TO SERVE YOU BETTER
New patient rooms and technology enhance hospital expansion

TIME IS OF THE ESSENCE
ER Medical Director discusses wait-time notification and triage

Above the Curve
Bariatric surgery and patient support form a winning combination
WE’RE EXPANDING TO SERVE YOU BETTER

Capital Regional Medical Center an opportunity to bring 100 new high-quality jobs to the community. The hospital administration and staff are particularly proud of the new technology on the eighth floor. The aesthetics on the new eighth floor are also outstanding. Because CRMC is the tallest hospital in Tallahassee, patients and visitors can now see over the tree line and the beautiful view. From a patient room or the common area, as you look toward the west, you can see the Capitol, downtown and the university.

The new seventh floor houses mechanical equipment, with half the floor available for future build-out. It’s all part of CRMC’s plan to meet the growing health care needs of Capitol, downtown and the university.

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Trust your health to the Capital Regional network of care. Our highly skilled hospital staff, physicians, surgeons and cancer care associates provide top-quality health care, offering the latest technological advances, right here in the Big Bend region.

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News+Notes

CURRENT EVENTS AT CRMC

Put Your Best Foot Forward

Identifying and Preventing Common Foot Problems

The next time you think about putting on those flip-flops, ballet flats, ballet flats or cowboy boots, think twice. After all, most foot deformities, including hammertoes, heel pain, bunions and plantar fasciitis are caused by wearing shoes that are bad for our feet.

Take the new, popular minimalist running shoes. “Many people say that regular running shoes give people too much support and cushion,” says Kevin Derickson, DPM, a podiatric specialist at Capital Regional Medical Group. “If you can run like that with no problems, it’s fine.” He says, “if you start to feel foot or heel pain, however, that’s telling you that, biomechanically, you’re at risk of heel pain and stress fracture and you need more support.

When you consider that the foot is made up of 29 bones connected to joints, tendons, muscles and ligaments, it’s not surprising that things can go wrong—and lead to mobility problems that affect our daily lives.

“We see a lot of bunions,” says Dr. Derickson. “There are soft tissue enlargements at the base of the big toe that look like a bone is sticking out, but they’re actually structural deformities. Wearing wider shoes or shoes that offer more support can help slow the progression, but surgery is needed to actually correct the problem.”

Dr. Derickson also cautions about complications of diabetes that manifest themselves in the foot. “This can be very dangerous,” he says. “In fact, diabetes is the leading cause of non-traumatic lower-limb amputation. These complications can be prevented with proper foot care. With help from your podiatrist, you can manage the effects of the disease on your feet.”

Your Physicians

Brian Cook, President and CEO of Capital Regional Medical Center (CRMC), is pleased to announce the official opening of the new seventh and eighth floors. The official ribbon-cutting ceremony on Feb. 13, 2013, offered local media and the public the first opportunity to view this significant expansion of the physical facilities and skilled nursing care.

The new expansion represents the culmination of a yearlong, $15 million project, which adds 45,000 square feet, 44 all-private rooms, and the latest in health care technology and ergonomic design to the facility. It also offers Capital Regional Medical Center an opportunity to bring 100 new high-quality jobs to the community.

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Our Physicians

Dr. Murphy is accepting new patients and accepts CHIP and most other insurances.

His services include:
• Routine physical exams
• Treatment of chronic illnesses, such as high blood pressure & diabetes
• Treatment of minor illnesses & injuries
• Flu & pneumonia vaccinations
• Preventive care & health education
• Specialty referrals

Call Capital Regional Medical Group for an appointment or more information: 1-800-278-8231

Patients having surgical procedures at Capital Regional Medical Center now have one more way to keep family and friends updated on their progress—a newly introduced Internet-based service called SurgiTrak. SurgiTrak can send updates to family members and friends on a patient’s status as he or she moves through pre-op to surgery to recovery. The updates are sent via text message or email to a smartphone, tablet or any other computer or laptop with an Internet connection, allowing family and friends to get information no matter where they are located. For family and friends waiting in the hospital, SurgiTrak gives them the freedom to leave the waiting area without the worry of missing important updates on the patient’s progress.

“SurgiTrak further enhances our communication with patients and their families, and is one more way for us to improve the patient experience,” says Ann Smith, chief nursing officer.

A patient who elects to use SurgiTrak completes an enrollment form where he or she can enter the mobile phone numbers or email addresses of those who should get updates.

The information in the update is HIPAA compliant, to protect patient privacy. Updates do not include names or the type of procedure being performed. Surgery status, such as “patient in operating room” or “patient out of recovery,” is the type of information conveyed through SurgiTrak.

A NETWORK OF CARE

Capital Regional Medical Center

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WHEN NATOSHA FAUL decided to have LAP-BAND® surgery, she was ready. “I’d failed at everything else. I’d tried in the past,” she says. “And I had health issues. I hoped that getting the weight off would help those—and it has.”

At her heaviest, Natosha weighed 296 pounds. “I told myself that I would never go over 300 pounds. Now, I’m at 160.” Natosha’s surgery was performed in December 2012 by Roy Schwartz, MD, a surgeon at the Capital Regional Bariatric Center. Since then, she has achieved results that are actually better than the national average, according to Dr. Schwartz. “She’s exceeded what most other patients can do,” he says. “And she’s still losing.”

AN OUTPATIENT PROCEDURE

At the Center, LAP-BAND procedures are performed on an outpatient basis. However, to be successful, it’s important for patients to follow pre- and post-op guidelines. Becky Fanguy, RN, coordinator of the LAP-BAND program, provides patients with all the information and support they need. “Becky gave us what we call our LAP-BAND bible,” Natosha says. “It has all the information you need about what to do before the surgery and what you can eat and the steps you need to take after the surgery.”

Before the surgery, Natosha followed a 14-day program known as the “liver shrinking diet,” which is designed for patients with a higher Body Mass Index (BMI) to help reduce and firm the liver and reduce complications from the surgery. Recovery times differ. “Patients usually feel better in about a week,” says Dr. Schwartz. “My surgery was on December 25, and by Christmas Day, I actually felt well enough to be up and about,” says Faul.

“LAP-BAND surgery accomplishes two important things,” says Dr. Schwartz. “It limits the amount of food you can eat at a particular time. It gives you a feeling of fullness quicker and you feel full longer.” We also provide the follow-up and support you need to help with behavior modification.”

Following her surgery, Natosha began follow-up visits every month, then every three months. Today, she checks in with Dr. Schwartz every six months. “I just saw her and she looks great,” he says. “She’s smiling from ear to ear.”

LIFE AFTER LAP-BAND

Today, Natosha, a 38-year-old mother of a teenage daughter, is enjoying her life and her job with the Florida Department of Juvenile Justice. “I love my job and the people I work with,” she says. “My daughter is thrilled, too. She can’t believe the change.”

In fact, Natosha’s life is truly changing. Recently divorced, she’s already been on a few dates. “My confidence level is amazing. While it’s weird being back on the dating scene after 15 years of marriage, I don’t think I would have been comfortable enough to do it if I were still heavy.”

So, what is Natosha’s advice to those thinking about LAP-BAND surgery? “You have to have the right mindset,” she says. “If you don’t, it won’t work. As for me, I was at a point in my life when I was ready to change. I just didn’t want to be fat anymore.”

Going with the Flow CRMC now offers lymphedema services

SOME PATIENTS, particularly those who have undergone surgery on their lymph nodes or radiation treatment for cancer, experience a troublesome side effect: lymphedema. As part of the functioning immune system, lymph fluid normally increases and decreases in response to injury or infection. But when lymphedema occurs, the lymph fluid does not drain away and causes painful swelling in one or more limbs.

Fortunately, there is an effective, hands-on remedy. Danielle Brewer, PT, a certified lymphedema specialist who works at Capital Regional Medical Center, performs manual lymph drainage—a specialized form of massage—on lymphedema patients, which helps move fluids back toward the body’s core.

This specialized decongestive therapy has several components.

1. The Bariatric Program at Capital Regional Medical Center offers free LAP-BAND information seminars on the third Thursday of every month. To register for a seminar, call 850-325-3627 or visit CapitalRegionalMedicalCenter.com

2. To learn more about lymphedema treatment, please call 850-325-5097 or visit CapitalRegionalMedicalCenter.com

I told myself

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NATOSHA FAUL, patient, Capital Regional Medical Center

First, Brewer uses directed massage to clear fluid from the truncal region, evacuating the area in preparation for the second step in the process, moving fluid from the lower limbs toward the trunk. “I use light pressure during treatment. It’s actually very relaxing,” says Brewer.

Patients are then measured for a compression garment to wear during the day and bandages for nighttime to keep the affected limb at the proper size. In addition, Brewer encourages patients to exercise as much as possible to keep the fluids moving and provides education so patients can manage their lymphedema independently.
A Better Option for Hysterectomy
Robotic procedures offer quicker recovery, less pain

HystereCtomy, which is the surgical removal of the uterus, is one of the most common surgical procedures performed on women and is used to treat such conditions as tumors, uterine fibroids, and contaminated wounds caused by other medical procedures. Traditional hysterectomies are performed through abdominal incision, which requires a long and painful recovery, with up to eight weeks of downtime and significant pain from the incision. Robotic hysterectomy offers women an alternative, with less pain and considerably shorter recovery times.

Michael Douso, MD, FACOG, who practices with Capital Regional Women’s Health, has been performing robotic hysterectomies since 2005. A specialist in gynecology and urogynecology, Dr. Douso teaches robotic surgical techniques to physicians across the country. “Robotic hysterectomy is a minimally invasive option that offers tremendous advantages to both women and their physicians,” says Dr. Douso. In addition to robotics, Dr. Douso and his colleagues also perform minimally invasive laparoscopic hysterectomies and pelvic floor prolapse repair, and provide a host of other gynecologic surgical services.

“Robotic hysterectomy differs from traditional hysterectomy in that surgeons operate through three small holes in the abdomen, roughly half an inch long,” explains Dr. Douso. “Thin robotic arms are inserted into these holes, and instruments at the end of the arms mimic the movements of the surgeon, which offers a precision that cannot be achieved in a traditional, open hysterectomy.” Further, “the robot gives the operator enhanced, 3-D vision that is magnified and in high definition, which enhances the surgeon’s field of view and dexterity,” Dr. Douso explains, adding that these are incredible advantages for the surgeon in terms of precision.

The advantages to the patient are even more numerous. According to Dr. Douso, minimally invasive techniques lend themselves well to outpatient surgery, where the recovery is much faster. “With robotic hysterectomy, we see patients getting back to their normal activities within two weeks, and there are far fewer complications. Wound infections are very common with traditional hysterectomy, whereas there is a near-zero infection rate with laparoscopic or robotic hysterectomy,” says Dr. Douso. He also explains that about two-thirds of the pain comes from the large wound created in traditional hysterectomies. With the much smaller incisions, there is less pain, as well as a much quicker return to normal activity. “This faster healing time is significant for the patient.”

While robotic hysterectomy carries some risk (as does any surgical procedure) and may not be indicated for all cases, Dr. Douso believes that its many benefits outweigh any of the possible downsides. “Science and technology are moving steadily forward in this department,” he says. “Patients should always opt for any minimally invasive approach to any surgery, and they should seek out experienced, trained surgeons to provide that surgery.”

To learn more about gynecological surgery, please call 850-877-5589 or visit us at capitalregionalw.com.

Michael Douso, MD, FACOG, specialist in gynecology, urogynecology, pelvic floor reconstruction and minimally invasive surgery. He is chairman of the Department of Minimally Invasive Surgery at the Capital Medical Regional Center. He is a nationally recognized surgeon for surgeons engaged in the study of minimally invasive surgery, pelvic floor reconstruction and minimally invasive surgery. He is a nationally recognized surgeon for surgeons engaged in the study of minimally invasive surgery.

W hen ahealth emergency happens, it’s critical that we get the best possible care in the quickest possible time frame. In this interview, James Calabro, MD, medical director of the emergency department, explains how and why Capital Regional Medical Center’s triage and wait-time notification system benefits patients.

Q: Capital Regional Medical Center has the shortest emergency room wait times in town. How do these shorter wait times affect the quality of care patients receive?
A: Shorter wait times improve communication between the parent and the physician. When a patient comes in and is in a state of mind where he or she can tell you exactly what’s going on—that’s huge. If someone has been sitting in the waiting room for hours before seeing a doctor, he or she is not exactly thinking about his or her medical condition anymore—he or she is frustrated and thinking about the long wait.

Q: What is the value of being seen quickly?
A: While robotic hysterectomy carries some risk (as does any surgical procedure) and may not be indicated for all cases, Dr. Douso believes that its many benefits outweigh any of the possible downsides. Science and technology are moving steadily forward in this department,” he says. “Patients should always opt for any minimally invasive approach to any surgery, and they should seek out experienced, trained surgeons to provide that surgery.”

Q: What is Express Care and how does it benefit patients?
A: We take urgent but non-emergent patients out of the main ER and send them to Express Care, a division of the Capital Regional Emergency Department designed to treat problems such as sprains, fractures, flu and respiratory infections. By separating these day-to-day aches and pains from more acute medical emergencies such as heart attack or stroke, we are able to better allocate our resources to serve patients as efficiently as possible.

Additionally, we separate our pediatric patients by sending them to our Pediatric Emergency Department, which is a specialized area just for kids to keep them from seeing possibly upsetting injuries or adults in psychological states that might make a child more anxious about care. Our Pediatric Emergency Department provides a psychologically safer environment to build trust between the patient, doctor and patient, and puts parents at ease as well.

Medical Director James Calabro, MD, on lifesaving care in a minute matters.
WITH **INotify** OUR ER WILL BE READY FOR YOU BEFORE YOU ARRIVE

IF ADMITTED, WE ARE THE ONLY HOSPITAL WITH All Private Rooms

Text “ER” to 23000 to Find Out the Current Average Wait Time

At Capital Regional, we’re helping patients connect with our two ERs in Tallahassee and Gadsden County. Just download the free iTriage app to your smartphone, and use the iNotify feature to let us know when you’re on the way to one of our ERs and what your symptoms are. iNotify allows you to send us the information we need so we’re ready for you even before you arrive.

The iNotify feature is exclusively with Capital Regional’s two ERs. And remember, Capital Regional has the shortest ER wait times in the area.