanding hospital for your community depends on timely and appropriate diagnostic services," said Newport Hospital President Crista F. Durand. "This award is one more example of how Newport Hospital is continuing to advance the quality of its care and patient experience."

As a recognized Diagnostic Imaging Center of Excellence, Newport Hospital takes Lifespan's mission of *Delivering health with care* to the next level.

## We're Growing! Vanderbilt Rehabilitation Center Opens Expanded Facility



Since the program is located within Newport Hospital, patients have the added benefit of easy access to any hospital or diagnostic services, should they need these resources as part of their treatment.

The multidisciplinary team includes physical, occupational and recreational therapists, speech language pathologists, nurses, case managers, social workers, transitional care coordinators, dietitians, physiatrists, and more. The team members take a collaborative approach to caring for patients and frequently invite the patients' families to observe and participate in treatment. Working together helps patients safely recover and return to their previous lifestyles.

The Vanderbilt Rehabilitation Center at Newport Hospital is the premier inpatient rehab program for all of Lifespan. With 28 private rooms spanning two floors, the newly renovated and expanded facility boasts multiple gyms and recreation spaces, kitchen and laundry setups to practice daily living activities, the latest virtual reality rehab technology, and beautiful ocean views.

Vanderbilt has been providing extraordinary rehabilitative care for more than 40 years. The center holds two prestigious accreditations from the Commission on Accreditation of Rehabilitation Facilities (CARF) for its inpatient rehabilitation and stroke specialty programs for adults.



Scan the QR code to watch a [video tour](#) of our newly renovated facility.



## The Vanderbilt Wound Care Team Can Help Heal Your Chronic Wounds



*The Vanderbilt Wound Care team, pictured left to right: Kayla Gerard, PSR, Joseph Fontenault, RN, Min Joo Bae, RN, Alicia Williams, RN, ACM, Patricia Bestoso, RN and Thomas Rocco, MD. Team members not pictured include Josef Fields, DO, David Coppe, MD, James Appleton, DPM, and Wendy Slabodnick, RN, PM*

About 6.5 million people in the United States have wounds that do not heal. The issue can be caused by peripheral vascular disease, lymphedema, diabetes, a weak immune system, or other problems and injuries that affect the body's natural ability to restore normal tissue.

Wound care specialists are trained to treat and care for every kind of wound, from minor to severe to chronic. Our experts at the Vanderbilt Wound Care Center understand the skin's natural healing capabilities and how to manipulate them to accelerate the healing process. They care for chronic wounds (or wounds that have not healed in four weeks), such as venous ulcers, arterial ulcers, pressure injuries, non-healing surgical incisions, minor burns, and traumatic wounds.

Newport Hospital first identified the need for a wound care program in 2008. What started as a small team with one half-day clinic has now grown to our Wound Care Center, seeing patients four days a week. The team includes surgeons, physiatrists, nurses and medical assistants, who stay up-to-date with the latest knowledge and techniques in advanced wound care.

"I can remember one of our first patients who had two big rolls of paper towels wrapped around her legs to control the drainage from her venous ulcers," said Alicia Williams, RN, BC, assistant clinical manager. "She was afraid, frustrated, and did not know what else to do. It was so rewarding to see her walk out of our clinic with healed wounds and a plan to manage her compression. It gave her confidence and helped her to regain her life."

The Wound Care Center uses a variety of compression therapies, dressings, and treatments that may not be available at a typical doctor's office or emergency department. Their goal is to ultimately teach patients to care for their wounds, but if this is not possible, they can connect patients with a visiting nurse as part of the care team.

"We pride ourselves in the care that we deliver," said Williams. "The very best thing to hear from a patient at the time of discharge is 'I like you all so much I don't want to leave!' We look forward to caring for your wounds should you ever need help."

Call the Vanderbilt Wound Care Center at 401-845-3810 to learn more about the program.



## Lifespan Community Health Institute: Bringing Outreach and Education to Newport County

Every three years, Newport Hospital conducts a Community Health Needs Assessment with the assistance of the Lifespan Community Health Institute (LCHI). The most recent assessment in 2019 prioritized five health concerns in the Newport Hospital service area, including Outreach and Education.

Seven community forums were held across the Newport Hospital service area during the 2019 assessment to collect resident input. Participants identified the need to strengthen outreach and education on health topics, in order to reach people where they live, learn, work and play.

One of the ways we do this is by teaching health education programs to school-age children, including Tar Wars, a smoking/vaping prevention program, and Safe Sitter classes for middle school students. Targeting youth requires reaching them in places where they spend time (such as school and recreation sites), partnering with influencers like coaches and teachers, and utilizing communication strategies that will capture their attention. As the COVID-19 pandemic wanes, the LCHI is eager to expand the reach of skill-building health education programs for youth through school and community programs.

Residents also recommended improving access to Newport Hospital's existing education programs and services. In response, we are working with Newport for All Ages and other partners to develop an Aquidneck Island resource guide to help seniors and their caregivers access services that support individuals' goals to age in place.

LCHI began offering the ever-popular Food is Medicine series virtually during the pandemic, both in English and Spanish. We will continue to offer this program and others in hybrid fashion so that transportation and space are not barriers to participation.

To further reduce barriers, we created a Library of Learning Opportunities, a free YouTube channel featuring recordings of educational programs from the LCHI. Some of these programs include our Community Health Ambassadors lecture series, Temas Familiares workshops, Passport to Survivorship Conference (offered in partnership

with the Gloria Gemma Breast Cancer Resource Foundation and the Lifespan Cancer Institute), and healthy cooking demos made in collaboration with the Rhode Island WIC Program.

Scan the QR code to view the LCHI Library of Learning Opportunities



Joining forces with community partners amplifies our ability to meet the needs of those we serve. Organizations like Newport Partnership for Families, Newport Health Equity Zone, Dr. Martin Luther King, Jr. Community Center, and the Boys and Girls Club of Newport County are a few of the partners with whom we work to advance shared community health goals. We thank all of our partners for their continued partnership.

For more information, visit [www.lifespan.org/centers-services/lifespan-community-health-institute](http://www.lifespan.org/centers-services/lifespan-community-health-institute) or call 401-444-8009.



*Jeanette Nessett, Community Outreach Specialist at the Lifespan Community Health Institute*

## Physician Spotlight



Kenneth Wells, MD, is a board-certified family medicine physician at Lifespan Physician Group, Jamestown Family Practice. Dr. Wells welcomes new patients and can be reached at 401-606-4727 (401-606-4PCP).

### Q: What is your favorite part of your job?

A: My favorite part of my job is meeting patients and getting to know them over the course of their lives, seeing them year after year, and developing relationships with them.

### Q: What are the most common medical conditions you treat?

A: The most common medical conditions we treat in family medicine are hypertension, diabetes, obesity, and overall heart disease. I try to work with patients to adjust their lifestyles with diet and exercise, and sometimes with medications, to help improve their overall cardiac health.

### Q: How has family medicine changed over the years?

A: We have more opportunities to prevent and screen for diseases today. We offer more immunizations than we used to, including vaccinations for things like shingles and hepatitis. We also offer screening tests to screen for cancers.

### Q: What are some ways a patient could maintain a healthy lifestyle?

A: As a family medicine physician, I often work with patients who want to remain independent. To do that, you need mobility and vision. I encourage my patients to walk – and when you're done walking, walk some more! Also, be sure to get an annual eye exam.

## Newport Hospital Achieves 2021 Stroke Gold Plus Recognition



Once again, Newport Hospital received the Stroke Gold Plus Award with Target: Type 2 Diabetes Honor Roll from the American Heart Association/American Stroke Association for adhering to the high standards of the Get With The Guidelines program. The recognition honors the hospital's commitment to ensuring stroke patients receive the most appropriate treatment in accordance with nationally recognized, research-based guidelines.

Newport Hospital is also certified by The Joint Commission as a Primary Stroke Center for meeting rigorous national standards in caring for stroke patients. Stroke is the fifth leading cause of death and a leading cause of adult disability in the United States. On average, someone in America suffers a stroke every 40 seconds, and nearly 795,000 people suffer a new or recurrent stroke each year. Early stroke detection and treatment are key to improving survival, minimizing disability, and speeding recovery times.



## Lifespan Pharmacy and Café 1873 Are Open to Our Community



The doors to the new Lifespan Pharmacy and Café 1873 are officially open. Located in the main lobby on the hospital's first floor, the pharmacy is open weekdays from 8 a.m. to 4:30 p.m. The adjacent Café 1873 is open to patients and visitors weekdays from 6 a.m. to 8 p.m., weekends from 7 a.m. to 8 p.m., and 24/7 to staff.

The Lifespan Pharmacy offers convenience to our hospital community. Patients can discuss medication options and instructions with the pharmacist and members of their care team prior to discharge, and then pick up their prescription on-site before they head home, avoiding any delay in treatment. Newport Hospital's neighbors are welcome to make Lifespan their pharmacy, too. Free USPS home delivery is available to all customers. Some over-the-counter items are also available at reasonable prices.

Café 1873, named in recognition of the year Newport Hospital was founded, is a grab-and-go concept that utilizes a cashless self-checkout system for convenience and efficiency. The menu focuses on healthy and nutritious options including snacks, sandwiches, salads, and granola bars. A selection of hot and cold Starbucks coffees and teas are available along with other beverages.

“Café 1873 is a convenient way for anyone to get something quick to eat, either on their way out of the hospital, while visiting loved ones, or satisfying that hunger after fasting for routine lab work,” noted Crista F. Durand, president of Newport Hospital.

For more information about Lifespan Pharmacy, visit [www.lifespanpharmacy.org](http://www.lifespanpharmacy.org). And, be sure to add Café 1873 to your menu for your next quick bite.



## Thank You to the Central Transport Team



*Manny Sousa, Central Transport*

When you think of hospital employees, the first people you think of are likely the doctors and nurses. Our talented medical staff is essential in providing high-quality care for our patients, but it also takes a variety of team members from multiple disciplines to keep our hospital running.

Newport Hospital's Central Transport team members are some of the unsung heroes of the hospital. We count on them to make sure our patients are in the right place at the right time. They are committed to making certain that our patients are safe while in transit and when they arrive at their destination. And through it all, they do so with smiles on their faces and a reassuring presence to keep our patients at ease.

“Our transporters are the bridge for our patients as they make their journey throughout their treatment at the hospital,” said Pam McLaughlin, director of patient experience. “We look for transporters with exceptional customer service skills. They're often mentioned and thanked in our patient satisfaction surveys – even though it's a short interaction, that period of time is memorable to them.”

As a small team, they work together efficiently and use helpful digital tools to stay organized, keep track of their transporting schedules, and act quickly if there are any changes throughout the day.

“I love interacting with patients one-on-one, making them feel comfortable, trying to make them laugh,” said Manny Sousa, a member of the Central Transport team who has worked at Newport Hospital for more than 15 years. “They're going through a tough time in their lives, and I try to treat patients the way I would want to be treated if I were the one laying on that bed.”

Their time with each patient may not always be very long, but they are often the calming voice that a patient needs to hear during these important in-between moments. Without the Central Transport team, our patients wouldn't be where we need them to be.





## Keep in Touch with Newport Hospital

### VIRTUAL COMMUNITY LECTURE SERIES

This educational series is held monthly via Zoom and features health tips and medical expertise from clinicians at the hospital. Lectures are held from 6 to 7 p.m. Check back for dates and details at [www.newporthospital.org](http://www.newporthospital.org) under Events. If you aren't able to attend live, all webinars are also recorded and shared online to view at your convenience. We hope to "see" you soon!

### VIRTUAL SUPPORT GROUPS

#### Stroke Support Group

- Second Wednesday of every month
- 6 – 7:30 p.m.
- Join by phone: 401-226-0907, Conference ID 897 475 385#

- For more information: Nakeesha Brown

401-444-8237, [nbrown1@lifespan.org](mailto:nbrown1@lifespan.org)

#### Breastfeeding Support Group

- Thursdays 12:30 – 2:30 p.m.
- Zoom video meeting (requires personalized link)
- For more information: Noreen Stonor Drexel

Birthing Center, 401-845-1110

### WADK's "HOUR OF HEALTH"

Tune in to WADK 1540 AM for the "Newport Hospital Hour of Health" program on the first Thursday of each month at 9 a.m. Host Bruce Newbury interviews Newport Hospital employees for a lively discussion on a variety of healthcare topics from local experts. Podcast recordings of the radio show are also posted online afterward at [www.wadk.com](http://www.wadk.com).

## Helpful Phone Numbers

#### Lifespan Cancer Institute

401-845-1646

#### Lifespan Cardiovascular Institute

401-845-1201

#### Lifespan Laboratory at Newport Hospital

401-845-1260

#### Lifespan Medical Imaging

401-444-7770

#### Lifespan Urgent Care – Middletown

401-606-3110

#### Newport Hospital Partial Hospitalization Program

401-845-1910

#### Newport Neurology

401-845-3800

#### Newport Physical Medicine and Rehabilitation

401-845-1652

#### Newport Psychiatry

401-845-4340

#### Newport Women's Health

Newport and Portsmouth locations: 401-848-5556

#### Norman Prince Spine Institute

401-845-1190

#### Primary Care in Newport County

Jamestown Family Practice: 401-423-2616

Lifespan Physician Group Primary Care, Newport: 401-606-4727

Lifespan Physician Group Primary Care, Tiverton: 401-624-1400

#### Total Joint Replacement at Newport Hospital

401-845-4330

#### Vanderbilt Rehabilitation Center

Outpatient Rehab: 401-845-1845

#### Vanderbilt Wound Care Center

401-845-3810

#### Newport Hospital Foundation

401-845-1536

#### Friend of the Foundation

401-845-4339

#### Doctor on Call Enrollment

401-845-4339





## Newport Hospital

*Lifespan. Delivering health with care.®*

Newport Hospital  
20 Powel Avenue  
Newport, RI 02840  
401-846-6400

## An Award-Winning Hospital Serving Newport County and Beyond

- Four-time designation as a Magnet hospital, the gold standard for nursing excellence
- Five Star rating for overall quality from the national Centers for Medicare and Medicaid Services in 2020
- Eight consecutive semi-annual 'A' Grades for patient safety (through spring 2021) and Top General Hospital award (in 2020) from the Leapfrog Group
- Baby Friendly designation from the World Health Organization and UNICEF for excellence in support of breastfeeding mothers and infants
- Certification by the American College of Radiology as a Diagnostic Imaging Center of Excellence
- American Heart Association/American Stroke Association Get With The Guidelines Stroke Gold Plus Quality Achievement Award
- Joint Commission-certified Primary Stroke Center
- Target: Type 2 Diabetes Honor Roll Award from American Heart Association/American Stroke Association
- Blue Distinction Center for excellence in hip and knee replacement

