

Healthy Connections



Rutland Regional Medical Center
An Affiliate of Rutland Regional Health Services

HIGH-TECH CARE...HOMETOWN TOUCH

WINTER 2011



When it comes to care, experience counts

**Our women's healthcare team has been caring
for patients for more than a century**

Rutland Regional Women's Healthcare (RRWH) is here to provide Rutland and its surrounding communities with the best possible obstetrical, gynecological, gynecologic oncology and high-risk care. We provide quality patient care, promote positive clinical outcomes and ensure optimal healthcare for women in our community.

The physicians at RRWH have more than 100 years of combined service. Our team of physicians, nurses and collaborating office staff ensure consistent quality care and a standard of excellent service.

To make an appointment, call **802.773.7777** or **802.775.1901**. Our office is located at 147 Allen St. in Rutland. ●

> Our OB/GYN physician team

- > **Mary Beerworth, MD, FACOG**,
23 years of service
- > **Daniel Foley, MD, FACOG**,
27 years of service
- > **Patrick Keenan, MD, FACOG**,
33 years of service
- > **Robin Leight, MD, FACOG**,
18 years of service

> Services provided

- obstetrics
- pre-conception counseling
- pregnancy confirmation
- prenatal care
- genetics and high-risk obstetrical referrals
- childbirth education
- natural childbirth planning
- gynecology
- annual exams
- Pap tests
- HPV testing/HPV vaccination (Gardasil)
- STD testing
- work up and treatment of abnormal Pap tests (colposcopy/LEEP)
- work up and treatment of abnormal vaginal bleeding
- contraception
- infertility work up
- menopause work up
- minimally invasive surgery for disorders of the uterus, ovaries and fallopian tubes
- other major surgical procedures of the pelvic region

Meet our Cardiologists



**BARTHOLOMEW J.
BONAZINGA, MD,
FACC**

Integrative Cardiology

8 Commons St.,
Rutland, VT 05701

802.775.0100 • Fax 802.775.4135

- > **Certification:** American Board of Internal Medicine–Cardiovascular Disease
- > **Fellow:** American College of Cardiology
- > **Medical school:** State University of New York, Downstate Medical Center, NY, 1976
- > **Internship/residency:** Miriam Hospital, Providence, RI, 1979; University of Vermont College of Medicine, 1981
- > **Faculty Member:** Clinical instructor at UVM Medical School
- > **Practice interests:** cardiac rehabilitation, enhanced external counterpulsation and preventive cardiology



**JAMES M. FITTS,
MD, PHD**

**Green Mountain
Cardiology**

6 Commons St.,
Rutland, VT 05701

802.773.1128 • Fax 802.773.8501

- > **Certification:** American Board of Internal Medicine–Echocardiography, Nuclear Cardiology, Cardiovascular Disease
- > **Medical school:** New York Medical College, Valhalla, NY, 2001
- > **Internship/residency:** Boston University Medical Center, Boston, MA, 2002; Internal medicine residency, Boston University Medical Center, Boston, MA, 2004
- > **Fellowships:** Cardiology, Dartmouth-Hitchcock Medical Center, Lebanon, NH, 2007

Our Cardiac Services: Adding muscle to affairs of the heart

Rutland Regional Medical Center provides state-of-the-art cardiology services to the community and surrounding areas beginning in the emergency department and continuing right onto our inpatient cardiovascular nursing units. When necessary, patients are referred to the cardiac catheterization laboratory (cath lab) for special procedures.

Our team of cardiologists and nurses treat cardiac emergencies such as heart attack, chest pain, heart

failure and rhythm disturbances by providing the latest technology to diagnose and treat these conditions. Our outpatient testing services provide EKGs, nuclear stress tests, echocardiograms and Holter monitor evaluations.

Our health team works with surrounding major medical centers to coordinate care in the event that further treatment is needed. In the cardiac cath lab, cardiologists work with specially trained nurses to perform diagnostic heart catheterizations. During this procedure, the heart's blood vessels and valves are visualized and information about the heart's strength is measured. In addition, permanent pacemakers, automatic implantable defibrillators and event monitors are inserted for heart rate control and to help manage rhythm disturbances. Elective cardioversions are performed when specific irregular heart rhythms need to be restored to normal. Patients needing to be admitted to the hospital for continued heart care may be admitted to the progressive care or intensive care units. These units are specially designed with heart monitoring systems called telemetry and are staffed by trained cardiac nurses.



J. CHRISTIAN HIGGINS, MD, FACC

Champlain Valley Cardiovascular Associates

1 Commons St.,

Rutland, VT 05701

802.773.5745 • Fax 802.773.7936

> **Certification:** American Board of Internal Medicine–Cardiovascular Disease and Interventional Cardiology, Certification Council of Nuclear Cardiology

> **Fellow:** American College of Cardiology

> **Medical school:** Robert Wood Johnson Medical School, Camden, NJ, 1988

> **Internship/residency:** Internal Medicine, UVM, Medical Center Hospital of Vermont, 1991

> **Fellowships:** Chief Cardiology Fellow, UVM, 1993; Interventional Cardiology Fellow, UVM, 1995; Cardiovascular Diseases, Medical Center Hospital of VT, Burlington, VT

> **Faculty Member:** Clinical Assistant Professor of Medicine, UVM College of Medicine

> **Practice interests:** interventional cardiology



MICHAEL E. ROBERTELLO, MD, FACC, FACP, FCCP
Green Mountain Cardiology

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Rutland, VT 05701

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> **Certification:** American Board of Internal Medicine in Critical Care and Cardiovascular Disease, National Board of Echocardiography and Board of Nuclear Cardiology

> **Fellow:** American College of Cardiology

> **Medical school:** Ross University, New York, NY, 1984

> **Internship/residency:** St. Elizabeth Hospital, Elizabeth, NJ, 1988

> **Member:** Vermont Physicians Clinic

> **Fellowships:** Critical Care, St. Michael's Medical Center, Newark, NJ, 1990; Cardiology, Dartmouth Hitchcock Medical Center, Lebanon, NH, 1997



STANLEY M. SHAPIRO, MD, FACC

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1 Commons Street,

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> **Certification:** American Board of Internal Medicine–Cardiovascular Disease and Nuclear Cardiology

> **Fellow:** American College of Cardiology

> **Medical school:** Rush Medical College, Chicago, IL, 1980

> **Internship/residency:** Case Western Reserve University School of Medicine, Cleveland Metropolitan General Hospital, Cleveland, Ohio, 1983

> **Fellowship:** University of Vermont College of Medicine, Burlington, VT, 1985

> **Practice interests:** cardiac risk stratification; nuclear cardiology; emotions and heart disease; and women and heart disease

CARDIAC REHABILITATION

For those who've already had a cardiac event, Rutland Regional's cardiac rehabilitation (rehab) program is designed to help patients understand their condition while learning how to modify their lifestyle to decrease the risk of progressive heart disease. Cardiac rehab provides the tools and motivation needed to fight the progression of cardiovascular disease with "heart and soul."

Our nationally certified program is overseen by a cardiologist and is staffed by experienced cardiac nurses. We'll create an individualized program that fits your lifestyle and addresses your specific needs and goals.

Cardiac rehab meets three days per week for approximately 90 minutes and includes physician-prescribed exercise including weight training and education for

managing cholesterol, blood pressure, diabetes, weight issues and smoking cessation. Cardiac rehab is covered by most insurance, including Medicare for up to 12 weeks. Patients need to check with their insurance company for co-pays and length of stay.

Benefits of cardiac rehab include improvement of functional abilities such as work-related activities, daily living and recreational activities, improved fitness and quality of life, and the motivation to make healthier choices.

Rutland Regional's dedication to the diagnosis, treatment and continued heart health of the community is reflected in the commitment of our nationally recognized cardiologists who hold faculty appointments at nearby medical schools and our skilled nursing staff. ●



> Your heart matters


For questions or further information about our cardiac programs, call Rutland Regional Medical Center at **802.775.7111**.

Not on our
mailing list?

To receive this
quarterly publication,
call **802.747.1607**.

4RMC

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Working to keep you safe

Vermont Orthopaedic Clinic is fighting infections before they happen

In a first of its kind in Vermont, the Vermont Orthopaedic Clinic (VOC) at Rutland Regional Medical Center has started a program to eradicate a dangerous bacterial infection. As many as 25 percent to 30 percent of healthy adults carry bacteria known as *Staphylococcus aureus*, or more commonly, staph, in their nose or on their skin. In rare instances, these bacteria can cause difficult infections following surgery. VOC specializes in elective procedures, such as hip and knee replacements and some spinal procedures, so it's important that surgeons minimize the chance of infection. The surgeons at VOC are undertaking this effort even though Rutland Regional already has an orthopaedic infection rate below the national average.

This is the first bacterial eradication program of its type in the state of Vermont. The process is managed during the perioperative period by the surgeon, preop nurses and infection control. In this case, that means working to see if the patient is carrying the bacteria well before the surgery takes place. No follow-up is required by the patient's primary care provider.

Methods were adapted from New England Baptist Hospital (NEBH) in Boston, where more than 6,000 orthopaedic procedures are performed each year. With their program, NEBH has obtained 78 percent eradication of MRSA (methicillin-resistant *Staphylococcus aureus*) before surgery and demonstrated a 50 percent reduction in surgical site infections due to staph aureus.

Our method includes preoperative identification of staph aureus and MRSA colonization by culturing the patient's nasal passages two weeks before surgery. Patients carrying the bacteria receive a five-day treatment course of Mupirocin, a powerful antibacterial drug and standard antibacterial medication delivered intravenously during surgery to prevent infection before it can occur. All patients are instructed to bathe once a day for five days before surgery with Chlorhexidine, an antiseptic designed to kill bacteria on the skin.

Although Rutland Regional hasn't had issues with perioperative MRSA infection, we remain vigilant. At VOC, we continually review our surgical management techniques to maintain the lowest possible infection rate. This will continue until our infection rate is zero. ●

> Want to know more?

Visit www.vermontorthoclinic.org, Vermont Orthopaedic Clinic's website, or call **802.775.7111** for more information about joint replacement (hip, knee and shoulder) or treatment options for spine disorders. For more information about Rutland Regional Medical Center, go to www.rrmc.org.

