Put on your sneakers

September 28, 2008

It is time for the
18th Annual Cottage Hospital
Walk-A-Thon & Road Race!
(see inside for entry form)

Improving Care & Access to Services

Learn what Cottage Hospital is doing for you!

Quality Care... Close to Home

A look at the
Cottage Hospital Birthing Center

Meet New Faces at Cottage Hospital
Cottage Hospital has recently completed Phase I renovations to the facility providing significant improvements for access and services for patients.

The recent multi-million dollar renovation was designed to bring clinical services together for easier patient access. Areas revamped to become more patient friendly include: Diagnostic Imaging, Laboratory, Day Surgery and The Pain Clinic. Other areas are currently being evaluated for improvements as well.

Diagnostic Imaging has undergone dramatic change. Patients scheduled more than 48 hours in advance of testing can pre-register, allowing them to come directly to Radiology the day of testing. Patients can also wait comfortably in one of two spacious waiting areas located close to imaging rooms, with seating designed for comfort, for all patients. Waiting areas have also been separated to allow all Ultrasound, Echocardiography, Mammography and Bone Density patients to wait in one area, and all X-Ray, CT, MRI, and Nuclear Medicine patients to wait in another.

New diagnostic imaging rooms have been designed to accommodate today’s patients: all equipment has been purchased with an eye toward lowering radiation exposure, faster capture of images to speed interpretation for diagnosis, and equipment to accommodate patients of all ages and sizes. Among technologic improvements are a new digital radiology room, a Multislice CT with a fast scanning capability for emergency or claustrophobic patients, and a new Women’s Imaging suite allowing for privacy of movement between Mammography, Bone Density and Ultrasound.

Collaboration between hospital departments allows for additional imaging capabilities in non-routine locations: The Emergency Department, Anesthesia and The Pain Clinic utilize a portable ultrasound for FAST Emergency scanning as well as for nerve blocks, reducing patient dose and improving patient outcomes. The unit is also utilized by surgeons in the Operating Room, bringing needed services to patients. The Pain Clinic also boasts a C-Arm for procedure guidance. Soon to come is a state of the art C-Arm for operative procedures, which will link directly to the hospital’s Picture Archive and Communication System, linking surgeons with the ability to view patients’ imaging studies while in the operating room and many other new capabilities.

Day Surgery has been expanded to accommodate more surgical patients in a more comfortable setting, and additional clinic and procedure rooms in Pain Management will allow for quicker access to services and a reduction in wait time for patients.

More than just aesthetic changes have occurred; Cottage’s IT department has been working to strengthen networking to accommodate cutting edge technology, including soon-to-be implemented Tele-Dermatology and Tele-Psychology: bringing specialty physicians to patients’ bedsides. In Radiology, reporting is faster with the addition of Voice Recognition technology, which will soon be rolled out to other areas of the facility. Reports previously generated in two days by onsite Radiologists are now completed, on average, in less than 5 minutes; and in the Emergency Department, a computer system called MEDHOST allows nurses and physicians to place orders and chart at the patients’ bedside. For patients who have been admitted, a new medication dispensing system, EMAR, designed for patient safety and to prevent medication errors has been implemented. With Labtest.com, physicians can now order laboratory tests online right from their office computer, a system soon to be applied to other areas in the hospital.

So what’s next for Cottage Hospital?

More patient focused care initiatives including transparency quality care measures, improving patient stays and patient outcomes, and of course, continued collaboration among staff and a dedication to provide quality care, close to home for our friends, neighbors and visitors.
LITTLE RIVERS—BRADFORD is delighted to introduce Dr. Jessie Reynolds to our community. With certification in obstetrics as part of her family medicine background, she will be teaming up with Dr. Melanie Lawrence at the LRHC Bradford office. Some appointment hours will be offered at the East Corinth site as well. Please call the Bradford office, 802-222-9317, to set up an appointment now.

Everyday our clinicians and support staff have the opportunity to make a difference in the life of a community member.

I have traveled with HCA in different executive roles in many states. One of the most disturbing trends I noted was in the OB arena. In many hospitals the birthing experience was becoming “artificial”. Either the patient or the physician were relying on inducing the mother to have the baby at a particular time. The mothers would come in and would receive Pitocin to induce labor. *(There are medical risks involved with this medication.)* Granted, there are legitimate times when a mother does need to be induced but I noticed this trend of all mothers being induced at many different hospitals.

At Cottage Hospital our physicians and nurses allow nature to take its course. They support the mother through the labor process in a nurturing environment. The nurses who work in the Birthing Center look at the patient and the family dynamics in a holistic manner and arrange for assistance for the family when needed.

We are a small community and often times the nurses become familiar with the patients before the birthing experience. Our OB Staff has an “open door policy” for mothers before and after the birthing process.

If you or someone you know is considering having a baby, tell them about Cottage Hospital’s Birthing Center—where we put you and your family first!

Monroe Health Services would like to announce the continued care for their gynecological patients. Dr. Keith Fortier will continue to see patients at Monroe Health Services on Wednesday’s.

For an appointment call 603-638-2372

**CANCER SUPPORT GROUP**  
**FOR CANCER PATIENTS & THEIR FAMILIES**

The third Wednesday of each month  
6:00 p.m.  
Cottage Hospital  
Outpatient Conference Room  
For more information contact:  
Pat Thayer, R.N.  
603.747.9156

**DIABETES SUPPORT GROUP**  
**FOR PEOPLE WITH DIABETES & THEIR FAMILIES**

The second Monday of every month March-Dec.  
7:00 p.m.  
Cottage Hospital  
Outpatient Conference Room  
For more information contact:  
Sue Montague, R.D.  
603.747.9313

**A WEALTH OF KNOWLEDGE AND YEARS OF SERVICE**

At Cottage Hospital our Medical Surgical & Pediatric Unit has a total of over 343 years of nursing experience.

**OUR NURSES ARE PART OF YOUR COMMUNITY, SERVING OUR COMMUNITY.**
Cottage Hospital welcomes **Tina Cartwright, RN-BC, BSN, MBA** as the new Director of the Medical Surgical Unit. Cartwright earned her nursing degrees at Marymount University, in Arlington, VA and completed her graduate work at the University Of Houston-Victoria in Sugar Land, TX. She is coming to us from Memorial Hermann Southwest Hospital in Houston, TX where she worked as the Clinical Manager II of a 78 bed Medical Surgical Unit.

Cottage Hospital is pleased to announce the appointment of **John A. Eppolito, Jr., M.D.** as the Director of the Emergency Department. Dr. Eppolito attended medical school at NY Medical College in Valhalla, NY and completed his residency at Hennepin County Medical Center in Minneapolis, MN. He is board certified by the American Board of Family Practice (ABFM). He has been an Emergency Department Physician for over ten years, having spent the majority of that time at Speare Memorial Hospital in Plymouth, NH.

**Jeanine Price, RN, BSN** has joined Cottage Hospital as the Director of the Birthing Center. Jeanine received her Bachelor of Science in Nursing from the University of Charleston, in 2002. She has been involved in the hands-on patient care of mothers from In-Vitro Fertilization all the way through to post-delivery. She joins us from Charleston Area Medical Center, Women & Children’s Hospital in Charleston, West Virginia.

Cottage Hospital welcomes **Maryanne M. Aldrich** as the new Director of Community Relations & Fund Development for Cottage Hospital. Aldrich is a graduate from the University of Southern Maine receiving a Bachelor of Science in Business Administration with a concentration in Marketing and is currently working on her MBA at Plymouth State University. Aldrich brings a wide array of customer service and marketing experience. She comes to Cottage Hospital from Northeast Delta Dental where she was a sales executive.

**Gerry J. Graham** joins Cottage as the new Chief Human Resources Officer. Graham received a Bachelor of Science in Hospital Administration with a minor in Health Promotion from the University of New Hampshire and also holds a Certificate in Human Resources. Graham has over 13 years of Hospital Human Resource experience coming to us from Exeter Health Resources in Exeter, NH.

"Today is your day! Your mountain is waiting...So get on your way!"

- Dr. Seuss
Cottage Hospital is committed to providing our community with quality healthcare. Our motivation is always to make your experience with us a positive one. We welcome you to stop by and visit us anytime!

A Message from the CEO

Reg Lavoie

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Monthly Observances

September
Childhood Cancer Month
World Heart Day (9/30)

October
Breast Cancer Awareness Month
National Physical Therapy Month
Respiratory Care Week (19 - 25)

November
American Diabetes Month
Great American Smoke-out (11/30)

December
Handwashing Awareness Week (7-13)
World Aids Day (12/1)

For a complete list of National Health Observances, visit www.healthfinder.gov

Stay tuned to www.CottageHospital.org for our new and improved website (Due out late fall)

Comments from our Patients!

The Birthing Center was very good...

I would recommend it to someone else.

Overall care was excellent...

Thanks to all that cared for me!

On a scale of 1 to 10...

You all rated a ten!

Cottage Hospital
Office of Community Relations & Development
Post Office Box 2001
Woodsville, NH 03785
603.747.9189

This publication is not intended to provide medical advice on personal health matters. Consult your physician about any health issues.