

# Healthy Horizons

A GUIDE TO YOUR HEALTHY LIFE

FALL 2018

## Open Bore MRI at Huggins Confidence, Comfort and Commitment

Huggins is pleased to announce that the remarkable benefits of our new Open Bore MRI system are now available to our community and that we've added Saturday services for your convenience.

### What exactly is Open Bore MRI?

While MRI (magnetic resonance imaging) has been around for some time and has delivered remarkable advances to medicine, the technology has not been without its challenges. Generating crisp 3-D images of the body without radiation has helped clinicians to better and more safely detect and diagnose all sorts of diseases. Yet to provide highly detailed images, the opening on most MRI systems had to be narrow, which presented problems for both larger patients and those suffering from claustrophobia or anxiety. This eliminated a considerable number of people as MRI candidates.

Open MRI technology followed, providing more room for those being scanned, but the larger spaces reduced the image quality physicians needed. Recent advancements have erased the need for compromise.

Huggins' new Open Bore MRI brings improved diagnostic capabilities and patient comfort together in one remarkable

system. Thanks to its magnetic strength (capable of scanning many types of implants and stents by adjusting the imaging protocols, something previous MRI units could not do), the Open Bore MRI delivers faster scan times and significantly enhanced image quality, which allows our clinicians to diagnose more quickly and with increased **confidence**. It also allows more people to have MRI imaging who may not have been a candidate in the past.

Patient **comfort** is enhanced significantly as well. Open Bore MRI allows as much as 12 inches of headroom to accommodate larger patients and provides a more relaxed environment for those who are claustrophobic or uncomfortable in tight spaces.

Delivering the benefits of our new Open Bore MRI and expanding services to include Saturday are further examples of Huggins' **commitment** to your health and wellbeing. If you need to schedule an MRI, please call Huggins Hospital at 603.569.7547.



## Huggins Hospital offers *Telestroke and Teleneurology Services* through GraniteOne Health Affiliation

Every minute counts during a stroke. In a rural community, minutes multiply quickly with the time it takes to travel long distances. In an initiative with fellow GraniteOne Health members, Huggins Hospital now offers life-saving telestroke services in the Emergency Department. This new service builds upon the strength of the hospital's existing stroke program to bring even more specialized care directly to our communities.

Telestroke is a telehealth service that allows remote consults with neurologists. This service provides patients with specialized, time-sensitive stroke treatments faster, greatly affecting positive outcomes.

During a stroke, blood-thinning drugs and surgery can prevent traumatic brain injury, but doctors and emergency personnel must act fast. A life-saving procedure called a clot retrieval, for instance, is only effective within about eight hours of a stroke's onset. A drug called tPA, which dissolves stroke-inducing blood clots, must start acting within about four hours.

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Please e-mail [askhuggins@hugginshospital.org](mailto:askhuggins@hugginshospital.org) or call 603.515.2073 with any questions or feedback. You can find an electronic version of *Healthy Horizons* online at [www.hugginshospital.org](http://www.hugginshospital.org).



## A Message from Huggins Hospital's *President & CEO Jeremy Roberge, CPA*

In our last Healthy Horizons community magazine, I wrote about our anticipated growth and continued financial strength. I am happy to announce that we are already experiencing that anticipated growth. Our growth is rapid and reassuring. It is clear evidence of our strategic focus and our operational fortitude.

Our vision is to be the community's home for health and wellbeing. In working toward this vision, we have grown resources in Telehealth, Primary Care, Pediatrics, Community Health, and the Surgical, Vascular and Orthopedic service lines. Through our GraniteOne Health affiliation with Catholic Medical Center in Manchester and Monadnock Community Hospital in Peterborough, we have plans to bring even more services to our local community to include Gastroenterology coming later this fall.

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A Message from Huggins Hospital’s **President & CEO Jeremy Roberge, CPA** *(continued from cover)*

With this rapid growth, we are looking for patient-focused employees who are competent, committed and team-oriented to join our Huggins Family. We have been named one of the Best and Brightest Companies to Work For in the Nation for the third year in a row and we find fulfillment and joy in the work we do (see our picture on page 4). We are dedicated to our work and our community. It is this dedication and your support that will keep Huggins Hospital strong into the future.

Thank you for your support and thank you to our donors, such as The J. Willard & Alice S. Marriott Foundation, for recognizing the importance of our mission to empower the fulfillment of life through better health.



Huggins Hospital offers **Telestroke and Teleneurology Services** through GraniteOne Health Affiliation *(continued from cover)*

Prior to telestroke services, Huggins Hospital Emergency Department physicians had to call other healthcare facilities to find an available neurologist if a consultation was needed. With telestroke services provided by a group called TeleSpecialists, a neurologist can be on the telehealth screen and waiting, even before a patient arrives via ambulance.

“This service will improve access to stroke specialists in our community,” said Huggins Hospital’s Chief Medical Officer John Boornazian, MD. “Adding a consultation with a neurologist—even through a computer screen—creates a more advanced and timely system of care.”

The GraniteOne Health telehealth initiative also includes teleneurology, a service that currently provides access to a neurologist for the care of Huggins Hospital inpatients and emergency patients. Telehealth programs, such as telestroke and teleneurology, help fill the care gap in rural communities by supporting hospital staff through audio and video technology. The services are not intended to replace hands-on care, but to provide an additional

communication tool for medical staff via real-time technology.

Telehealth is one of the partnership initiatives of GraniteOne Health. Catholic Medical Center, Huggins Hospital and Monadnock Community Hospital are working together to improve access to high-quality care and a seamless patient experience for Granite Staters.

**About GraniteOne Health**

GraniteOne Health is a non-profit, New Hampshire-based healthcare system consisting of Catholic Medical Center in Manchester, Huggins Hospital in Wolfeboro, and Monadnock Community Hospital in Peterborough. GraniteOne Health draws on the resources and expertise of these strong, trusted hospitals to enhance collaboration, strengthen clinical partnerships and meet the health needs of our communities by providing greater access to high-quality care and a seamless patient experience.

Huggins Hospital receives **\$1 Million Grant** from **The J. Willard & Alice S. Marriott Foundation**

Huggins Hospital announced this week a grant matching the largest ever awarded in its 111-year history: a \$1 million grant from The J. Willard & Alice S. Marriott Foundation to support a new single-platform Electronic Medical Record (EMR) system across all of Huggins Hospital’s service areas. This important gift will help Huggins Hospital upgrade its nearly 20-year-old medical records platform to AllScripts, an advanced, streamlined and efficient EMR system. Huggins Hospital is implementing the AllScripts EMR system along with GraniteOne Health partner Catholic Medical Center.

The J. Willard & Alice S. Marriott Foundation, located in Bethesda, MD, was established by J. Willard and Alice Sheets Marriott. In 1927, Mr. and Mrs. Marriott, partners in life and in business, founded the root beer stand that grew into a chain of restaurants, evolving to become today’s Marriott International hotel company. They believed that if you give to worthy causes or support community needs, people will be empowered and positive change will occur. The J. Willard & Alice S. Marriott Foundation is committed to sustaining vibrant, healthy communities where all people have the opportunities and means to achieve their dreams and make a positive difference in the world. Huggins

Hospital’s mission is to empower the fulfillment of life through better health. With this award from The J. Willard & Alice S. Marriott Foundation, Huggins Hospital will be able to honor the Foundation’s legacy while advancing the hospital’s mission.

“The J. Willard & Alice S. Marriott Foundation supports effective organizations that create significant, lasting change through smart and innovative responses to the needs of their community,” said Anne Gunsteens, Executive Director of The J. Willard & Alice S. Marriott Foundation. “We are pleased to award this grant in recognition of the role that Huggins Hospital serves by delivering quality health care and a strong focus on community health.”

Huggins Hospital’s President and CEO, Jeremy Roberge, says the organization was honored to have received the

**“We are extremely thankful to The J. Willard & Alice S. Marriott Foundation for their continued support of Huggins Hospital.”**

grant. The funding will make a true impact for patients, staff and the community.

“We are extremely thankful to The J. Willard & Alice S. Marriott Foundation for their continued support of Huggins Hospital,” said Roberge. “Because of the Foundation’s considerable generosity, we will be able to continue to make improvements in patient experience and patient safety.”

Patients will experience the benefits of this generous gift of The J. Willard & Alice S. Marriott Foundation. Huggins Hospital is dedicated to providing patients an improved experience through a robust, consumer-friendly, unified patient portal. With the AllScripts EMR, all Huggins Hospital and Huggins Primary Care patient information will be entered into the same system allowing a seamless transition of information, easier communication between providers and staff, and faster diagnostic results reporting.

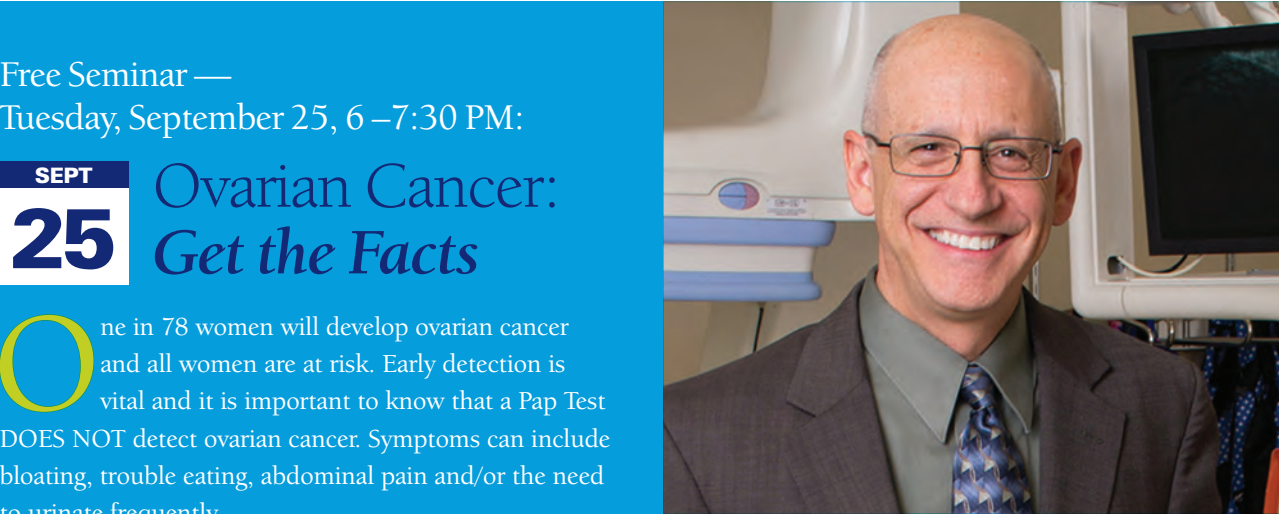
If you’d like to learn how you can support Huggins Hospital, please contact Development Officer Cheryl Kimball at [ckimball@hugginshospital.org](mailto:ckimball@hugginshospital.org) or call 603.515.2089.

Free Seminar —  
Tuesday, September 25, 6 – 7:30 PM:

**SEPT 25** **Ovarian Cancer: Get the Facts**

One in 78 women will develop ovarian cancer and all women are at risk. Early detection is vital and it is important to know that a Pap Test DOES NOT detect ovarian cancer. Symptoms can include bloating, trouble eating, abdominal pain and/or the need to urinate frequently.

Join **Joseph Pepe, MD, CEO** of GraniteOne Health and Catholic Medical Center, to learn more about early detection, risks and treatment. Dr. Pepe will visit Huggins Hospital for this free seminar on Tuesday, September 25 from 6 – 7:30 PM. Don’t miss this opportunity to learn how to recognize symptoms and how to help increase awareness about ovarian cancer.



**Huggins Hospital Medical Arts Education Center**  
**240 South Main Street,**  
**Wolfeboro, New Hampshire**  
**Register online at [HugginsEvents.org](http://HugginsEvents.org)**  
**or by calling 603.515.2073.**

Free Seminar—Thursday, October 25, 6:00PM

**OCT 25** **Concussion Discussion: What you need to know**

According to the Brain Injury Research Institute, concussions are one of the most common human injuries, with an estimated 1.6 to 3.8 million occurring in the United States alone each year.

On Oct. 25 at 6 PM, Pediatric Nurse Practitioner Deb Stone, MS, APRN, PNP-C, PMHCS, will give a presentation about concussions and how to properly treat them.

Stone will talk about what happens in the brain during a concussion, the symptoms, and when it is okay to return to normal physical activity. There will also be a Q & A session at the end of the presentation.

The event will be held in the Medical Arts Education Center at Huggins Hospital.

To register for the event, visit [HugginsEvents.org](http://HugginsEvents.org) or call 603.515.2073.

# Susan Thievon receives Roy B. Carder Service Excellence Award for 2018

Huggins Hospital Nurse Practitioner Susan Thievon is the 2018 recipient of the Huggins Hospital Board of Trustees' Roy B. Carder Service Excellence Award. The award is named in honor of the late Roy B. Carder, who dedicated his energy, time and talents as a member of Huggins Hospital's Board of Trustees. It recognizes an employee who personifies the best of the best, every day.

Thievon was chosen by the Board of Trustees because of her outstanding leadership qualities. She is a strong role model and takes initiative to make improvements, especially in the area of patient care. Susan received nominations from patients who highlighted her

exceptional compassion in treating them. Huggins employees nominated Susan because of her willingness to always go above and beyond for the care of her patients.

"I am sincerely honored to receive this award," Thievon said. "I know that I could not do the work I do without the help of many others around me. Huggins Hospital is striving to provide high-quality healthcare and I am grateful to know that I can contribute to this effort."

Thievon is the fourth recipient of the award, following past recipients including Staff Pharmacist Garry Simons, Education Coordinator Debra Simone, RN, BSN, and Operating Room Clinical Coordinator Stacey Heath, RN, CNOR.



Huggins Hospital Board of Trustees Chair John J. Daigneault (left), stands with the 2018 Roy B. Carder Award recipient Susan Thievon, APRN (center right), along with Huggins Hospital's President & CEO Jeremy Roberge and Huggins Hospital Trustee Kathy Barnard.

# Heroes Gala Raises Money for Emergency Services at Huggins Hospital

Huggins Hospital raised over \$27,000 during a fun-filled Heroes Gala held July 12th aboard the M/S Mount Washington. The event honored local first responders and raised funds for Huggins Hospital's Emergency Services.

A special Fund-in-Need part of the live auction raised funds to buy a Prime Electric Big Wheel Stryker stretcher for the hospital's Emergency Department. The stretcher, designed to reduce physical strain on caregivers and enhance the comfort of the patient, saves time during treatment. The stretcher comes with special features such as a built-in weight scale—a critical tool for the treatment of stroke patients when every second counts (read more in the Telehealth story on page 1).

"As we move forward in our GraniteOne Health affiliation and bring more services such as telestroke to our community, it is imperative we have the support systems in place," said Monika O'Clair, Huggins Hospital's Vice President of Strategy & Community Relations. "We truly appreciate everyone who supported our Heroes Gala—in person and through sponsorships—allowing us to purchase life-saving equipment and support emergency services for all of us who live and visit the beautiful Eastern Lakes Region."

Huggins Hospital's Board of Trustees and Leadership Team provided the impetus for the Fund-in-Need with donations that accounted for more than half of what was raised. The main sponsors of the Gala were Catholic Medical Center, CGI Business Solutions and Anthem BlueCross BlueShield of NH.



STARTING  
OCT  
23

## Quitting Smoking isn't easy— but it's easier with the right help

As part of its mission to empower the fulfillment of life through better health, Huggins Hospital will offer The American Lung Association's Freedom From Smoking® program this fall.

Classes begin on Oct. 23 and will be held every Tuesday for seven weeks in the Medical Arts Education Center from 6-7:30 PM. There will be an additional class on Thursday, Nov. 15 to celebrate the American Cancer Society's Great American Smokeout event.

The class will be taught by Certified Freedom From Smoking® Facilitator Susan Parker, a registered nurse and certified respiratory therapist at Huggins Hospital.

The American Lung Association's Freedom From Smoking® program gives you options, resources and support to quit for good. Freedom From Smoking® helps you develop a plan of action that leads to your quit-day. You'll also get the support you need to remain smoke-free for life!

### What You'll Learn:

- How to know if you're ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit-day
- Coping strategies for managing stress and avoiding weight gain
- Developing a new self-image
- How to stay smoke-free for good

The program's \$50 fee may be reimbursable by your insurance company. For more information about the program or to register, please contact Susan Parker at [sparker@hugginshospital.org](mailto:sparker@hugginshospital.org) or by calling 603.569.7567.

**Scheduled Dates (classes 6-7:30 PM) include Oct. 23, 30; Nov. 6, 13, 15, 20, 27; Dec. 4.**



# Drive-thru Flu Shots— keeping our community healthy

Looking for a healthier drive-thru? Well, roll down your window and roll up your sleeves! Huggins Hospital in Wolfeboro will once again offer a FREE Drive-thru Flu Shot Clinic for adults on October 16 and 18. Huggins Hospital staff will be available outside the hospital's main entrance to administer the flu shot for free to anyone who drives up.

Keep you and your family protected and supersize your health during the Drive-thru Flu Shot Clinic. The Drive-thru will be open Tuesday, October 16 from 10 AM to 2 PM and Thursday, October 18 from 2 to 6 PM. The event was created to make it easier for our community to stay healthy as flu season creeps into the region. When you care for and work with the elderly, the young, or those with pre-existing conditions or illnesses, you can help them live a longer, healthier life by helping to prevent the flu.



OCT  
**16**

**Tuesday, October 16**  
10AM - 2PM

OCT  
**18**

**Thursday, October 18**  
2PM - 6PM

## We enjoy what we do, **and it shows!**



*Say Hello to Our Medical Staff at Huggins Hospital!*