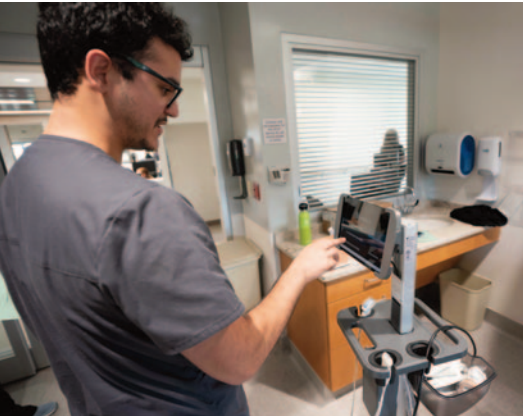
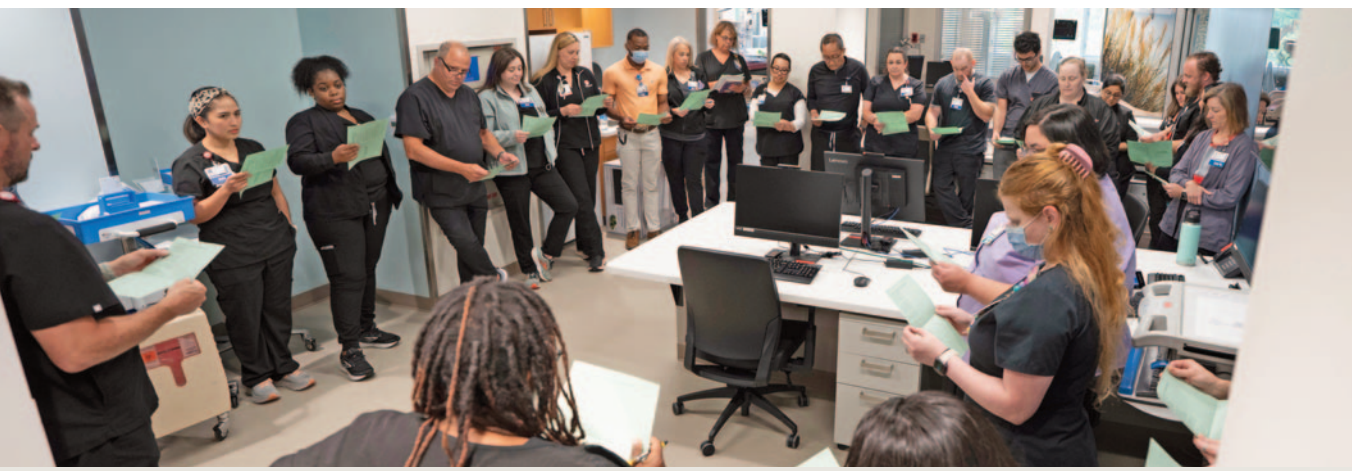


MICROSCOPE



NEW & NOTEWORTHY AT WAKEMED NORTH



Before the ICU opened, staff and providers gathered for a skills day and Blessing of the Unit, which was led by staff chaplain **Laura Kelly** (Spiritual Care).

Intensive Care Unit Opens

In early July, a nine-bed, state-of-the-art Intensive Care Unit opened on the fourth floor, bringing a higher level of care to the facility and helping us meet the more acute needs of patients. The new unit is the only ICU in northern Wake County and is staffed by the same level of medical providers already serving WakeMed patients at our other two hospitals. Having this new ICU at North Hospital will help reduce the need to transfer patients to Raleigh Campus.

WakeMed Surgery Center – North Raleigh

The WakeMed Surgery Center – North Raleigh welcomed their first patients in May and is now working to obtain Medicare certification and establish contracts with insurance companies. Located on the first floor of the Physicians Office Pavilion, the expansive and state-of-the-art surgery center features one operating room and three procedure rooms. The new facility will help expand convenient surgical care options for residents in northern Wake County. The center is operated independently from North Hospital, which also has an outpatient Hospital Surgical Services department.

Looking to the Future

After many years of relying on a mobile MRI at North Hospital, last year WakeMed received state approval to add a fixed MRI to the facility. Construction to add this new equipment will begin this fall and will include an extension to the current imaging suite that will house the MRI and associated equipment. Additionally, this spring WakeMed received a Certificate of Need (CON) to add 35 acute care and 15 observation beds to North Hospital. The CON is currently in the appeal process, but the long-term plan is to add a new patient tower to accommodate this future expansion.

WakeMed North Hospital continues to grow and expand services and capabilities to better meet the needs of the Northern Wake County community. Some of the new services that have been added in the past year include in-house infectious disease and pulmonology consults, TEE and cardioversion services, and Mindray patient monitoring, among many others. Over the past year, the hospital has seen record Emergency Department volumes with increased patient acuity, so these new services are greatly needed. Additionally, facility expansions are enabling us to offer a higher level of inpatient care and convenient outpatient surgeries – with more growth on the horizon!

“It is a very exciting – and busy! – time at North Hospital. In the past year we have added many new services and it is truly making an impact on our patients and community at large,” commented **Valerie Barlow**, PharmD, MBA, senior vice president & administrator, North Hospital. “Thank you to our team for all of your support and patience during this season of growth and change. We are grateful to you for your commitment!”

PREPARE FOR A GOLD MEDAL SURVEY

WakeMed anticipates welcoming surveyors from The Joint Commission later this year or early next year for our triennial accreditation survey. To help our teams prepare, we are providing regular updates and reminders on 24/7 readiness and accreditation requirements.

We will have two separate surveys. The **Raleigh Campus** survey will include:

- Raleigh Campus
- North Hospital
- Brier Creek Healthplex
- Garner Healthplex
- Wendell Healthplex
- WakeMed Mental Health & Well Being - WakeBrook
- Hospital-based outpatient services & physician practices: OB-GYN, Pediatric Primary Care, Gastroenterology, Special Infant Care, all Hematology & Medical Oncology locations, Internal Medicine, Center for Community Health, Atrial Fibrillation Center, Back & Spine Center, Wound Care, Cardiac Rehab, Outpatient Nutrition, Neuropsychology
- Raleigh Medical Park (not including Capital City Surgery Center)

- Outpatient Rehab sites
- Home Health

The **Cary Hospital** survey will include:

- Cary Hospital
- Apex Healthplex
- Hospital-based outpatient services: Wound Care, Sleep Lab, Cardiac Rehab, Neuropsychology, Outpatient Nutrition
- Outpatient Rehab sites

When preparing for our survey, remember:

- The surveys will be unannounced. Leadership will notify staff when the surveyors are on site.
- Surveyors know the standards, but you know your practice and your patients and families.
- Relax and take your time answering the surveyor’s questions, but only answer the question that is being asked. Do not offer information not related to the question.



- You may answer the questions with “yes” or “no”. The surveyor may ask any follow-up questions as needed.
- If you do not understand the question, you may ask the surveyor to repeat the question.

Please be attentive to updates and reminders being shared at huddles, in WakeMed Weekly and other communications tools. If you have any questions about what continual readiness means or how you can help make our surveys successful, please speak to your manager or supervisor.

“THESE SURVEYS ARE A CHANCE TO SHOWCASE WHAT MAKES WAKEMED UNIQUE, AS WE WORK TO ALWAYS IMPROVE.”

KAREN CHILTON, MD, SENIOR VICE PRESIDENT & CHIEF QUALITY OFFICER

Welcome New Physicians



Lauren Marino, MD
Psychiatry



Kathryn Langley, MD
Hospital Medicine

Welcome New Advanced Practice Providers

Rollins Crumpton, PA
Wake Orthopaedics

Michell Kern, NP
Gastroenterology

Kristen Mitchell, NP
Vascular Surgery

Kari Hackley, NP
Hospital Medicine

Emily Kimura, PA
Wake Orthopaedics

Katherine Quinn, NP
Pediatric Primary Care

Caroline Harshaw, PA
Wake Orthopaedics

Morgan Markham, PA
Plastic & Reconstructive Surgery

Julian Smith, PA
Wake Orthopaedics

WAY TO GO WAKEMED!

WakeMed Named to Best Maternity Care Hospitals List for 2024

WakeMed has received top recognition as being among the best maternity care hospitals in the U.S., according to a national ranking by Newsweek based on data from Statista. The distinction recognizes WakeMed as a proven leader in providing the highest level of quality care for expectant mothers and their babies.

This is the third annual ranking of America's Best Maternity Hospitals, and WakeMed has been named a five-ribbon hospital all three years. Of the 404 hospitals to make this year's list, only 168 hospitals – including Raleigh Campus, Cary Hospital and North Hospital – were given a five-ribbon performance ranking. Data from Raleigh Campus and North Hospital, which operates under the Raleigh Campus license, were combined for this performance ranking.

WakeMed delivers more babies than any other health system in Wake County and deliveries are up significantly over last year. With more than 9,000 births reported during the 2023 fiscal year, a new kindergarten class is born within the WakeMed system every day.



WE'VE MOVED!

Two outpatient rehabilitation services in the Cary Hospital Medical District have relocated to 200 Ashville Avenue. Both practices are now open to patients and offering the same services at their new locations.

WakeMed Outpatient Specialty Rehabilitation – Cary

Previously located inside Cary Hospital
New Location: 200 Ashville Avenue, Suite 10

Pulmonary Function Testing – Cary

Previously located in the HealthPark at Kildaire
New Location: 200 Ashville Avenue, Suite 30

WHEN THE UNEXPECTED HAPPENS, BACK-UP CARE CAN HELP

Summer is here and that often means more free time for the kids in our lives. If summer vacation throws you a curve ball this year, Bright Horizons Back-Up care may be able to help. This service is available to all benefits-eligible employees and offers a variety of options to help ensure the loved ones in your life are taken care of when the unexpected happens.

Bright Horizons Back-Up care offers:

- > Convenient childcare options – including school-aged camps – in nearby centers or at home
- > Reliable adult and elder care in your home or theirs – even if they live in another state
- > High-quality care that fills in whenever your regular care falls through
- > An affordable solution you can rely on with low copays
- > Easy booking for last-minute care gaps or up to 90 days in advance

Employees can use this benefit a total of 15 times per calendar year. To ensure you have access to back-up care if you need it, please complete the registration process in advance, which takes about 15 minutes:
<https://clients.brighthorizons.com/wakemed>.

For more information, review the Frequently Asked Questions and Benefits Brief document available on MyWakeMed.



WakeMed Recognized for Social Responsibility

WakeMed, Raleigh Campus (including North Hospital) and Cary Hospital have all been named to the 2024 Hospital Index for Social Responsibility, published by the Lown Institute, a nonpartisan health care think tank.

The system and hospitals all achieved “A” grades across metrics of cost efficiency, clinical outcomes, value of care and patient outcomes. Notably, WakeMed was recognized as one of the top 10 systems in the nation for socially responsibility, in the nation, based on a composite of 50+ equity, value and outcomes measures, and Raleigh Campus is among only 5% of hospitals in the U.S. to earn Honor Roll status this year. Raleigh Campus is also among the top five hospitals in the state for Social Responsibility and Cary Hospital is among the top five for Patient Outcomes.

The Hospitals Index for Social Responsibility is a signature project of the Lown Institute that measures how well hospitals serve their patients and communities through unique benchmark data and analytics – from racial inclusivity and avoidance of overuse to pay equity, among other metrics. To compile the index, the organization evaluates 53 metrics using publicly available data to create a comprehensive Social Responsibility grade for over 3,500 hospitals.

Data from Raleigh Campus and North Hospital, which operates under the Raleigh Campus license, were combined for this performance ranking.



OAK CITY CARES health & hope for area homeless

Raleigh's Oak City Cares is a hub for people who are at risk of or are currently experiencing homelessness. They connect individuals and families to services that create a path to stable housing and renewed hope.

According to their recent newsletter, “Partnership drives so much of why and how we do what we do at Oak City Cares...Incredible things happen when we work together.”

Oak City Cares counts WakeMed among their impactful community partners and recently recognized **Brian Klausner, MD**, executive medical director, WakeMed Center for Community Health, and the Corporate & Community Health team for their efforts to improve the health and wellness of Oak City Cares guests. Dr. Klausner, who is also a member of the Oak City Cares Board, hosts a monthly lecture series called Health Empowerment Lectures. Dr. Klausner discusses health topics that have a significant impact on homeless individuals and gives participants the opportunity to ask questions about their issues, how to find care and more.

Corporate & Community Health also got in on the game by providing a four-part series on ways the homeless population can be active. The Oak City Cares staff noted the wonderful benefits of the program: “As guests stretched, jumped and moved their bodies, the smiles on their faces became so bright...And the classes grew bigger with each session.”





Congratulations

EXCELLENCE IN HEALTHCARE AWARD RECIPIENTS!

Each year, Professional Research Consultants (PRC) identifies health care organizations that have gone above and beyond to achieve excellence with the patient experience. The PRC Excellence in Healthcare Awards are based on the percentage of patients who rate the Overall Quality of Care/Overall Quality of Doctor Care (for providers) as “excellent.” In 2024, we are proud to recognize numerous Top Performer Awards, which recognizes service lines and physicians scoring at the 100th percentile within the PRC national client database, and 5-Star Awards, which recognize those at or above the 90th percentile. Congratulations to our award winners!

Departments and individuals were recognized at breakfast receptions in May.

Top Performer Awards

- Cardiac Rehab – Cary
- Cardiac Rehab – Raleigh Campus
- MyCare 365 Primary & Urgent Care – Glenwood
- MyCare 365 Primary & Urgent Care – Spring Forest
- Physical Therapy – Brier Creek
- Physical Therapy – Cambridge Village
- Pediatric Pulmonology – Clayton
- Pediatric Weight Management – Clayton
- Pulmonary Rehab – Raleigh Campus
- Christiana Bernal, MD** – Pediatric Gastroenterology
- Kevin Davidson, MD** – Pulmonology & Critical Care Medicine
- Caroline Helmink, PA-C** – Urology
- Alexis Hess, MD** – General Surgery
- Carmin Kalorin, MD** – Urology
- Annelise Landreth, NP** – MyCare 365
- Veshana Ramiah, MD** – Hematology & Medical Oncology
- Mariam Rashid, PA-C** – MyCare 365
- Audrey Rhee, MD** – Pediatric Urology
- Kayla Sasser, PA-C** – Urgent Care
- Danny Taylor, PA-C** – Wake Orthopaedics
- Tyler Williams, DO** – MyCare 365
- Gabriel Winberry, MD** – Pediatric Gastroenterology
- Mark Wood, MD** – Wake Orthopaedics

5-Star Awards

Units/Departments/Physician Practices

- Heart Center Cardiac Unit – Raleigh Campus
- 5B Neurology – Raleigh Campus
- Emergency Department – Apex Healthplex
- Emergency Department – Brier Creek Healthplex
- Emergency Department – Cary Hospital
- Medical Day Treatment – Cary Hospital
- Emergency Department – Garner Healthplex
- Mobile Critical Care
- Endoscopy – North Hospital
- Outpatient Rehab – Clayton
- Outpatient Rehab – Durant Road
- Outpatient Rehab – Raleigh Medical Park
- Outpatient Wound Care – Raleigh Campus
- Physical Therapy – Oberlin
- Pulmonary Rehab – Cary
- Bariatric Surgery & Weight Loss – Wake Forest
- Advanced Heart Failure – Raleigh Campus
- Atrial Fibrillation Center – Raleigh Campus
- Cardiology – Brier Creek
- Cardiology – Oberlin
- Complex Arrhythmia – Raleigh Campus
- MyCare 365 Primary & Urgent Care – Hope Valley
- Pediatric Cardiology – Apex
- Pediatric Cardiology – Clayton
- Pediatric Cardiology – North
- Pediatric Surgery – North Raleigh
- Urgent Care – Forestville Crossing
- Urgent Care – Fuquay Varina
- Urgent Care – Kildaire
- Wake Orthopaedics Urgent Care – North Raleigh



With our transition away from PRC for patient satisfaction surveys, this is the last year we are celebrating this award program in its current fashion. We will continue to recognize our teams and providers who go above and beyond to ensure our patients and their families have an exceptional care experience at WakeMed. Look for details about a new awards program – leveraging feedback gathered through our Perspectives program – in the coming months!



5-Star Awards

Providers

- Tehmina Adnan, MD** – Primary Care
- Shereen Alavian, MD** – Pediatric Primary Care
- Andrew Allen, PA-C** – MyCare 365
- Troy Anderson, MD** – Primary Care
- Ndidi Azikiwe, MD** – General Surgery
- Susan Blumenthal, PA-C** – Hematology & Medical Oncology
- Lindsay Boole, MD** – Pulmonology & Critical Care Medicine
- Matthew Bruehl, MD** – Pediatric Pulmonology
- Anna Ciccolini, PA-C** – Urgent Care
- Brianna Considine, PA-C** – MyCare 365
- Charlotte Culler, FNP** – MyCare 365
- Alisha Davenport, NP** – MyCare 365
- Michelle Deans, PA-C** – Atrial Fibrillation Center
- Mark Englehardt, MD** – Cardiology
- Bobby Ferguson, DO** – Cardiovascular & Thoracic Surgery
- Jon Forbes, DO** – Pulmonology & Critical Care Medicine
- Nelson Gardner, MD** – Primary Care
- Alesia Gilmore, MS** – Outpatient Mental Health & Well-Being
- Ashlyn Gruber, PA-C** – MyCare 365
- George Hamrick, MD** – Cardiology
- Curtis Hanson, MD** – Wake Orthopaedics
- Page High, NP** – MyCare 365
- Shirley Huang, MD** – Pediatric Weight Management
- Krista Kirby, PA-C** – Urgent Care
- Brian Klausner, MD** – Center for Community Health
- Judit Kuhn, MD** – Pulmonology & Critical Care Medicine
- Bill Lagarde, MD** – Pediatric Endocrinology
- Hillary Lockemer, MD** – Pediatric Endocrinology
- Janet Lucien, DO** – Pediatric Endocrinology
- Gina Mauldin, PA-C** – Pulmonology & Critical Care Medicine
- Rosa Yueh Messer, MD** – Primary Care
- Joanna Murray, PA-C** – Urgent Care
- Chelsea Ngongang, MD** – Cardiology
- Brooke Owen, PA-C** – Primary Care
- Caroline Priest, NP** – MyCare 365
- Annie Chen Pugh, MD** – Center for Community Health
- Erin Reis, DO** – Primary Care
- Blair Robinson, MD** – Pediatric Cardiology
- Sara Rooker, MD** – Primary Care
- Michael Ruffolo, MD** – Wake Orthopaedics
- Stuart Russell, MD** – Advanced Heart Failure
- Alayna Stebbins, NP** – MyCare 365
- Sean Thompson, PA-C** – MyCare 365
- Matt White, MD** – Cardiology
- Jennifer Whitham, MD** – Pediatric Cardiology
- Christine Williams, PA-C** – Urgent Care
- Judson Williams, MD** – Cardiovascular & Thoracic Surgery



WakeMed Welcomes New Board Member



Peter M. Scott III, retired executive VP and CFO of Progress Energy, was elected by the hospital and began a five-year term on the Board on May 25. Mr. Scott takes the place of **Larry Barbour**, who recently completed his term. **Henry Darnell** also completed his term, and his seat will be filled by a Wake County Commissioners' appointee.

Ruby Floyd Promoted to Director, Financial Clearance & Financial Counseling



Ruby Floyd was named director of Financial Clearance and Financial Counseling. Floyd was named manager of Financial Clearance in February 2022 and in that role has helped the team streamline work queues and processes, leading to an increase in pre-service lead-time, registrations, cash collections and financing enrollments. She also played a key role in automating numerous Epic tasks including real-time authorization inquiry, estimate creation and finalization, and HAR creations. Floyd holds a master of health sciences with a concentration in health management and a bachelor of science degree in athletic training from Western Carolina University. Floyd began her tenure at WakeMed in 2015 as an orthopaedic technologist with Wake Orthopaedics before being promoted to clinical manager in 2018. Please join us in congratulating her on this new role.

Emily Medlin (Corporate and Community Health) received the WakeMed Enterprise Education award, made possible by the WakeMed Foundation.

Gurvinder Deol, MD, (Wake Orthopaedics) has been named to *Newsweek's* list of America's Best Spine Surgeons 2024.

Congratulations to **Alison Orvin** and **Christian Caveness** (both of Pharmacy), on their recent publication in *Annals of Pharmacotherapy* on "Evaluation of Sequential Oral Versus Intravenous Antibiotic Treatment of Enterococcus faecalis Bloodstream Infections".

Brooke Strickland (Hospital Coding) passed the Certified Coding Specialist (CCS) exam.

Mary Barnicle (Neurodiagnostic Services) became a registered electroencephalographic technologist (R.EEG T.)

Jeronica Goodwin, senior vice president, (Human Resources) earned a master's degree in business administration (MBA).

Penni Daley was promoted to manager of the Benefits team.

Primary Care – Downtown Raleigh wishes a happy retirement to **Gamal Tadros**, MD, on his retirement after many years of providing excellent service to his many patients with WakeMed.

MyCare 365 – Fayetteville Road welcomes **Tom Lajuett** as the new practice manager.

3B CVIC welcomes **Carla Robbins**, RN; **Brooke McKinney**, RN Resident; **Lindsay Hamilton**, RN Resident; and **Ja'Garria Lyons**. The Clinical Administrators welcome **Allison Glasson**, BSN, RN; **Rachel Mayour**, BSN, RN; and **Diandra Stanley**, BSN, RN.

4C Mother-Baby – Raleigh Campus welcomes **Alex Daniel**, RN; **Ally Burns**, RN; **Audry Garcia**, RN; **Haley Overton** and **Ashlee Dalisky**.

6C Surgery & Trauma welcomes **Molly Gallimore**, RN; **Lexi Lee**, RN Resident; and **Peyton Radcliff**, RN Resident.

eICU welcomes **Ashley Recinos**.

2E CVICU welcomes **Zach Taylor**, RN.

5C MSIC welcomes **Vivian Egbuna**, RN.

Pathology Labs Transfusion Services welcomes **Ariana Hernandez**.

General Surgery – Cary welcomes **Lauryn Hamilton**.

Outpatient Rehab – Clayton welcomes **Michaela Yost**.

Urgent Care – Garner welcomes **Tim Oltman**, RN.

5 West Surgical & Trauma – Cary Hospital welcomes **Kristi Nati**, RN; **Ally Royster**, RN; **Preslie Hnatek**, RN; **Jyoti Dhakal**, RN; **Janil Baez**; **Shawdae Dowdy**; **Stella Obinwa**; and **Liliana Antolin-Alarcon**.



MEET OUR NEW INTERNAL MEDICINE RESIDENTS

In June, WakeMed welcomed the fourth cohort of residents to our Internal Medicine Residency Program – and said farewell to our first graduating class of residents. Please join us in wishing our inaugural class well as they move into their clinical practice! We also want to extend a warm welcome to the newest class of Internal Medicine residents, who will spend three years here at WakeMed: **Salomey Antwi**, MD (St. George's University School of Medicine); **Kenneth Azore**, MD (St. George's University School of Medicine); **Apoorva Gupta**, MD (University of North Carolina School of Medicine); **Kevin Le**, MD (East Carolina University and Brody School of Medicine); and **Samuel Light**, DO (Edward Via College of Osteopathic Medicine – Virginia Campus).



New at WakeMed Deep Brain Stimulation

Deep brain stimulation (DBS) is a highly-effective treatment for movement disorders – such as essential tremor, Parkinson's disease and dystonia. DBS involves implanting electrodes into certain areas of the brain. The electrodes, which are controlled by a small device implanted in the chest, produce electrical impulses that affect brain activity.

WakeMed's first deep brain stimulator (DBS) implantation surgery was performed by **Robert Dallapiazza**, MD, (Raleigh Neurosurgical) in early May. With this procedure now available, patients who meet certain criteria can be referred and complete the workup process, have the surgery and be managed post-surgery all at WakeMed.



Clip out the resources below for future reference and remember – your WakeMed family is here for you!

Well-Being Resources FOR THE WAKEMED FAMILY

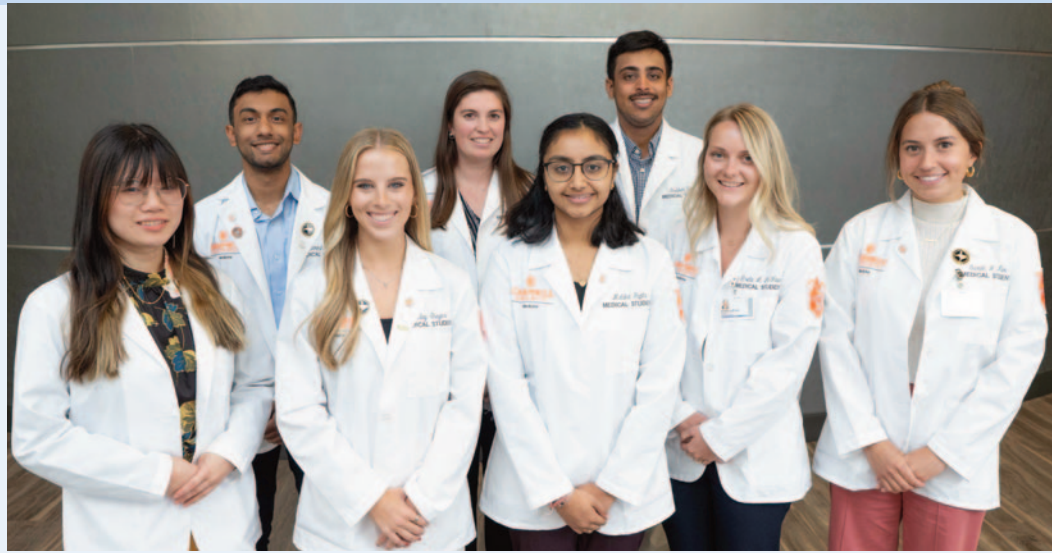
A career in health care can be emotionally challenging in many ways. Know that you and your team have access to several great resources to help you regain joy and resiliency, sort through difficult personal issues and rediscover the reason you chose a career in caring.



Resource	Best for...	Description	How to Access
Employee Assistance Program (EAP) 	Individual employees and adults & children in their household	<ul style="list-style-type: none"> On demand and scheduled sessions with a BHS licensed therapist for mental health crises, help with life's difficult decisions, family therapy, grieving, anxiety, depression and more. Several free sessions for all employees and those living in their household (regardless of health insurance coverage) 24/7 availability 	<ul style="list-style-type: none"> 1-800-327-2251 Online or via the BHS app – www.BHSONline.com and enter WAKEMED as the user name
Critical Incident Stress Management Session (CISM) 	Small groups of staff immediately after a stressful event/ unexpected outcome	<ul style="list-style-type: none"> Emotional support in-the-moment or soon after a stressful event A structured, evidence-based approach to help staff sort out emotions 	<ul style="list-style-type: none"> Employee contacts a member of their management team Manager contacts Clinical Administrator to schedule/ activate a CISM session
Schwartz Rounds 	Typically, large groups – can be a single department or involve staff/ providers from multiple departments	<ul style="list-style-type: none"> Designed to help staff rediscover the reason they chose a health care career, share their feelings and find resilience Proactive, scheduled sessions Focus on a single topic, for example: A patient or a coworker I will never forget A meal is included 	schwartzrounds@wakemed.org
Tea for the Soul 	Individual units/ departments	<ul style="list-style-type: none"> Can be scheduled or as needed (after a stressful event) Spiritual Care provides nourishment, comfort and activities to give the mind a break 	<ul style="list-style-type: none"> Raleigh Campus – ext. 01865 Cary Hospital – ext. 02536 North Hospital – ext. 00041
Mental Health Buddies 	Our Campus Police & Public Safety and Spiritual Care teams	<ul style="list-style-type: none"> Support for those who keep us safe and support our caregivers at difficult times Led by Mental Health & Well-Being counselors Can be scheduled or in-the-moment 	<ul style="list-style-type: none"> Contact Mary Worthy at ext. 07418 or mworthy@wakemed.org



Apex Healthplex partnered with the Apex Chamber of Commerce to teach a drop-in CPR Anytime class for chamber members and the community. Attendees had an opportunity to practice the skills of hands-only CPR and talk to Emergency Department leadership and cardiology staff to learn more about CPR skills and the prevention of heart disease.



This summer, WakeMed welcomed eight medical students as part of the Campbell University School of Medicine (CUSOM) Summer Scholars program. The program provides opportunities for rising second-year medical students to work full time on research studies. Join us in welcoming this year's cohort (left to right): **Danika Ng, Pranesh Gayam, Riley Shegos, Sarah Comstock, Mahika Gupta, Shubham Vyas, Greta LaFave, and Sarah Miller.**



Officials from WakeMed, Fuquay-Varina Chamber of Commerce, Wake County and Town of Fuquay-Varina celebrated the opening of the Fuquay-Varina Medical Park with a ribbon-cutting and open house event on June 20. Over 100 people attended the event. The facility is home to a variety of specialty practices and other services, all in one convenient location.



The Falls Prevention Advisory Board wants to give a special thanks to **Cindy Boily, RN**, senior vice president & Chief Nursing Officer, for playing the Falling "Star" alongside **Shanna Lehr, RN**, (2D Rehab) and **Laja Daramolo, NA**, (2C Rehab) in a Falls Prevention Video. Falls prevention is all about interdisciplinary teamwork, collaboration and patient safety.



Members of the WakeMed Diversity & Inclusion Council along with other staff members shared information about WakeMed at the annual OUT! Raleigh Pride event in June.



Have news to share?

Send it to microscope@wakemed.org



WakeMed recently enrolled our first patient in the Reinvigorate Study, a prospective, multicenter, randomized, controlled trial led by **Travis Manasco, MD**, (Pulmonary & Critical Care - Cary) with support from the WakeMed Clinical Research Institute and Respiratory Therapy. The trial will evaluate the safety and effectiveness of phrenic nerve to diaphragm stimulation system (pdSTIM system) to increase diaphragm strength and improve weaning for patients who are on mechanical ventilation for greater than four days. Pictured along with Dr. Manasco are members of the study team: **Rhonda Norton, Haleigh Berst and Jenna Cassels** (all of WPP Clinical Research).



Members of the WakeMed family paused to honor and recognize Juneteenth on June 19. Services were held at Raleigh Campus and Cary Hospital and included a brief history of the holiday, the reading of a poem and a prayer, led by a member of our Spiritual Care team.

This year's WakeMed Foundation Kick It 4 Kids kickball tournament brought together WakeMed employees and community members for a day of friendly competition. 22 participating teams raised \$11,170 which will directly benefit WakeMed Children's projects and programs. Congratulations to the "Facility Guys" team led by **Veronica Long and John Horton** on being named "Champions for Kids" for a second year in a row with a total team donation of \$2,850!

MICROSCOPE

Microscope is a monthly newsletter written by and for the employees of WakeMed. Our goal is to provide employees and friends of WakeMed with the most up-to-date news on all of the hospital system's activities. The Marketing & Communications department thanks all of the employees who contributed to this publication.

We welcome comments and suggestions on this publication and its content. Call (919) 350-8120, e-mail microscope@wakemed.org, or write Microscope, WakeMed Marketing & Communications, 3000 New Bern Avenue, Raleigh, NC 27610.

Kate Wilkes Editor
WakeMed Employees, Photos

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WakeMed Foundation Appreciation

GALA

Saturday, September 21

Raleigh Convention Center

Presented by North State Bank

Entertainment Sponsored by TowneBank

Featuring the Legends of Motown

For information on making a donation in order to receive an invitation, contact foundation@wakemed.org.

FOLLOW US TO WELLNESS!



WakeMed & WakeMed Children's



@WakeMedHospitals



@WakeMed

CALENDAR OF EVENTS

EMPLOYEE WELL-BEING EVENTS

WakeMed Run Club Payday Runs

Payday Wednesdays throughout the summer, 5:30 pm

The group meets at Anderson Point Park (20 Anderson Point Drive, Raleigh, NC 27610) and will start and finish near the picnic shelters/water fountain/restroom area. The run will break up into various pace groups, which means no one will be left behind. All levels are encouraged to attend; participants must have a signed waiver on file. For details, email Bob Nelson at wellness@wakemed.org.

WakeMed Cycling Club Payday Rides

Payday Thursdays throughout the summer, 5:30 pm

The group meets at the Wake Orthopaedics location (3009 New Bern Ave.) at 5:30 pm and rides along the Raleigh Greenway to the Neuse River Trail and beyond. All rides are no drop rides, which means no one will be left behind. All participants must wear a helmet and have a signed waiver on file. For details, email Bob Nelson at wellness@wakemed.org.

The Scoop on Nutrition: Intermittent Fasting July 17 & 23

Join a Corporate and Community Health registered dietitian in a 30-minute detailed dive into a wide variety of nutrition topics: new trends, essentials to good health, or even topics you request. Come listen, learn, ask questions, and even share ideas with your coworkers. The topic for July is Intermittent Fasting. Is it a diet? Is it safe? Will it help me live longer? Get the answers to these questions and more in July's classes.

Visit MyWakeMed or the WakeMed Weekly for details on how to join.

Online Uniform & Shoe Sale

August 1 – 19

Stock up on scrubs, socks, shoes and more during the online Uniform & Shoe Sales, sponsored by the Volunteers at WakeMed and First Uniform, Inc. First Uniform will contribute a portion of the sale proceeds to The Volunteers in support of the great patient and staff programs they make possible at WakeMed. Payroll deduction is available. Shop online at firstuniform.com, then click Partner Accounts and select WakeMed.

Wake AHEC Events

- > **Optimizing Outcomes: Maternal Mental Health and Substance Use Disorders Summit** – August 16
- > **Supporting Families Through Infant Loss: Critical Challenges & Practical Solutions** – August 23
- > **Current Trends, Risks, & Solutions for Adolescent Social Media Use** – September 9
- > **Don't You Forget About Me: Navigating the Trenches and Maintaining Our Purpose** – September 20

Read the Wake Way

Demystifying Disability: What to Know, What to Say, and How to be an Ally
Cary Hospital

Wednesday, August 21, 2 to 3:30 pm

An approachable guide to being a thoughtful, informed ally to people with disabilities, with actionable steps for what to say and do (and what not to do) and how you can help make the world a more inclusive place. Register by July 17 in WakeMedU by searching "Demystifying Disability".

Blind Spot: Hidden Biases of Good People

Explore the hidden biases we all carry from a lifetime of exposure to cultural attitudes about age, gender, race, ethnicity, religion, social class, sexuality, disability status, and nationality. To register, search "Blind Spot: Hidden Biases of Good People" in WakeMedU.

- > **Raleigh Campus:** Wednesday, September 18, 11 am to 12:30 pm
- > **Cary Hospital:** Thursday, October 24, 11:30 am to 1 pm
- > **Virtual:** Monday, November 4, 5 pm to 6:30 pm