

JOURNAL OF WELLNESS & GOOD HEALTHCARE



Beaufort Memorial  
HOSPITAL

DukeMedicine AFFILIATE  
IN HEART AND CANCER

# HealthScene<sup>®</sup>

Fall 2010

**Taking  
matters  
to heart**

*Diagnosing  
heart disease*  
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CANCER PROGRAM

**STAMP OF  
APPROVAL**

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# What's new at BMH



**AS I SIT DOWN** to write my quarterly message to you, so many positive things about our hospital are running through my mind that it's hard to know where to begin. Traditionally, hospitals aren't known to initiate change or adapt to it quickly—Beaufort Memorial Hospital (BMH) is unique in that respect.

## The best care anywhere

In July, our Oncology Services was awarded a full three-year accreditation with commendation by the Commission on Cancer for the American College of Surgeons (see page 4). It's unusual for an organization to receive full accreditation on its first review. Receiving commendation in all eight areas reviewed is a tribute to everyone who has been involved in this effort from the very beginning. For the eighth year in a row, our hospital was named among the top 100 "Most Wired—Small & Rural" by *Hospitals & Health Networks* magazine (see page 7); only five South Carolina hospitals received that distinction.

Our Board and leaders are committed to improvements in information technology that result in better, safer care for our patients. Under the leadership of Ed Ricks, our chief information officer, we will be going live with a major upgrade of our medical information system next March (see page 6).

Last quarter, BMH was also presented the American Heart Association's Gold Award for progress with the Get With The Guidelines program (see page 15). The program ensures that hospitals consistently care for cardiac and stroke patients while following the most up-to-date guidelines and recommendations.

## Focus on women's health

A major goal of our strategic plan to develop comprehensive women's services is moving forward with approval from the Board to relocate our women's imaging services to a single, convenient space with a healing atmosphere. We are looking forward to opening that new facility on the main floor of the Beaufort Medical Plaza in 2011. Part of that initiative includes our partnership with the Spirit of Women Health Network, a national coalition of hospitals and healthcare facilities in more than 80 U.S. cities working together to improve women's health by inspiring action on local, regional and national levels.

Our first major Spirit event will be Girls' Night Out this month in Beaufort and in Bluffton, with a focus on breast cancer. I hope you'll join us!

Rick Toomey, DHA, FACHE  
President and CEO

Let us know how BMH can serve you better. E-mail us at [contactus@bmhsc.org](mailto:contactus@bmhsc.org), or send a letter to 955 Ribaut Road, Beaufort, SC 29902.

# inside this issue

## CREAKY KNEES?

If your joints aren't working the way they used to, more often than not it is lack of use—rather than age—that is to blame. Stretching, both before and after exercise, is a great way to keep your joints in good shape.

American Academy of Orthopaedic Surgeons

## AVOID THE BATHTIME BLUES

Each year in the U.S., more than 43,000 children are injured in baths and showers, mostly from slips and falls. Using a nonslip mat is an easy way to help keep kids injury-free.

American Academy of Pediatrics

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### Feature stories

**Tech talk.** Beaufort Memorial Hospital is among the Most Wired hospitals according to *Hospital & Health Networks* magazine. Upgrades in the Emergency Department are just one reason why.



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### Matters of the heart.

Check out our new cardiologists. Their education and training is impressive—and they're welcoming new patients.



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**Recognizing those who gave.** The generosity of community members helps us continue to provide exceptional care. Thank you.



## HealthScene®

FALL 2010

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### Keeping informed

**Lending a hand.** The da Vinci Surgical System is now being used at BMH to perform minimally invasive gynecologic surgeries, including hysterectomies.

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**Smart blood use saves lives.** BMH's blood use programs improve outcomes, reduce cost and help ensure that there will be enough blood for patients who truly need it.

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**Catch the spirit.** BMH is a member of Spirit of Women, a national network of hospitals that supports the health of women and their families. Learn about the FREE program.

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# Above and beyond

## BMH Oncology Services receives accreditation with commendation

**BEAUFORT MEMORIAL HOSPITAL'S** Oncology Services recently was awarded accreditation with commendation from the Commission on Cancer (CoC) of the American College of Surgeons. The three-year accreditation covers 36 standards in 8 areas; the commendation was for achieving excellence in all 8 areas.

"We are thrilled to have this news," says Connie Duke, RN, OCN, BMH Oncology Services director. "We have worked very hard to make sure our patients receive the best care possible, and our relationship with Duke Medicine has served as a great model. But we never could have done this without our outstanding oncology staff.

People in our community are so fortunate to have this caliber of care close to home."

### Raising the bar

Accreditation is granted only to those facilities that have voluntarily committed to provide the best in cancer diagnosis and treatment and are able to comply with established CoC standards.

"Our commitment to adhering to the highest standards of care has never wavered, and it is very rewarding to have our efforts recognized by the Commission on Cancer," says Majd Chahin, MD, medical director of BMH's Oncology Services. "When I came to Beaufort in the early '90s after completing my fellowship at Emory in Atlanta, I knew it would be a difficult journey. But our affiliation with Duke Medicine has made the journey so much easier. Being associated with an accredited program raises the bar for all of us, and in the end, our patients are the ones who benefit most."

### Comprehensive care

Receiving care at a CoC-accredited cancer program, hospital or facility ensures that you will receive:

- A complete range of state-of-the-art services and equipment.
- A team approach to your care to coordinate the best treatment options.
- Information about ongoing clinical trials and new treatment options.
- Access to prevention and early detection programs, cancer education, and support services.
- A cancer registry that offers lifelong patient follow-up.
- Ongoing monitoring and improvements in cancer care.
- Quality care close to home.

BMH Oncology Services offers comprehensive outpatient cancer treatment, including radiation therapy, access to clinical trials, infusion services and more, through the Keyserling Cancer Center in Port Royal. Inpatient services are provided by a team of oncology nurse professionals in the inpatient oncology unit at BMH. Learn more at [www.bmhsc.org](http://www.bmhsc.org).

## YOU DESERVE THE BEST CANCER CARE.



Connie Duke, RN  
Director,  
BMH Oncology  
Services

Majd Chahin, MD  
Medical Director,  
BMH Oncology  
Services

### Here's one way to be sure you're getting it.

We're dedicated to offering the best in cancer care. In fact, our oncology program has been recognized by the Commission on Cancer of the American College of Surgeons as offering the very best in cancer care. It is a recognition of the quality of our comprehensive, multidisciplinary patient care. We're proud to have brought the very best in today's cancer treatment closer to home.



Beaufort Memorial  
ONCOLOGY SERVICES

DukeMedicine AFFILIATE



## Does it matter that our cancer program is affiliated with Duke?

It does to Linda Arp, who lives every moment to the fullest. When Linda received a surprising breast cancer diagnosis, she turned to the Keyserling Cancer Center for treatment. Through an affiliation with top rated Duke Medicine, Keyserling patients benefit from Duke's treatment protocols and access to clinical trials. That means our patients receive the very best in cancer care — without traveling far from home.

*Life, Linda Arp*

- Linda Arp  
Beaufort, SC



Beaufort Memorial  
KEYSERLING CANCER CENTER

DukeMedicine AFFILIATE

[www.bmhsc.org](http://www.bmhsc.org)

## What a radiologist looks for in mammograms

When a radiologist reads a mammogram, he or she looks for calcifications and masses (lumps).

Calcifications appear as small, white spots on the x-rays. They are mineral deposits that may or may not be caused by cancer.

Large calcifications, called macrocalcifications, are often related to aging, injury or inflammation. They typically don't require a biopsy (removal of a small amount of tissue) because they are usually not cancerous. About half of all women older than 50 have macrocalcifications, reports the American Cancer Society (ACS).

Tiny specks of calcium, called microcalcifications, can sometimes signal cancer if they are grouped in a certain way. A radiologist will carefully evaluate the shape and layout of the calcifications and may recommend a biopsy.

Masses (lumps) in the breast can be caused by many things. For example, a mass may be a cyst—a noncancerous, fluid-filled sac—which is diagnosed with an ultrasound or aspiration, fluid removal with a needle.

If a mass is partly solid, however, it may be a tumor. The radiologist will study the size and shape of the mass

on the mammogram. He or she will also see if the mass was present on past mammograms and will compare how the mass looked on those tests with the current one.

Depending on the radiologist's findings, a doctor may take a wait-and-see approach—using periodic mammograms to monitor the mass—or recommend a biopsy.

About 10 percent of women who have screening mammograms need more testing, such as an additional mammogram, an ultrasound or a biopsy. But most will learn that they don't have cancer, reports the ACS.



# A high-tech TOOLBOX

## ED sets stage for hospitalwide IT improvements

**BEING INCLUDED** in the top 100 Most Wired hospitals list for the past seven years might be evidence enough that BMH is committed to being on the forefront of improvements in information technology (IT). But with Chief Information Officer Ed Ricks at the helm, the work is never done.

Ricks joined the staff at BMH a little more than two years ago and was

impressed by the fact that the hospital's Board and management team are committed to IT improvements. His experience at other hospitals allowed him to see the potential at BMH, and he already had experience with MEDITECH, the hospital's clinical information system.

"People in various departments were already involved in making significant improvements in IT," Ricks says. "In fact, staff members in the OR were working with Cardinal Health on a few beta projects to improve documentation and save time in surgery. Both of those projects were extremely successful, and BMH continues to be the model nationally."

Improved technology doesn't come without a big price tag, but Ricks is quick to point out that the best improvements are those that make the system more efficient. And funding for improvements can be found in the dollars saved by switching from inefficient systems.

"I knew MEDITECH was coming out with an improved version of its system, called 6.0, and I wanted Beaufort Memorial to be an early adopter," Ricks says. "It would be a huge project, but I felt our staff was up to the challenge."

With Board approval, the hospital signed up for MEDITECH 6.0 and decided to adopt the system in March 2011.

### One thing at a time

Before committing to the MEDITECH upgrade, Ricks worked with the Emergency Department (ED) on IT improvements.

The ED staff implemented the latest



• Kevin Kramer, RN, Emergency Department director (left), and Ed Ricks, chief information officer, talk about the MEDHOST information system.

Technology doesn't come without a big price tag, but funding can be found in the dollars saved by switching from inefficient systems.

version of MEDITECH and found it to be inadequate, he says. Because it wasn't easy to use, people weren't using it. That was not a surprise to Ricks, because there were better systems designed specifically for use in the ED.

"When Ed told me about MEDHOST, an ER system he used at another hospital, I was on board," says Kevin Kremer, RN, ED director. "We were primarily interested in improving the quality of care we could give to our patients. I had heard about the system Ed was proposing and knew it was good."

By using MEDHOST's emergency department information system (EDIS), the ED achieved significant operational improvements and financial returns. One month after it began using the EDIS, BMH's ED recognized a \$1.3 million increase in gross revenue from improved coding and intravenous (IV) infusion charges.

Seeing the results, Kremer is convinced it was worth the hard work.

"Nobody likes change, but this new system was so easy to use—my staff was comfortable with it within the first week," he says. "It was great for documenting the care our patients were receiving, and an added side effect was that the improved documentation helped ensure that patients were charged appropriately. I have to hand it to my staff for being so willing to make the switch from MEDITECH to MEDHOST. It was a smooth and easy transition for us!"

BMH was able to more accurately determine evaluation and management levels, because MEDHOST calculates charges as clinicians document care, ensuring the hospital is reimbursed according to the level of care provided. In addition, BMH's nurses use MEDHOST's medication documentation to more accurately record IV infusion start and stop times.

The ED also uses MEDHOST's electronic charting to eliminate dictation—which saves \$240,000 a year—and to streamline the turnaround time for chart completion.

"MEDHOST's intuitive design and usability has played a huge role in its success," Ricks says. "The easy-to-use system drives user compliance, which generates more complete documentation. This is a huge patient safety issue."

## A step in the right direction

Ricks felt the success of the ED project would be a good indicator of the success

## A technology upgrade

MEDITECH 6.0 offers many enhancements on the previous system, including:

- ✓ Enhanced user interface.
- ✓ The ability to embed automation and data in the workflow of the caregivers.
- ✓ Increased patient safety through automation.
- ✓ CPOE (computerized physician order entry).
- ✓ Improved organizational efficiency.

## BMH is plugged in: Hospital among Most Wired for eighth year

For the eighth year in a row, Beaufort Memorial Hospital has been recognized as one of the nation's "Most Wired—Small and Rural" hospitals, according to the results of the 2010 Most Wired Survey



released in the July issue of *Hospitals & Health Networks* magazine. It is one of five hospitals in South Carolina to receive this distinction.

"Although operating margins continue to decrease, our Board and leadership are committed to making a significant investment in our information technology," says BMH President and CEO Rick Toomey. "Our ultimate goal is taking care of our patients in the best way possible. The benefits improved technology can bring to patient safety are clear."

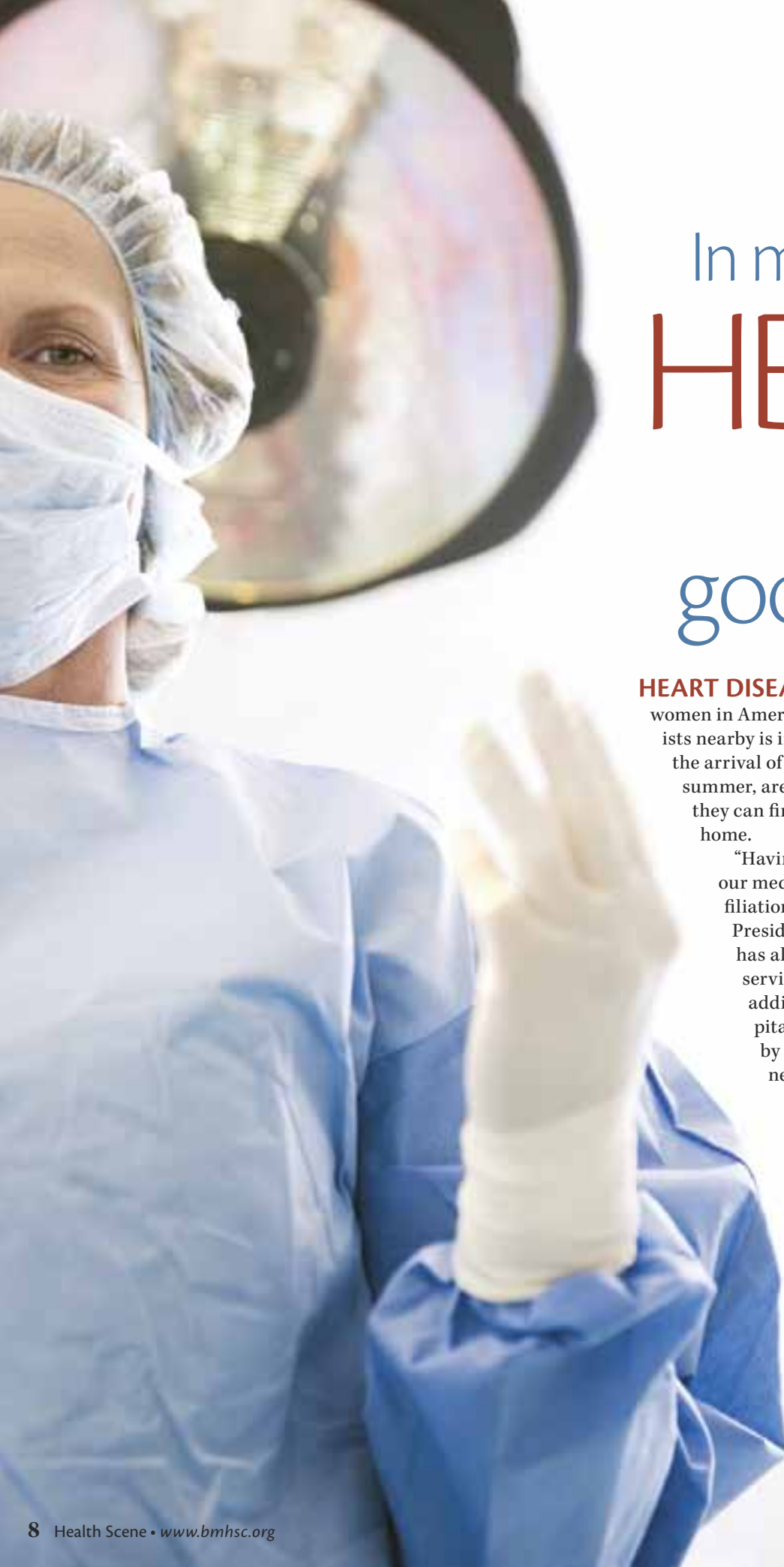
of the MEDITECH upgrade, and he has been pleasantly surprised at how quickly the staff adapted to the new system. BMH developed an IT strategy that supported its organizational goals and patient safety initiatives. This included using the additional revenue that MEDHOST would generate to help fund BMH's hospital-wide technology upgrades, including its MEDITECH 6.0 upgrade and clinician-friendly computerized provider order entry implementation.

"MEDHOST has played a significant role in helping us advance our processes and achieve clinical excellence," Ricks says. "By reaping the benefits of MEDHOST's thorough documentation, high user acceptance and automatic charge capture, we are able to make the lasting changes needed to further enhance the level of care that patients receive from Beaufort Memorial."

### Tech talk

Find out more about information technology at BMH.

 Go to [www.bmhsc.org](http://www.bmhsc.org).



# In matters of the **HEART,** you're in good hands

**HEART DISEASE** is the No. 1 killer of men and women in America. Having enough heart specialists nearby is important in any community. With the arrival of three new cardiologists to BMH this summer, area residents can rest assured that they can find high-quality heart care close to home.

“Having these talented professionals join our medical staff only strengthens our affiliation with Duke Medicine,” says BMH President and CEO Rick Toomey. “Our goal has always been to offer needed cardiology services to people in our community. The addition of these specialists to our hospital staff, along with quality oversight by Duke Medicine, ensures that this needed care is the best care.”

## **We've got you covered**

All of the cardiologists on BMH's medical staff will be working closely with Duke Medicine as part of the hospital's affiliation agreement.

BMH's affiliation with Duke Medicine allows staff members working in the Cochrane Heart Center to collaborate closely with Duke specialists for training and development of internal policies and procedures, says Sharon Shupe, manager of the BMH cardiac catheterization lab.

“The affiliation offers assurance that we are providing services based on national standards for cardiovascular care to ensure exceptional outcomes for our patients,” Shupe says. “Regardless of the time of day or type of question, we are able to call on our colleagues at Duke for assistance—they are always available to us.”

## The place to be

With Duke’s assistance, BMH opened the Cochrane Heart Center in 2003. The \$3.5 million, state-of-the-art diagnostic catheterization lab, funded through community gifts, gives cardiologists the ability to determine the extent of blockages in the heart. It is also used to insert pacemakers and internal defibrillators to treat heart rhythm abnormalities.

“Our goal is to build up our diagnostic capabilities so we can get permission from the state to allow our doctors to offer interventional procedures, such as cardiac stents, which are routinely used to open blocked cardiac arteries,” Toomey says. “Clearly, that would be a big advantage to people living in our service area. This is another area where our Duke Medicine affiliation will be extremely helpful, since Duke has had great success working with hospitals to start up interventional programs without on-site surgical backup.”

## The heart of the matter

With four cardiologists in our community, BMH will focus on growth in order to expand services.

“The expertise of local cardiologists, combined with Duke’s oversight in quality and program development, will help us succeed in growing needed services for our community,” Toomey says. “The Duke and BMH cardiology team has already begun discussion on how to work together to build a wider array of clinical programs for the Cochrane Heart Center.”

# Welcome, new doctors

BMH welcomed three new cardiologists to its medical staff in August. They join cardiologist Erasme Coly, MD, who has been on BMH’s medical staff since 2001.



### DAVID HARSHMAN, MD

Dr. Harshman moved from Missouri to his second home on Fripp Island. He has been in private practice since 1984 with Cardiology Specialists in St. Louis and Bi-State Cardiology Specialists in Maryville, Ill. During that time, he has also served as director of cardiac catheterization laboratories at hospitals in Missouri and Illinois.

A graduate of the University of Illinois College of Medicine in Chicago, Dr. Harshman completed his residency in internal medicine at St. Louis University Hospitals, where he also completed a fellowship in cardiovascular diseases. He is board-certified by the American Board of Internal Medicine in cardiovascular diseases and has added qualifications in interventional cardiology.



### THOMAS SCHULTZ, DO

Dr. Schultz arrived in Beaufort in late July, after completing his post-doctorate training in interventional cardiology at the University of Connecticut Hartford Hospital. He received his training in internal medicine and general cardiology at Lutheran General Hospital in Park Ridge, Ill.

Dr. Schultz received his undergraduate degree from Miami University in Oxford, Ohio, and went to medical school at the Ohio University College of Osteopathic Medicine in Athens. He is board-certified in internal medicine and board-eligible in interventional cardiovascular medicine.

Dr. Harshman and Dr. Schultz have formed Beaufort Cardiology, located in Suite 300 of the Beaufort Medical Plaza, next to BMH. They began seeing patients in August. They are employed by Roper/St. Francis Health System in Charleston and will do interventional cardiology procedures at Roper/St. Francis hospitals.



### STUART SMALHEISER, MD

Dr. Smalheiser earned his undergraduate degree in 1998 from the University of Pennsylvania in Philadelphia and his medical degree from the University of Miami School of Medicine. He completed an interventional cardiology fellowship at the University of Florida in Jacksonville after completing a general cardiology fellowship there in 2009.

Dr. Smalheiser completed a fellowship in nuclear cardiology research at the University of Alabama, Birmingham, after completing his internship and internal medicine residency there. He is board-certified in internal medicine and nuclear cardiology, level 3.

Dr. Smalheiser has joined Lowcountry Medical Group and began seeing patients in August. He plans to do his interventional cardiology procedures at Medical University of South Carolina Hospital.

## Learn more

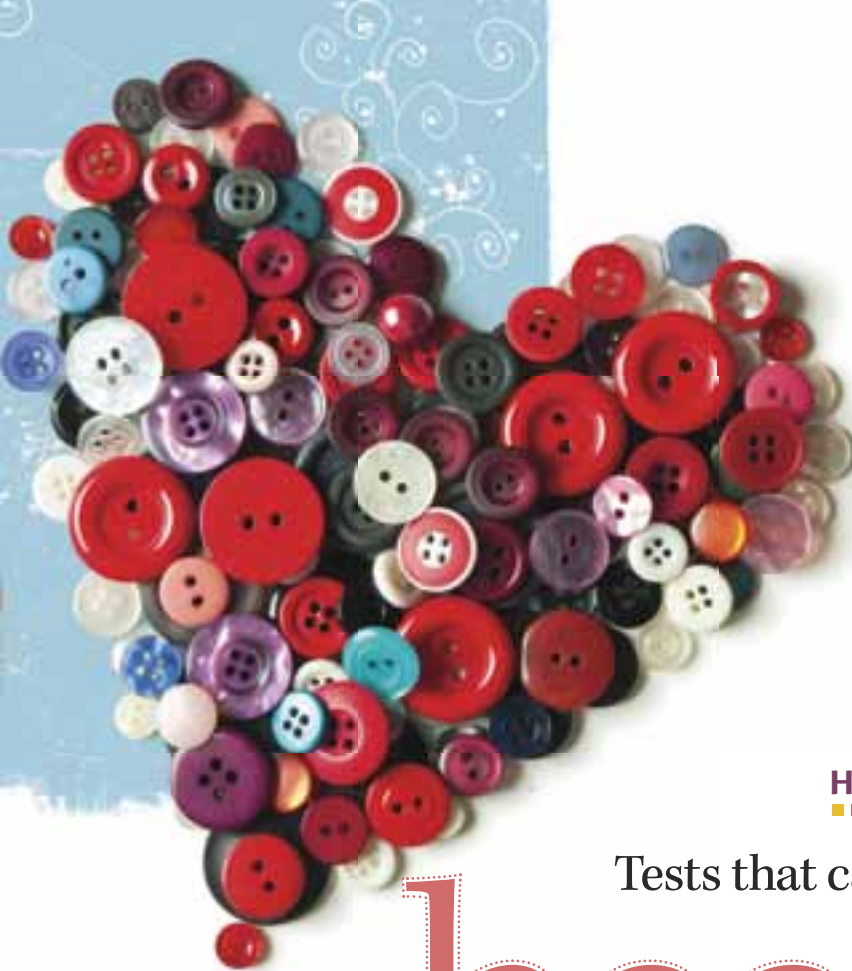
To learn more about BMH cardiologists, call Beaufort Memorial’s Doctor Referral Service.



Call 888-522-5585.



In order to get a complete picture of your heart's health, your doctor might want you to have two or more tests.



## DIAGNOSING HEART DISEASE

Tests that can get to the

# heart of the matter

**HEART DISEASE** is a big deal. For many of us, it's the No. 1 threat to our health.

So if your doctor thinks you're at risk for the disease—or that you already have it—chances are you're going to undergo some testing, which will help determine if you need treatment.

No solitary test can tell your doctor whether or not you have heart disease. In order to get a complete picture of your heart's health, your doctor might want you to have two or more tests.

If that makes you a little apprehensive, maybe this will help you breathe a bit easier: Most of the tests for diagnosing and evaluating heart disease are painless. In fact, many of them don't require even a needle stick in your arm. But each one you undergo is like a puzzle piece, giving your doctor more information to guide your treatment.

Here are some common tests used to diagnose heart disease, followed by a brief description of how and why each test is done. The information comes from several groups, including the American Heart Association (AHA); the National Heart, Lung, and Blood Institute; and the Centers for Disease Control and Prevention.

Of course, the most important source of information is your doctor. Each step of the way, you can ask him or her questions about the benefits and risks any test holds for you.

### Noninvasive tests

Tests that are noninvasive don't require putting needles, dyes, tubes or other materials into your body, notes the AHA. Some frequently used ones include:



## CHEST X-RAY

**How it's done:** A technician places you in front of a machine that holds x-ray film. You are asked to hold your breath while the machine takes a radiographic picture of your chest. You might have several x-rays taken from different angles.

**What it can find:** The x-ray can give your doctor a look at your heart, lungs and bones. It can't actually see inside your heart, but it can show its shape and size. An x-ray also can show if your lungs are filling with fluid from a heart attack.

## ELECTROCARDIOGRAM (ECG OR EKG)

**How it's done:** You lie on a table. Small patches holding electrodes are put on your body to measure your heart's electrical activity. Your heartbeats show up as lines on a monitor, and they also are printed on paper.

**What it can find:** An ECG can show three major electrical signals—or waves—produced by your heart, says the AHA. Each wave represents a different part of your heartbeat. Some information your doctor can glean includes: → An abnormal heart rhythm. → Evidence of a heart attack. → Enlargement of the heart muscle. → Problems with blood flow to the heart.

## AMBULATORY ECG (HOLTER MONITORING)

**How it's done:** You wear a small recording device that measures your heart's electrical activity throughout the day. It can monitor your heart continuously or intermittently for days or months.

**What it can find:** The goal is similar to that of a resting ECG, except that this test shows how your heart works for longer periods of time and under real conditions—when you're asleep, for example.

## STRESS TEST (EXERCISE ECG)

**How it's done:** Electrode patches on your chest record your heart's activity while you exercise, usually on a treadmill. The speed and angle of the treadmill change to increase the workload on your heart. Taking this test is much like walking or jogging briskly, according to the AHA.

**What it can find:** A stress ECG tells your doctor how your heart handles workloads.

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Continued from page 11

It can help your doctor find out why you have chest pain, assess your risk for a heart attack or determine a level of exercise that is safe for you.

### ECHOCARDIOGRAPHY

**How it's done:** As you lie on a table, a technician moves a handheld probe over your chest. The probe uses sound waves to make a video record of your heart at work.

**What it can find:** Your doctor is able to see your heart's size and shape, plus how well blood pumps through it with every beat. The test can reveal problems with heart valves and whether part of your heart muscle is weak.

### Invasive tests

Some of these tests require only a quick needle stick. Others—like transesophageal echocardiography—use special probes and can take a half-hour or more. Examples of invasive tests include:

#### BLOOD TEST

**How it's done:** A technician takes a sample of blood from a vein.

**What it can find:** Abnormal levels of certain proteins, fats and other substances in the blood can be a sign of heart disease. Some blood tests also can confirm that you've had a heart attack—or suggest that you are at risk for one.

#### THALLIUM STRESS TEST (MYOCARDIAL PERFUSION IMAGING)

**How it's done:** A small amount of a radioactive dye (thallium) is injected into your arm as you exercise on a treadmill. A special camera takes pictures as the

dye moves through your bloodstream and into your heart. This test is much like a stress ECG but with images, says the AHA.

**What it can find:** The thallium test measures the blood supply to different parts of your heart. If an area isn't getting enough blood, that can indicate atherosclerosis—narrowing of the arteries due to fatty plaque buildup.

#### CARDIAC CATHETERIZATION

**How it's done:** Several procedures fall into this group, says the AHA. In general, a thin tube (catheter) is inserted into an artery in your groin or arm. The catheter is then threaded into your heart and surrounding arteries. A dye may be injected to better view heart function and blood flow. Most procedures are done in the hospital.

**What it can find:** Catheterization is one of the most valuable tests for diagnosing heart disease, says the AHA. It lets your doctor measure blood pressure or take blood samples within the heart itself. It can find blockages in the arteries.

#### TRANSESOPHAGEAL ECHOCARDIOGRAPHY (TEE)

**How it's done:** As you lie on a table, a technician guides a tube down your throat and into your esophagus. A probe at the end of the tube uses high-frequency sound waves to produce an ultrasound image of your heart.

**What it can find:** Similar to noninvasive echocardiography, this test offers a closer detailed look at your heart's structure and function, says the AHA.

## When testing is done

The results of your tests for heart disease will help your doctor decide your course of treatment.

He or she might suggest lifestyle changes that can help your heart, such as quitting smoking, switching to a heart-healthy diet or increasing your exercise. You might be given medication to lower blood pressure or cholesterol levels. If testing finds a blockage in an artery, you might need a surgical procedure to reopen it.

Don't hesitate to ask your doctor questions about any test you have or what the results mean for your health and heart.

Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute



# What women want

The da Vinci system gives doctors technology for smaller incisions and faster recovery

**AFTER USING BMH FOUNDATION** funds to help purchase the da Vinci Surgical System last year, BMH became one of eight South Carolina hospitals to offer the sophisticated new technology. BMH is currently the only hospital in the region using the robotic, computer-assisted system to perform minimally invasive gynecologic surgeries, including hysterectomies.

Six BMH gynecologists took time away from their busy practices to receive training with the new technology, and they are thrilled with the results—as are the more than 150 area women who underwent surgery with this new technology.

“It was phenomenal,” says Kathleen Linn, who had a hysterectomy with the da Vinci system. “I would strongly recommend it. I was tired of being incapacitated, but I wouldn’t have had the kind of hysterectomy my sister had. The recovery time is just too long.”

### Small incisions, big benefits

The da Vinci system allows physicians to perform operations through tiny incisions, resulting in very small scars, reduced pain, fewer complications and early mobility. Most hysterectomy patients walk out of the hospital within 24 hours of the procedure, and doctors report that patients are fully back to their lives within a few weeks.

“That’s a far cry from the old days when hysterectomies were major surgery and meant four to six weeks in bed,” says Ardra Davis-Tolbert, MD, chair of BMH’s Obstetrics/Gynecology (OB/GYN) Department. “It’s nice to be able to offer our patients such an attractive alternative.”

### Precision movement

Robot-assisted surgery enables the physician to achieve maximum accuracy and



Kathleen Linn didn’t want the weeks of recovery often associated with major surgery, so she chose to have surgery at BMH with the da Vinci Surgical System.

delicate movement. The da Vinci system provides surgeons with enhanced visualization—including high-definition, 3-D, magnified views of the surgical site. While sitting at a console approximately 5 feet from the patient, the surgeon controls the system, which translates his or her hand movements into smaller, more precise movements of tiny instruments inside the patient’s body.

“It’s an incredible advancement,” says Patricia Thompson, MD, a physician with Beaufort OB/GYN who sees patients at Beaufort Memorial Bluffton Medical Services at Westbury Park. “The da Vinci allows the surgeon to be so much more precise. The images are in 3-D, so it’s as if you’re looking right inside the patient. It’s the next step for laparoscopic surgeries.”

In addition to Drs. Davis-Tolbert and Thompson, Allahna Coggins, MD; Randall Royal, MD; Claude Tolbert, MD; and Glenn Werner, MD, perform gynecologic surgery with the da Vinci system.

## The debut of da Vinci

Learn more about Beaufort Memorial Hospital’s da Vinci Surgical System.

 **Go to**  
[www.bmhsc.org](http://www.bmhsc.org)



# Smarter blood use benefits everyone

**SAVING LIVES** For more information about Beaufort Memorial Hospital's Blood Conservation Program, call Coordinator Terry Libby, RN, at 843-522-5293 or visit [www.bmhsc.org](http://www.bmhsc.org) and click on "Our Services" then "Blood Conservation Program." If you would like to donate blood, call The Blood Alliance at 866-500-4749 or visit [www.igiveblood.com](http://www.igiveblood.com).

**THANKS** to the progressive thinking of Brad Collins, MD, BMH laboratory medical director, concerns about having inadequate blood supplies or inappropriate use of blood are a thing of the past.

Shortly after returning to his hometown of Beaufort from Greenville, Dr. Collins could see the mounting difficulties small communities were facing with blood shortages. Depending on the Red Cross for the hospital's blood supply caused concern during national shortages. It was only natural for organizations like the Red Cross to provide the blood it had to larger communities with greater need.

"In Greenville, our hospital system used a local, community blood source," Dr. Collins says. "People in our community knew it was up to them to give blood, and they willingly took on that responsibility. I knew the people in Beaufort would do the same if they were given the opportunity."

And they have.

In 2002, BMH partnered with The Blood Alliance, based in Jacksonville, Fla. Since starting as an independent, community blood provider in the early 1940s, The Blood Alliance has grown to include donor sites along coastal Florida, Georgia and South Carolina. Today, because of the selflessness of area residents, BMH now receives a steady blood supply for its patients—at a lower cost.

### Conserving blood use

For years, blood transfusions have been fairly routine treatments for trauma patients, as well as for cancer, surgical and other hospital patients. More than 30 million blood products are transfused in the U.S. each year. However, the widely used procedure's fall from grace has been triggered by mounting evidence that transfusions can pose serious risks to patients and are often medically unnecessary.

Recently, a handful of medical centers around the country, in collaboration with federal agencies, began a pilot program to track adverse reactions to blood transfusions. Last year, infections, allergic reactions and other complications from blood transfusions resulted in at least 46 deaths in the U.S.

A growing number of hospitals, including healthcare leaders Johns Hopkins, Cleveland Clinic and Duke University Medical Center, have started blood conservation programs aimed at limiting transfusions to life-threatening cases. A little over two years ago, BMH joined their ranks.

"It's now clear transfusing patients does not necessarily result in better outcomes," says Dr. Collins, a proponent of stricter blood management. "A transfusion is like a transplant. You're introducing a foreign substance from another human being into a person's body, and the natural reaction is for the body to reject it."

**Exploring alternatives.** Dr. Collins collaborated with hospital administrators to get BMH on the forefront of the blood

conservation movement. In May 2008, the hospital initiated its own program, making it the first healthcare provider in the region to offer a set of comprehensive strategies and tools that can be used as alternatives to donor blood transfusions. So far, the program has reduced blood usage at the hospital by 24 percent.

“It’s not about counting the number of bags we’re transfusing,” Collins says. “Our No. 1 goal is to improve patient outcomes and provide better care.”

BMH’s Blood Conservation Program offers patients alternative treatments to transfusion, including intravenous iron and synthetic hormone injections that stimulate the patient’s own red blood cell production.

“The idea is to boost your system to make your own red blood cells,” says BMH Blood Conservation Program Coordinator Terry Libby, RN, who has specialized training in blood conservation. “Your body virtually becomes its own blood bank. We help our patients rejuvenate their own blood to reduce or eliminate their risk of transfusion. These treatments can be done while in the hospital or initiated before elective surgery, especially for our total joint replacement patients and hysterectomy patients.”

**Tools of the trade.** In the operating room, BMH physicians are using a variety of blood-saving tools and techniques. Among them are laparoscopic and robotic surgery, special scalpels that reduce blood loss, and a device that collects and recycles a patient’s own blood during surgery.

Another strategy being used is micro-sampling, in which smaller-than-average blood samples are taken for lab tests. This technique can save a great deal of our patients own blood from being lost through testing.

“We use whatever is appropriate for the patient based on their medical condition,” Libby says. “When combined, these treatments and tools can have a huge effect.”

In addition to improving patient outcomes and reducing the cost of care, a more conservative approach to blood transfusions saves blood for patients who truly need it.

“Neither of these innovative programs could have been put into place without the full support of our Board, administration, doctors, staff and public,” Collins says. “Their buy-in made the programs successful.”

# Bringing home the gold

## BMH recognized for implementing high-quality care for heart disease and stroke

**BEAUFORT MEMORIAL HOSPITAL** has been recognized for achievement in using evidence-based guidelines to provide the best possible care to patients through the American Heart Association/American Stroke Association’s Get With The Guidelines program.

BMH and 814 other hospitals were featured in a special advertisement in the August America’s Best Hospitals issue of the *U.S. News & World Report* to commemorate their receipt of Get With The Guidelines Gold Performance Achievement Award. A total of 961 awards were given for achievement in coronary artery disease, stroke and heart failure treatment.

Hospitals recognized in each category achieve at least 85 percent compliance to Get With The Guidelines measures. Those achieving 85 percent compliance for 24 consecutive months receive the gold award.

Get With The Guidelines is a hospital-based quality improvement program designed to ensure that hospitals consistently care for cardiac and stroke patients while following the most up-to-date guidelines and recommendations. The program addresses coronary artery disease, heart failure and stroke. Currently more than 1,400 hospitals participate in the program.



# thank you

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Continued on page 18



- **The crowd looks on as the endowment check is presented, and BMH President and CEO Rick Toomey remarks on the generosity of our Beaufort community to support continued growth and improvement at BMH.**

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## ROTH IRA CONVERSION

# A unique opportunity to give

**WHEN THE ROTH IRA** was created in 1997, you may have found the features of the new retirement vehicle appealing, especially the tax-free growth of the account. However, you, like many others, may not have had the opportunity to benefit if your adjusted gross income exceeded \$100,000. Your only IRA option was the traditional IRA, with contribution growth tax-deferred until retirement—and then taxes must be paid on contributions plus growth.

For 2010 only, the rules have changed. Anyone may convert a traditional IRA to a Roth IRA. You may convert all or a portion of your IRA account.

### Sound too good to be true?

It's true; however, you must pay the taxes due on the traditional IRA before transferring funds into a Roth account.

Fortunately, there are charitable provisions of the tax law, as well as other considerations, that may lessen the "tax-ouch" factor and make Roth accounts a useful financial and estate-planning tool:

→ If conversion to Roth is made in 2010, you may pay half the taxes due in 2011 and pay the remainder in 2012.

→ Your current traditional IRA value may be much less today than five years ago. The reduced value will result in a lower tax bill.

→ You might consider a special gift to the BMH Foundation. If you determine that a traditional-to-Roth IRA conversion makes sense for you, you can offset your tax liability by increasing your charitable giving in 2010. How perfect is that!

"Clients that are already charitably minded have even more reason to take advantage of the new Roth IRA opportunities. Understanding your options is of utmost importance."

—Charles Tumlin, financial consultant,  
Wells Fargo Advisors, Beaufort

### Expert advice

With the help of our planned giving strategist and local professional advisors, BMH learns about opportunities like this and is happy to share them with our friends.

If you are interested, your next step is to consult your financial advisors. If converting to a Roth IRA is advantageous to you in the long run, and you decide to follow through—especially in the remaining weeks of 2010—we urge you to consider the unique charitable opportunity this may present.

For more about the BMH Foundation and how you can help, visit us at [www.bmhfoundationsc.org](http://www.bmhfoundationsc.org) or call 843-522-5774.

# thank you

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## SPIRIT OF WOMEN

# Putting you first



**BEAUFORT MEMORIAL HOSPITAL** is a member of Spirit of Women, an elite coalition of American hospitals and healthcare providers committed to high standards of excellence in women's health, education and community outreach.

Through participation in Spirit of Women activities, BMH hopes to be viewed as the regional leader in women's health education and community outreach for women and their families throughout the Lowcountry.

### What is Spirit of Women?

Spirit of Women works with hospitals to make good health easier and to help women and their families take action that results in better health. Spirit of Women standards for excellence in women's health ensure that the experience at BMH will be customized to individual healthcare needs.

### What activities are offered?

BMH chooses from a wide variety of Spirit of Women programs, which might include major educational programs with exciting community wellness events, such as Girls' Night Out; membership programs; support groups; and other creative health outreach activities. Programs are implemented throughout the country and address health topics such as menopause, cancer, incontinence, diabetes, heart disease, pregnancy and many more.

### All about women

BMH supports the ongoing celebration of women's health through Spirit of Women, because we believe that knowledge and community support are the keys to wellness. Women make nearly 80 percent of all healthcare decisions for their families, and we want those decisions to include BMH.

### How can I get involved?

We're excited to offer a Spirit of Women membership to you! By signing up you'll receive advance notice of important and fun health events, as well as regular information about healthy living.

For more information about Spirit of Women at BMH, visit our website at [www.bmhsc.org](http://www.bmhsc.org), or call the Public Relations and Marketing Department at **843-522-5171**.

### Catch the spirit!

Find out more about Spirit of Women online.



Go to [www.bmhsc.org](http://www.bmhsc.org)  
or [www.spiritofwomen.com](http://www.spiritofwomen.com).

## Spirit of Women Girls' Night Out

Indulge in your best health now

✓ **Thursday, October 14, 5:30 to 8 p.m.**,  
Lakehouse at Hampton Lake, Bluffton  
(Hosted in partnership with Hampton Lake and *Pink* magazine.)

✓ **Thursday, October 21, 5:30 to 10 p.m.**,  
Performing Arts Center, Beaufort  
Indulge in food, fellowship and a screening of a favorite chick flick.

Go to [www.bmhsc.org/spiritofwomen](http://www.bmhsc.org/spiritofwomen) for more information.

*Spirit of*  
**Women**