

## New Doctors

### Timothy A. Burke, MD



Dr. Timothy Burke, MD, is a board-certified anesthesiologist. He received his medical degree from Vanderbilt University School of Medicine and completed his residency at Georgetown University Hospital. Dr. Burke has over 30 years of experience in anesthesiology.

Dr. Burke has two children, a son and a daughter. He enjoys ethnic food and competitive shooting in his leisure time.

### Leon R. Shaw, MD, MPH



Dr. Leon R. Shaw, MD, is a board-certified anesthesiologist. He received his medical degree from University of the Witwatersrand Medical School in Johannesburg, South Africa, and completed his anesthesiology residency at Stanford University Medical Center. He also completed a

fellowship in Public Health & General Preventive Medicine at the University of California in Los Angeles. Dr. Shaw joins the Medical Center with over 40 years of experience in anesthesiology (pain control).

## Call for Volunteers

Share your time and your talents by joining the volunteers at Halifax Regional. If you have a day or a few hours a week, we can use your help. For more information or an application, contact Kay Hines, Volunteer Coordinator, at 252-535-8687. Applications are also available at the Halifax Regional Information Desk and Gift Shop (front lobby).

# Spirit of Halifax

The Community Newsletter of Halifax Regional



## Have You Visited the Portal?



## In My View

Managing your health is getting easier.

Healthcare is finally catching up with technology and how Americans live on a

daily basis. Health information technology connects us to the information we need safely, quickly, and easily. Online access to our personal health records in the form of patient portals such as HalifaxHealthLink or FollowMyHealth safely and securely connect us to our physicians and your personal health information.



William Mahone  
President, Halifax Regional

Connecting you to your personal health information goes beyond convenience. Patient-provider connectivity can improve the quality of your care. Access to important information can remind you of preventive services for well-being and help you manage chronic health conditions such as diabetes or heart disease. Patient portals can offer you direct communication with your provider and give you access to important information such as medications and discharge instructions. Tasks such as viewing medications, viewing lab results, and managing appointments can all be done with the click of a button



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**Twenty-seventh Edition.** Spirit of Halifax is the newsletter of Halifax Regional, published quarterly to inform residents of the Roanoke Valley about the advancements at the Medical Center. If you have questions or comments, please contact Shameka Lloyd at 252-535-8743 or slloyd@halifaxrhc.org. © 2014, Halifax Regional Medical Center.

## Congratulations

Halifax Regional congratulates **Belinda Jones-Hill, MA, RN, CCRN**, Intensive Care Unit Manager, recognized as one of the 2014 North Carolina "Great 100" Nurses. This statewide recognition celebrates her compassion and commitment to nursing excellence. Twenty-one Halifax Regional nurses have been recognized for their outstanding professional ability and their contributions to improving community health since the "Great 100" began in 1989.



It's 11:30 on a Saturday night, and you're having trouble finding your doctor's medication instructions from your recent hospital stay.

What if you could access your complete medical records at the click of a button? With our new HalifaxHealthLink Patient Portal, you can do just that!

The HalifaxHealthLink Patient Portal puts your Halifax Regional Electronic Health Records (EHR) at your fingertips from your laptop, tablet, or smart phone anytime, 24 hours a day.

With the Portal, you have access to:

- Lab results, radiology reports
- Immunization records
- Appointment history and upcoming hospital appointments
- Discharge summary including medication instructions
- Personal health summary

### Getting Started

Setting up your Patient Portal is quick and simple. You'll need a personal email address—spouses sharing an email will need to provide two distinct email addresses to complete enrollment—and your medical record number. You'll then receive, by email, a one-time user ID and one-time password. With this information:

- Go to [www.HalifaxRegional.org](http://www.HalifaxRegional.org) and click on Enrollment Request.
- Enter the one-time user ID and one-time password.
- Select a new User ID and password.
- Define your personal security question and answer.
- Log off and back on with your new user ID and password and you're finished!

In addition, you can share your records with the important people in your life, such as family members or other caregivers. You'll need to visit Halifax Regional in person to set up access for others.

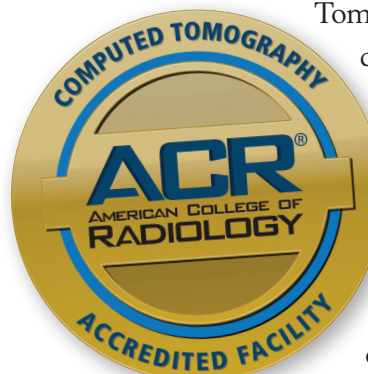
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## Bringing Home the Gold

At Halifax Regional Medical Center, we work hard every day to ensure that our patients receive healthcare that meets the highest standards possible.

Our Nuclear Medicine and Computed Tomography (CT) departments were recently awarded a three-year term of gold seal accreditation from the American College of Radiology (ACR), representing the highest level of image quality and patient safety. ACR awards accreditation to facilities that have achieved high practice standards after a peer-review evaluation. All of Halifax Regional's radiology departments (Nuclear Medicine, Ultrasound, MRI, CT and Mammography) are now accredited by the ACR.



The award reflects our commitment to the highest standards of patient safety, and echoes our commitment to the Image Wisely and Image Gently initiatives. Image Wisely is a nationwide campaign designed to educate healthcare providers about reducing radiation dosages from medical imaging scans such as mammograms, MRIs, and CT scans. Image



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Gently's goal is to raise awareness of the opportunities to lower radiation doses in the imaging of children. Our Nuclear

Medicine and Computed Tomography (CT) departments' staff members participate in both initiatives.



Front row: Donna Pulley, Stefanie Long, Brandy Lawrence  
Back row: Craig Mason, Zina Lynch, Bryan Wilson



Jeremy Proctor, Shannon Futrell, Walter Miller

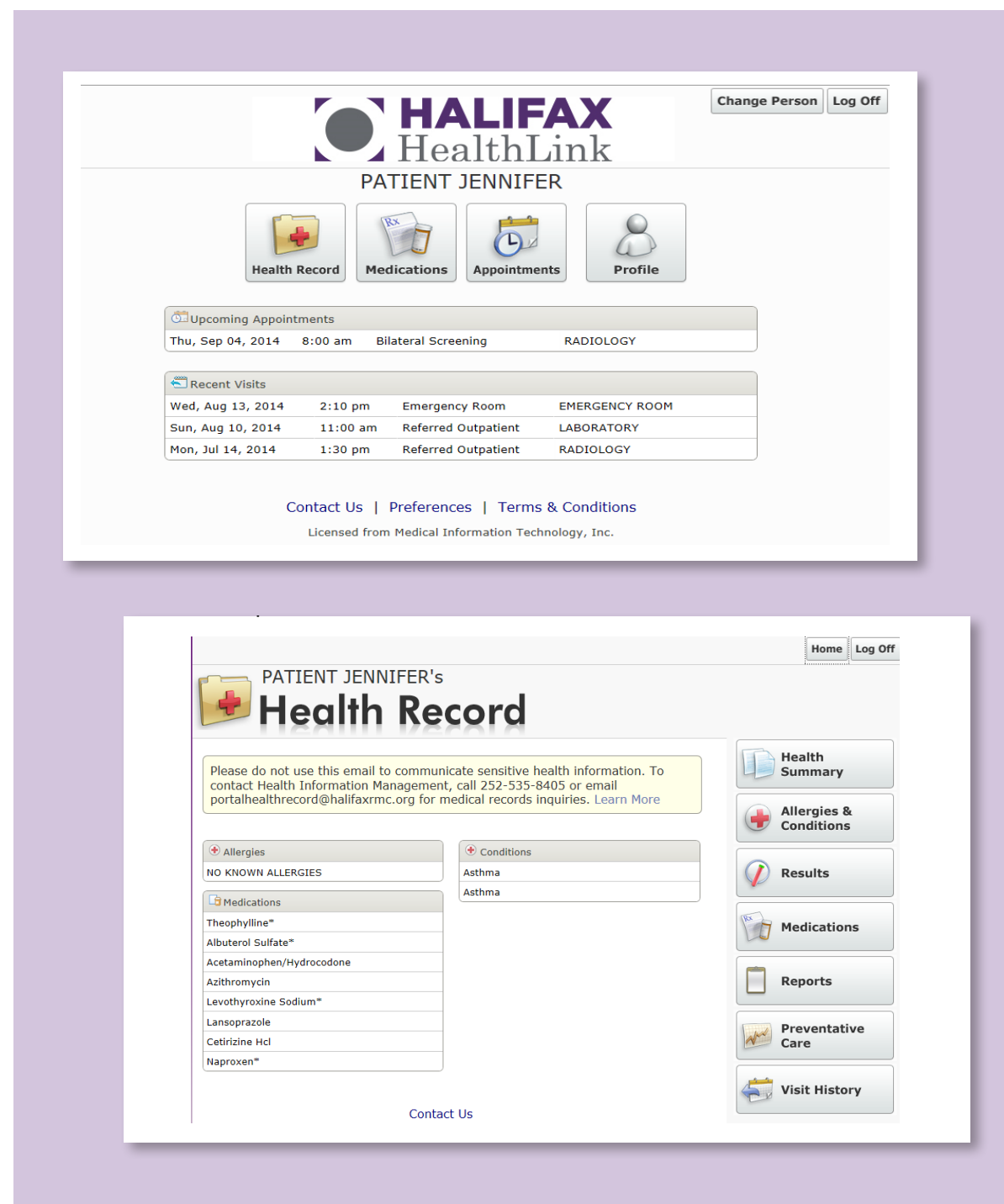
## Businesses Continue to 'Give Back' to Halifax Regional Foundation

Baymont Inn & Suites (101 South Old Farm Road) and Holiday Inn Express (74 Premier Blvd.), both in Roanoke Rapids, are the newest hotel partners to the Hotel 'Give Back' program. Both hotels will donate five dollars per room night for reservations booked for Medical Center-related purposes. Reservations can be booked online via links posted on the

www.halifaxregional.org homepage or by mentioning Halifax Regional Foundation when making a reservation by phone.

Recently, the Foundation gifted eye instrument sets, which make surgery more efficient and increase productivity; an ultrasound exam table for radiology; and new whiteboards to improve patient communication and engagement.

Individuals, organizations, and businesses interested in partnerships to further the work of the Halifax Regional Foundation's fundraising and education efforts should contact Betsy Morris, Foundation Coordinator at 252-535-8476 or by email at [bmorris@halifaxrhc.org](mailto:bmorris@halifaxrhc.org).

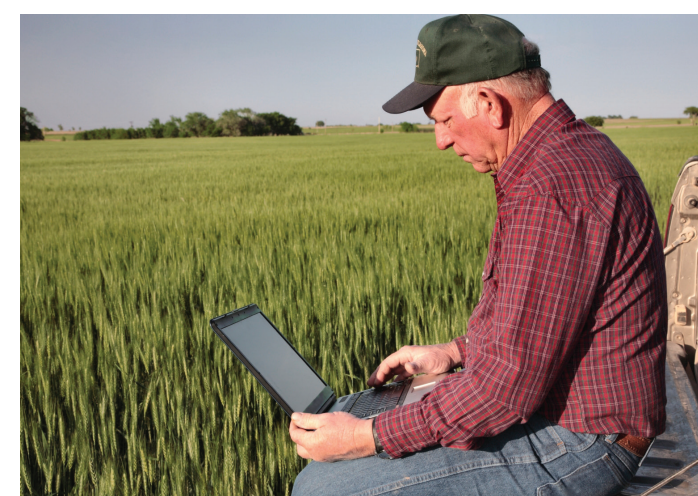


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Your personal information stays safe, with special encryption and procedures to protect your information. Plus, a timeout feature shuts down the portal if you leave the page open.

HalifaxHealthLink is part of the nationwide Meaningful Use initiative, aimed at using electronic health records to improve quality, safety, and efficiency; engage patients and family; improve care coordination; and maintain privacy and security of patient health information.

To learn more or sign up, visit [HalifaxRegional.org](http://HalifaxRegional.org) and click [HalifaxHealthLink](http://HalifaxHealthLink).



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through patient portals like those offered by Halifax Regional.

Online access is more than a time-saver. It can save your life and keep you connected to vital information. You have one portal to manage your medical records with your primary care physician and another portal to manage your hospital records. With technology moving forward at such a rapid pace, don't be surprised when these multiple portals soon come together to become a single-source health record. Imagine a total and comprehensive health record in one place. In an emergency, access to this information could save your life. Patients of Halifax Regional have access to HalifaxHealthLink for hospital records and FollowMyHealth for their primary care services. We are proud to offer you these tools for your healthcare decisions.

Will Mahone, President  
[wmahone@halifaxrhc.org](mailto:wmahone@halifaxrhc.org)

## Latest Updates

### Sarah Massey, NP

Sarah Massey, NP, is now practicing at Roanoke Clinic. Previously with Roanoke Valley Internal Medicine, Massey is accepting new clients and welcomes her existing patients.

For more information contact Roanoke Clinic at 252-537-9176 to schedule an appointment.

Both Roanoke Clinic and Roanoke Valley Internal Medicine are a part of parent company Roanoke Valley Health Services, which is a division of Halifax Regional.

## A Vision of a Healthier Roanoke Valley

Halifax Regional Medical Center has always had a vision of improving the health of the communities we serve. To that end, in late 2011, the Medical Center helped convene the Roanoke Valley Community Health Initiative (RV-CHI), dedicated to empowering families to lead healthy lifestyles.

RV-CHI received a grant in July for \$622,250 from the Kate B. Reynolds Charitable Trust in Winston-Salem, N.C. The grant will be used in support of the RV-CHI's "Get Fit, Stay Fit Roanoke Valley" campaign aimed at increasing community awareness of healthy eating, along with increasing access to healthy food options and physical activity.

Audrey Hardy, MSN, RN, staff educator at Halifax Regional Medical Center and coordinator at RV-CHI, spoke about the impact of the funding.

"We know this is going to make a difference in health outcomes in Roanoke Valley," Hardy said. "We're on track to build healthier communities that people can grow and thrive in."

The current focus of RV-CHI is on reducing childhood obesity in Roanoke Valley. Childhood obesity puts children at risk for developing diabetes and other diseases that carry on into adult life. Northampton and Halifax counties ranked 90th and 99th, respectively, out of 100 in statewide health outcomes.

As a first step, RV-CHI recently launched "Get Fit, Stay Fit Roanoke Valley," a campaign dedicated to helping families understand the importance of healthy eating and physical activity to address the challenges presented by obesity. The campaign highlights the many opportunities in our communities for individuals and families to make healthy living a way of life, including the annual FamilyFest health and fitness festival, Farmer's Markets, special Play Days at recreation facilities in both counties, and a system of designated safe play spaces.

Visit [www.GetFitStayFitRV.com](http://www.GetFitStayFitRV.com) to check out upcoming events; learn how to make healthy food choices; download the Places to Explore, Move, and Play map; sign up for a newsletter; and more.



RV-CHI members celebrate FamilyFest at Ledgerwood Park



(L2R): Audrey Hardy, RV-CHI Coordinator; Karen McNeil-Miller, President; Kate B. Reynolds Charitable Trust; and Shannon McAllister, Executive Director, C.A.R.E./The John 3:16 Center and RV-CHI Coordinating Council Chair

"Get Fit, Stay Fit Roanoke Valley" is a joint venture of many groups in Halifax and Northampton counties, including community

and healthcare agencies, schools, faith groups, physicians, and others. RV-CHI welcomes individuals, groups, and organizations interested in partnering to support the campaign. To learn

how you or your group can help, please call **252-535-8743**.

"Halifax Regional's dedication to RV-CHI and 'Get Fit, Stay Fit Roanoke Valley' speaks volumes, saying we don't just have a vision, we're putting it into action," remarked Hardy.

## Bugs Gone Wild

With cold and flu season fast upon us, you may be tempted to call the doctor for a pill or a shot at the first sign of a cough. That may not be such a good idea.

In recent years, healthcare professionals have begun warning about something called antibiotic resistance. Antibiotic resistance is the idea that, as the bugs that make us sick are exposed to repeated doses of antibiotics, they develop a resistance to those drugs. The result – bacteria that don't respond to the drugs that have worked in the past.

Antibiotics kill only bacteria. They do nothing for viruses, which are the cause of most cold-weather illness.

"We're really overusing antibiotics," said Susan Bullock, RN, CIC, Infection Preventionist at Halifax Regional Medical Center. "When we go to the doctor, what we want are antibiotics, but that frequently is not what's needed."

Bullock recommends, instead of asking for antibiotics, you should ask your doctor what is going on in the community and if she is seeing similar symptoms in others. Talk with your doctor about the best treatment for your or your child's illness.

While overusing antibiotics is a concern, failing to take the complete dosage as prescribed also fuels the problem.

"Bacteria want to survive," Bullock said. "By giving just a taste, but not enough to eliminate them, we allow bacteria to mutate, and contribute to resistance."

Insisting on antibiotics for viral infections, such as colds, flu, and many others, will not cure the infection and may contribute to antibiotic resistance.

Rest, fluids, and over the counter products are often your or your child's best treatment option against viral infections.

"When we're sick, we want a quick fix," commented Bullock. "But it's up to us as healthcare consumers to arm ourselves with enough information to ask questions."

# Partners in the Fight

**D**uring the month of October, Halifax Regional Medical Center joins health agencies around the nation in promoting breast cancer awareness. In an area that sees high rates of breast cancer, the Hospital is working with area health professionals to improve outcomes.

Terry Mason, RT (R) (M), mammography supervisor of the Radiology Department at

annual mammograms, Mason and Peele are concerned about women who don't follow up after having the procedure. "A positive mammogram is not the end," Mason said. "Some women feel they're being selfish if they take care of themselves. We tell them, if you don't take care of yourself, you can't take care of your family."

The work of Halifax Regional and the

examined annually.

To schedule a mammogram, please obtain an order from your physician and call **252-535-8888**. Learn more about RVBCC by calling **252-536-3799**.

Roanoke Valley Breast Cancer Coalition partners with Halifax Regional and Rural Health Group to offer free breast exam clinic.



Halifax Regional Medical Center, talks about the changes in outcomes for breast cancer patients:

"Having a positive mammogram result is not like 25 years ago," commented Mason. "But breast cancer does not go away by itself; you want it taken care of ASAP."

A key partner with Halifax Regional, the Roanoke Valley Breast Cancer Coalition (RVBCC) was created with the goal of reducing the breast cancer mortality rate by providing women with education and support aimed at placing them on the continuum of care for life.

Pat Peele, Senior Consultant and Educator with RVBCC, emphasizes the importance of getting on and staying on the continuum, a system of care that guides and tracks patients through several levels of medical care, including stage 1, awareness, stage 2, screening, stage 3, treatment, and stage 4, the quality of life cycle.

Even though more women are getting

Coalition is seeing results, with more women entering the continuum.

"We're finding breast cancers earlier," said Mason. "Not that it's good that we're finding breast cancer, but that we're finding it earlier. Early detection and treatment are the keys."

Peele would shout the Coalition's message from the rooftops, if she thought it would help. "You can live with breast cancer," she stated emphatically. "I know we've done a lot to find a cure, but that takes time. Meantime, a lot of things are available until the cure is found."

The American Cancer Society recommends all women over the age of 40 receive a yearly mammogram. Costs are covered by Medicare and Medicaid for women over the age of 40. Women in their 20s and 30s should have a clinical breast exam by a healthcare professional every three years.

While rates are lower than for women, men also can develop breast cancer and should be

## New Doctors

### Peter Muller, FACS



Dr. Peter Muller, FACS, attended medical school at the University of Pennsylvania and completed his residency at Letterman Army Medical Center in San Francisco. Dr. Muller is a general surgeon who specializes in wound care, vascular

procedures, minimally invasive procedures of the upper digestive system. Some of his distinguished affiliations include Fellowship in the American College of Surgeons, International Society for Diseases of the Esophagus, and Board member Tar River Mission Clinic. He has over 20 years of experience in his field. His personal interests include soccer, origami, traveling, and beekeeping.

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