

MICROSCOPE



The Joint
Commission

Cary Hospital Shines During Joint Commission Survey

The Joint Commission survey for Cary Hospital, Apex Healthplex and the hospital-based services in the Cary Hospital Medical District concluded on October 31 with high praise from the surveyors.

The four-day survey included a thorough review of everything from ceiling tiles to medical records, from staff competencies to medical gas storage. As with all visits of this type, there were several findings and areas of opportunity that teams are addressing. There were no conditional findings, however, and therefore no additional visits from surveyors are required.

"I am incredibly proud of our team, who took every opportunity to demonstrate why Cary Hospital is a great place to receive care," said **Tom Hughes**, senior vice president and administrator, Cary Hospital. "Every day of the survey, our surveyors pointed out best practices that our team innovated, and that is truly outstanding. Staff members also took the opportunity to ask our surveyors questions, showing their eagerness to learn more about the ways they can provide the best possible care to our patients and families."

Thanks to all for demonstrating your dedication to our patients and our mission in all interactions with the survey teams. You are the Wake Way!

WakeMed to Launch Major Genetic Health Initiative

**PRECISELY YOU WILL IMPROVE PREVENTIVE CARE
AND PROVIDE GREATER PERSONALIZED CARE**

In support of our mission to improve the health and well-being of our community, WakeMed is launching a precision medicine community research program. The initiative – called Precisely You – aims to transform health outcomes by improving disease detection and prevention, supporting local health research efforts, and making innovative, individualized care more accessible.

WakeMed is partnering with Helix, a California-based leader in population genomics, on the initiative, which will kick off later this year. Together, WakeMed and Helix aim to enroll 100,000 participants over four years.

Precisely You will provide actionable DNA insights and help participants and their health care team address key risk factors for several diseases, including:

➤ **Breast cancer** ➤ **Ovarian cancer** ➤ **Colorectal cancer** ➤ **High cholesterol**

Participation is voluntary and provided at no cost to participants. The genetic information provided may be used to help prevent disease or detect it at earlier, more treatable stages.

"This community health research program, developed through the strategic collaboration between WakeMed and Helix, will leverage innovation to help improve the health of our patients and the broader community we serve," said **David Kirk**, MD, Chief Clinical Integration Officer. "Having a better understanding of how DNA impacts our health brings us one step closer to learning about our genetic risk for common cancers and heart disease, while increasing access to personalized medicine to all patients in our community."

By screening on a large-scale platform, Precisely You will help uncover what risks might be occurring at disproportionate levels within our community and inform proactive health programs to address these needs.

As part of this large-scale initiative, WakeMed joins Helix's leading group of partner health systems launching population genomics programs across the United States. Helix will apply its end-to-end genomics platform and unique Sequence Once, Query Often® model, which enables future genomic tests to be ordered without the need to collect an additional patient sample. This will give patients and their doctors access to ongoing genomic insights about their health throughout their lifetime.

Look for much more information about Precisely You in the near future.

**Exceptional People.
Exceptional Care.**

N&O's "Raleigh's Best"



WakeMed was proud to receive six "Raleigh's Best 2024" awards from *The News & Observer*. The awards were voted

on by *News & Observer* readers and members of the community. WakeMed and our physician practices won "Gold" in the following categories:

- **Best Place to Have a Baby:** WakeMed
- **Best Health Home Care:** WakeMed Home Health
- **Best Physicians Group – Orthopedics:** Wake Orthopaedics
- **Best Physicians Group – Urgent Care/Walk-In Clinic:** Wake Orthopaedics Urgent Care
- **Best Physicians Group – Cardiology:** WakeMed Heart & Vascular – Cardiology
- **Best Physicians Group – Primary Care:** WakeMed Primary Care

Several other service areas and practices received "Silver" and "Bronze" awards. See MyWakeMed for the full list.

WebMD Choice Awards

WakeMed was recently honored with several WebMD Choice Awards, which recognize best-in-class health systems based on the preferences of patients and providers in their local market.

The WebMD® Patient Choice Award and Medscape® Provider Choice Awards are given to health care organizations that achieve the top 30% of patient or provider preferences, respectively. The intention of the award program is to empower consumers and providers to find best-in-class health care in their specific region.

For 2024-2025 WakeMed received:

WebMD® Patient Choice

- Cardiology – North Carolina
- Stent Placement – Raleigh-Durham
- Cardiology – Raleigh-Durham
- Neurology – North Carolina
- Spinal Surgery, Neurology - Upstate South Carolina

Medscape® Provider Choice

- Cardiology – North Carolina
- Cardiology – Raleigh-Durham

Specialty Excellence Awards from Healthgrades

Each year, Healthgrades recognizes hospitals that deliver superior patient outcomes within specialty service lines as part of the Healthgrades Specialty Excellence Awards. We are proud to report that for 2025, WakeMed received three awards:

- **Cary Hospital** was recognized for Pulmonary Care and Surgical Care
- **Raleigh Campus** was recognized for Surgical Care

For 2025, Healthgrades evaluated patient mortality and complication rates at hospitals across the country to determine the national leaders in 17 specialty conditions or procedures. Healthgrades also uses star ratings and awards to help consumers identify the top-performing hospitals for specialty care. Thank you to our team for all your hard work in providing exceptional care and for your dedication to improving patient outcomes!



Raleigh Campus, Cary Hospital Re-Accredited as Chest Pain Centers

The American College of Cardiology has re-accredited both Raleigh Campus and Cary Hospital as Chest Pain Centers following a virtual survey in October. Raleigh Campus received

reaccreditation for Chest Pain Centers with Primary PCI and Cary Hospital received reaccreditation for Chest Pain Center services.

The ACC's accreditation services offer quality improvement programs designed for hospital cardiovascular teams focused on efficient and effective care of acute coronary syndrome (ACS) patients. The survey included a review of both facilities' protocols, processes and capabilities in providing care to patients presenting with chest pain and possible need for intervention procedures.

This Chest Pain Center accreditation survey validates the exceptional care and services that our staff and physicians deliver to our community every day. Participating in the accreditation survey process is an opportunity to improve access to cardiac care and services in an emergency setting by having resources patients can count on closer to home.

Congratulations to all involved and thank you for your dedication to the patients we serve!

For a full list of awards and accreditations, visit wakemed.org.



WakeMed Heart & Vascular Welcomes Cary Cardiology!

Earlier this fall, WakeMed Physician Practices announced the addition of the Cary Cardiology team to its growing Heart & Vascular network. As part of this transition, the four Cary Cardiology practice locations throughout the region recently became WakeMed Heart & Vascular – Cary Cardiology. Established in 1982, Cary Cardiology has served the Triangle for more than 40 years. The existing team, which includes nine physicians, seven advanced practice providers, and more than 75 staff members officially joined WakeMed Heart & Vascular on October 1.

Welcome, Cary Cardiology Providers

- > **Dhirenkumar Shah, MD, FACC**
- > **Rama Garimella, MD, FACC**
- > **Pratik Desai, MD, FACC**
- > **Sunil Desai, MD, FACC**
- > **Joshua Macomber, MD, FACC**
- > **Pavlo Netrebko, MD, FACC**
- > **Madeeha Saeed, MD, FACC**
- > **M. Hamid Bahrami, MD, FACC, RPVI**
- > **Zehra Husain Syed, MD**
- > **Tina Jackson, MSN, ANP-C**
- > **Heather Santori, AGNP**
- > **Nicole Orso, MSN, FNP-C**
- > **Charlotte Culler, MSN, FNP-C**
- > **Laiby Boban, MSN, AGNP-BC, CCRN, CMC**
- > **Jena Donovan, PA-C**
- > **Melanee Tomasulo, MSN, APRN, AGCNS-BC**
- > **Anu Bobby, MSN, FNP-C**
- > **Zi Lin, MSN, APRN, AGACNP-BC**

WakeMed Heart & Vascular – Cary Cardiology Locations

- > 300 Keisler Drive, Suite 204 Cary, NC 27518
- > 400 Attain Street, #101 Fuquay-Varina, NC 27526
- > 145 Tilghman Drive, Suite 100 Dunn, NC 28334
- > 1 Medical Drive Benson, NC 27504

Opening Nov 19: WakeMed Morrisville Medical Park

WakeMed’s newest medical park is now open at 101 Holly Creek Road in Morrisville. The following practices are opening in November – with more coming in early 2025.

- > Primary Care – Morrisville (moved from Carpenter Fire Station Road)
- > Outpatient Lab Services
- > OB-GYN – Morrisville (moved from Grace Park Drive)
- > Pediatric Primary Care – Morrisville

MyCare 365 Coming Soon to Clayton

MyCare 365 Primary & Urgent Care will open their 10th location in November. The new practice is the second MyCare 365 in the Clayton area and will be located in the Market at Riverwood.

126 Pritchard Rd., Suite 101 Clayton 27527

Monday – Friday: 8 am to 8 pm
Saturday & Sunday: 8 am to 4 pm



Welcome New Physicians



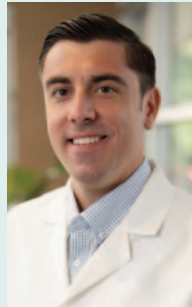
Kirk Caddell, MD
General Surgery



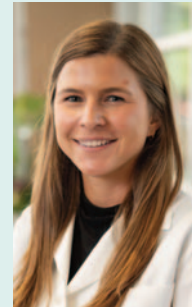
Aarushi Chopra, MD
Pediatric Primary Care



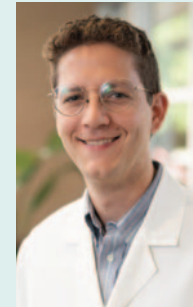
Sean Costello, DO
MyCare 365



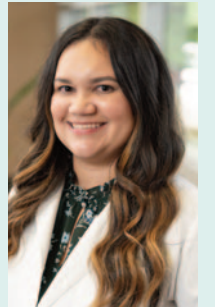
Stefano Crosio, DO
Primary Care



Erin Dunneback, MD
Hospital Medicine



Adam Kline, MD
Hospital Medicine



Jackeline Larker, DO
OB-GYN



Andrea MacDonald, MD
Pulmonary & Critical Care



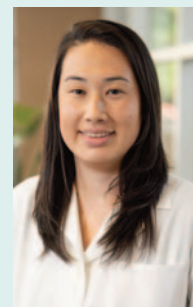
Vidushi Mehrota, DO
Primary Care



Elizabeth Mizelle, DO
Primary Care



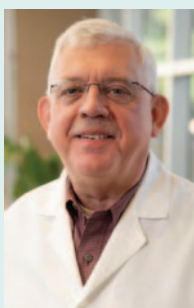
Lincoln Pratson, MD
Wake Orthopaedics



Katy Reines, MD
Urology



Katherine Schroeder, MD
Pediatric Intensivists



Sydney Short, MD
Heart & Vascular



Jaskeerat Singh, MD
Hospital Medicine



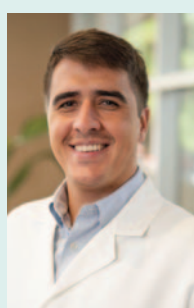
Lisa Spencer, MD
OB-GYN



Luis Vasquez, MD
Gastroenterology



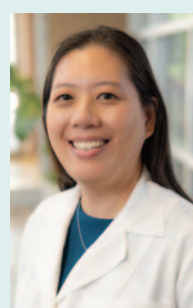
Rukiayah Warner-Moxley, MD
Pediatric Primary Care



Sebastian Werner, MD
Hospital Medicine



Keith Whitlock, MD
Wake Orthopaedics



Bo Zhang, MD
General Surgery

Welcome New Advanced Practice Providers

Ariana Aliasso, PA
Gastroenterology

Nancy Barrett, NP
Cancer Care

Jessica Bonnelly, NP
Urology

Derek Chapman, PA
Mental Health & Well-Being – WakeBrook

Taylor Christmann-Fishman, PA
Heart & Vascular

Emily Coats, NP
General Surgery

Elizabeth Cunningham, PA
Mental Health & Well Being – WakeBrook

Annie Frazier, PA
Hospital Medicine

Megan Frohm, NP
Hospital Medicine

Sara Grant, PA
Primary Care

Lauren Henrikson, PhD
Mental Health & Well-Being

Simona Ilizarov, PA
Gastroenterology

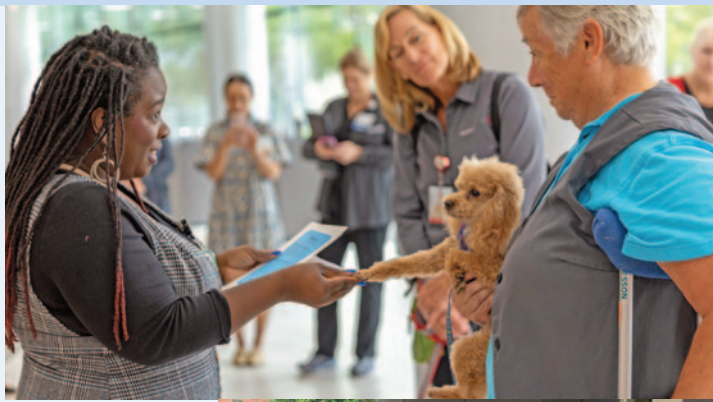
Andrea Ruth, PA
Orthopaedics

Marie (Holly) Short, NP
Primary Care

Amelia Thorpe, NP
Primary Care Zebulon

BLESSING OF THE PAWS

If you have had the good fortune of meeting one of our many fabulous tail-wagging volunteers from our Hospital Volunteer Pet Program, you know the joy and comfort they bring to our halls. WakeMed has more than 20 four-legged volunteers who – along with their human companions – visit patients, families and staff at our hospitals each week. To celebrate them and give thanks for their care, WakeMed Spiritual Care and Volunteer Services recently hosted a special Blessing of the Paws Service at Raleigh Campus, Cary Hospital and North Hospital. The events were a chance for staff to share stories of how our four-legged friends have positively impacted our hospital community.



WakeMed kicked off Breast Cancer Awareness Month in October with the American Cancer Society and WakeMed Cancer Care. Staff got to experience the American Cancer Society Making Strides Against Breast Cancer Big Pink Chair as we celebrated our survivors and thrivers, and learned how our team can support the fight against breast cancer.



WakeMed was proud to partner with the SAS Championship golf tournament again this year. WakeMed employees volunteered their time to provide first aid services throughout the weekend, and the Corporate & Community Health team offered free blood pressure checks, cholesterol screenings and stroke risk assessments.



WakeMed hosted "Stuff the Truck" supply drives in October to support Hurricane Helene disaster recovery efforts. In just a few hours, we filled several Mobile Critical Care trucks, multiple SUVs and pickup trucks and our Corporate & Community Health Mobile Wellness vehicle. Now that's the Wake Way in action!



Above: Staff members from Mental Health & Well-Being, Spiritual Care and Campus Police & Public Safety recently gathered for a picnic in support of the Mental Health Buddies program. Mental Health Buddies are Mental Health & Well-Being counselors who support those who keep us safe and support our caregivers during difficult times, such as Spiritual Care and Campus Police. Thanks to all team members for your important work!

Right: Acute Rehab Services at Raleigh Campus, which includes Physical Therapy, Occupational Therapy, Speech Therapy and Wound Care, have officially retired 97 pagers. The teams have transitioned to new workflows and embraced PH Connect to receive time-sensitive patient care requests. Retiring the pagers has an annual cost savings of over \$14,000.



SADDLE UP
WakeMed 
GIVES

FUN-TEMBER!

A good time was had by all at our annual FUN-tember socials and the WakeMed Gives kickoff events! These fun-filled activities included yard games, snacks, virtual and in-person bingo, a leadership dunk tank and even a mechanical bull!



WAKEMED HEART & VASCULAR FIRSTS

WakeMed and our outstanding team of providers continue to innovate and embrace leading edge technology to improve outcomes and quality of life for patients. The Heart & Vascular team introduced three new treatment options this fall, making WakeMed one of the only health systems in the state to offer these state-of-the-art procedures.

COMBINED TREATMENT FOR ATRIAL FIBRILLATION



Kevin Manocha, MD, (Complex Arrhythmia) became the first provider in the region to perform a new atrial fibrillation procedure since it received approval from the Centers for Medicare & Medicaid (CMS). The procedure is a combined Watchman implant for percutaneous left atrial appendage closure (LAAC) with cardiac pulsed field ablation (PFA).

"While performing both procedures together is technically challenging and requires a high level of skill and expertise, it provides numerous benefits for the patient," explains Dr. Manocha. "Rather than undergoing two separate procedures, this

combined approach reduces anesthesia, recovery time, cost - and allows the electrophysiologist to restore regular heartbeat while also reducing the risk of stroke in patients with complex atrial fibrillation and excessive bleeding risk."

NEW DEVICE FOR AORTIC ANEURYSM



The WakeMed vascular surgery team is among the first in North Carolina to be trained and approved to use the new GORE® EXCLUDER® Thoracoabdominal Branch Endoprosthesis (TAMBE) – which gives patients with certain types of complex aortic aneurysm an alternative to open surgery. The new, minimally invasive surgical option offers a lower risk of complications, faster recovery time and a shorter hospital stay.

Christopher McQuinn, MD, (Vascular Surgery) recently performed WakeMed's first case using the GORE EXCLUDER TAMBE device. "WakeMed is proud to be on the leading edge of

treating complex vascular disease by offering innovative treatment options such as the GORE TAMBE," he explains. "Being chosen by GORE to offer this new technology is a testament to the quality and reputation of our program. We're bringing advanced treatments to our community, allowing patients to get the highest level of care they need close to home."

WORLD'S FIRST DUAL CHAMBER LEADLESS PACEMAKER SYSTEM



WakeMed became the first hospital in Wake County to implant AVEIR™ DR, the world's first dual chamber leadless pacemaker system. The procedure was performed by **Hemant Solomon, MD** (Cardiology). Approved by the FDA in June 2023, Abbott's AVEIR DR is roughly one-tenth the size of a traditional pacemaker and provides a new minimally invasive option for patients who require pacing in two chambers of the heart.

Unlike traditional pacemakers, leadless devices are implanted directly into the heart through a minimally invasive procedure and eliminate the need for cardiac leads. This reduces exposure

to potential lead and pocket-related complications and offers a less restrictive and shorter recovery period.



This year, the WakeMed Foundation celebrates three decades of philanthropic support for WakeMed. Over the past three decades, the WakeMed Foundation has raised more than \$83 million from more than 72,000 gifts, with support from more than 350 volunteers.

These generous contributions have enabled the WakeMed Foundation to support WakeMed's efforts to provide lifesaving care and enhance the overall health and well-being of this exceptional community we call home.

"Our donors have made a difference in the lives of countless patients and thousands of skilled WakeMed caregivers who help us deliver on our mission. As we look to the future, the WakeMed Foundation is poised to make an even stronger impact," commented **Hank Woods**, vice president, WakeMed Foundation. "As our community grows, so do our area's health care needs – and there is no one better suited to meet these needs than WakeMed. The coming years will bring many exciting opportunities to launch new services and programs, leverage innovative technology and expand access to high-quality care. One such example is the Courage to Confront Crisis campaign, which will support the Mental Health & Well-Being Hospital we are building in Garner."

The WakeMed Foundation Appreciation Gala, held in September, was a night of dancing and celebration as we thanked our generous donors for all they have done to support the Foundation.

WOW, WHAT AN EMPLOYEE!

Brooke Hartman, RN, and **Kasey Robinson, RN**, (both of 5 West Surgery & Trauma – Cary Hospital) presented "New Graduate Resource Guide" at the AMSN Annual Convention 2024, held in Toronto, Canada, to help nurses orient new graduates.

Tommy Davis, PhD, (Environmental Services – Raleigh Campus) recently published an article in *Infection Control Today* titled, "Barrier Against Infection: Importance and Challenges of Isolation Room Cleaning in Hospitals," which highlights the importance of isolation room cleaning.

Kelly Thompson-Brazill, DNP, (Cardiovascular & Thoracic Surgery), co-presented "International Collaborative Solutions to Advanced Practice Education" at the International Council of Nurses Advanced Practice Conference in Aberdeen, Scotland, on September 12.

Grace Wilcox, DO, (General Surgery) completed her Surgical Critical Care Fellowship at WakeMed. She is the first graduate from WakeMed's ACGME accredited fellowship. Please join us in wishing her well as she begins her faculty career at Elliot Health in Manchester, New Hampshire.

Neurosciences congratulates **Sarah O'Neal, BSN, RN**, for successfully completing the stroke registered nurse certification exam.

Sidnie Garner, RN, (Emergency Department – Apex Healthplex) became a certified pediatric emergency nurse.

Revenue Cycle congratulates **Zach Sabella** and **Stacey Nunn** on being promoted to the role of Educator & Quality Specialist and recognizes **Anna Garcia**, **Tiffanie Wills** and **Barrissa Keene** on achieving Epic certification.

COMINGS & GOINGS

5 West Surgery & Trauma – Cary Hospital welcomes **Karen Valerio, RN**; **Jessica West** and **Starr Johnson**.

MyCare 365 – Market at Riverwood welcomes **Anna Brake**, **Francesca Donayre Rosas** and **Samantha Faircloth**.

MyCare 365 – University Place welcomes **Samir Kuntamukkala**.

Home Health welcomes **Kristen Everette**, **Gwen Wiley**, and **Eileen Stock**.

1A Clinical Evaluation Area welcomes **Sarah Herring, RN**, and **Lourdes Harrell**.

5C MSIC welcomes **Anne Kaviu, RN**; **Yvonna Rodriguez, RN**; and **Mecca Kaazim**.

The Clinical Research Institute welcomes new team members who transitioned from Cary Cardiology: **Dylan Long**, **Cole Ocker**, **Isabel Long**, **Krithika Dhanasekar**, **Brett Foster**, **Cameron Long**.

TeleICU welcomes **Natalie Solomon**.

eICU welcomes **Lindsay Collins, BSN, RN**, and **Shannon Massengill, BSN, RN**.

3B CVIC welcomes **Jen Chretien, RN**; **Jen Warta, RN Resident**; **Jacklyn Hernandez Mancilla**; **Taylor Horan**; **Ty Monsanto Blocker**; **Mandy Medura**; and **Laneisha Carpenter**.

Urgent Care – Kildaire welcomes **Allison Ashley**.

ADDITIONS & ATTACHMENTS

Kelli Stanley (OneCall) got married on September 18, 2024.

Kelly Smith, RN, (3 West Med-Surg – Cary Hospital) welcomed a daughter on September 15, 2024.



BRIGHTENING SPIRITS WITH A SONG

October 19 was World Singing Day – and what better day to spotlight one of our singing volunteers! **Walter Moreland** was hospitalized in 2023 and realized how much he longed for someone to cheer him up in song. After he recovered he unleashed his musical spirit and became Raleigh Campus' singing volunteer.

"I sing because I understand the emotional pain people experience being in the hospital. In September 2023, I was hospitalized at Raleigh Campus for nine days. My family visited, and that was nice, but I didn't want them to stay too often because they had a lot of obligations with work and family. I realized that while I appreciated drop-ins, what I really needed was someone to sing, play checkers and things of that nature.

"I didn't have anyone to cheer me up in that way, so I became what I needed when I was in the hospital. I asked **Donald Gintzig** if I had permission to sing, and he said if I could sing then I was welcome. So one day, I just started singing during my volunteer shift, and I've been doing it since."

"AS A VOLUNTEER, I LIKE TO SING FOR PATIENTS AND FAMILIES TO BRING A SMILE TO THEIR FACES AND EASE THEIR TROUBLES ABOUT THEIR MEDICAL CONDITION. VISITORS TELL ME I BRIGHTEN THEIR DAY. I USED TO SING WITH GLADYS KNIGHT AND THE PIPS, BB KING, THE OJS, THE SPINNERS, AND MANY MORE. I'VE SUNG AT THE APOLLO THEATER FOUR TIMES. NOW I SING AT WAKEMED RALEIGH CAMPUS."

WALTER MORELAND, WAKEMED VOLUNTEER



WakeMed Volunteer Services is expanding their singing volunteer opportunities. If you know someone who might be interested in joining our singing volunteer program, they can email us for more information at volunteerservices@wakemed.org.



hats off TO TEAM WAKEMED!

WakeMed staff, providers and family members laced up their sneakers to support a number of important causes this fall by participating in health-related awareness events. WakeMed sponsored each of these events, which raise money for research, education and outreach to improve health outcomes. Thank you to everyone who took time out of their busy schedules to walk or run as part of Team WakeMed!

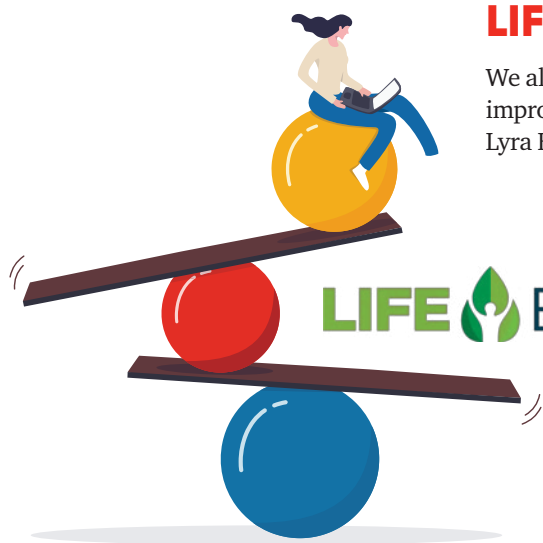


LIFEBALANCE WHEN YOU NEED HELP ADDRESSING LIFE'S CHALLENGES

We all need a little help from time to time. Whether you're feeling anxious or depressed, experiencing grief, navigating life changes, looking to improve your work or personal relationships, or just want to feel better emotionally – WakeMed's confidential LifeBalance program – managed by Lyra Health – is available to you and your eligible family members.

- > **Six no-cost sessions:** Access high-quality and confidential mental health care – including therapy or coaching sessions to support you and the whole family.
- > **Support for the whole family:** Receive specialized support for kids and teens, parenting and couples, so every family member can build skills and feel their best.
- > **Care options that fit your schedule:** Talk to your provider virtually, in person or via live chat—even on nights and weekends.
- > **On-demand resources:** Access a library of self-help resources – like meditations, videos and courses – for support in your personal life and for work.
- > **Individualized care:** Lyra will match you with the right care program for your needs and a provider who understands your unique background and identity.
- > **Additional services:** Free and confidential guidance on work-life needs – like legal services, identity theft, dependent care support and financial matters.

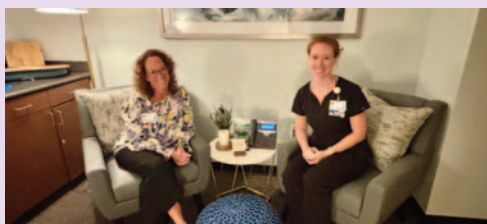
Your WakeMed-sponsored Lyra benefit (including six no-cost sessions) is available to all employees and their dependents. Get started with care in just a few minutes – activate your benefit today. Visit wakemed.lyrahealth.com or call (833) 824-9070.



a place of calm: WAKEMED'S LAVENDER ROOM

In July 2023, Christie Hatch, director (Emergency Services – Raleigh Campus) began brainstorming with **Laura Cline**, RN, supervisor/educator, and **Jesse O'Neal**, staff chaplain, about creating a lavender room for employees to regroup after an especially stressful workplace event. "Our emergency staff have seen an increase in not only patient volumes, but also high acuity of patients. This, along with an increase in incidents of workplace violence, highlighted the need for a staff emotional support focus," explains Hatch.

Fashioned after a Code Lavender response at Cleveland Clinic and supported by information gathered from professional nursing organizations, the lavender room concept began to take shape. The space was designed as a safe haven to unwind after challenging situations, with the aim of positively impacting staff emotional well-being. The room is painted a calming light blue and has comfortable furniture, adult coloring books, a magnetic dartboard, a yoga mat, resource lists for outside support and wearable aromatherapy.



Prior to opening the room in August, Hatch, Cline and O'Neal devised a burnout survey to gauge a starting point for emergency department staff. In the coming months, they intend to re-survey the staff to see if the Lavender Room is helping improve workplace well-being.

Hatch explains, "Based on the survey results, we believe the majority of emergency department staff experience burnout and emotional stress at work. The lavender room is one way to demonstrate care, offer calm and lend support to our care teams during the workday. It is our hope that by providing this resource, we will help to replenish and rejuvenate staff, so they can return to work refreshed and inspired to be the best they can be for our patients."

The Lavender Room transformation was funded by the WakeMed Foundation through an Enterprise Needs award. Employees can apply for Enterprise Education and Emergent Needs funding year-round. Funds are allocated by enterprise leaders in partnership with the WakeMed Foundation.



GOODBYE HUMPTY, HELLO CATCH A FALLING STAR



In honor of Falls Awareness Day in September, the Falls Prevention Committee hosted drop-in falls education events at Raleigh Campus, Cary Hospital and North Hospital for some hands-on demonstrations for clinical staff. The events also marked the retirement of the "Humpty Dumpty" Falls Prevention Award after many years of service. Replacing Humpty Dumpty is the new "Catch a Falling Star" award, which was created for staff to recognize their peers or departments for their leadership, promotion of culture of safety, participation in fall safety initiatives, or dissemination of information they receive at falls committee meetings at the unit level.

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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ADDRESS SERVICE REQUESTED

Staff across WakeMed took advantage of the opportunity to have some Halloween fun this fall. Employees got in on the action with department dress up days, reverse trick or treating and fun community events! Thanks to everyone who took time out of their day to make this day special for our patients and families.



FOLLOW US TO WELLNESS!



WakeMed & WakeMed Children's



@WakeMedHospitals



@WakeMed

CALENDAR OF EVENTS

**FINDING
GRATITUDE
ON A TERRIBLE,
HORRIBLE,
NO GOOD,
VERY BAD DAY!**

**Thursday, November 14, Noon to 1 pm
Andrews Conference Center (in-person only)**

The WakeMed Schwartz Rounds committee welcomes leaders, providers and employees to participate in this special session during the season of gratitude and Thanksgiving. During the session, several members of the WakeMed family will share the emotions that accompanied the trials and tribulations of a particularly bad day on the job and how they worked to find gratitude amidst the chaos. Schwartz Rounds are all about sharing the emotions common to working in the health care environment and recognizing that your colleagues often feel the same way. Lunch, courtesy of the WakeMed Foundation, will be served. Register in WakeMedU.

Employee Forums with Donald Gintzig President & CEO

Join Donald Gintzig – in person or virtually – for an informal conversation to learn how we're doing and what's ahead for WakeMed.

In-Person Forum

North Hospital

Tuesday, November 12, 2:30 pm

Virtual Forums

Tuesday, November 19, 3 pm

Visit MyWakeMed for details.

Professional Development

Conflict Management – November 7, 1 to 3 pm - Using the Thomas-Killman Conflict Model, participants will not only learn how to identify their own conflict style but also how to navigate the various styles of their colleagues.

The Wake Way – December 4, 8:30 am to 12:30 pm – Immerse yourself in WakeMed's culture by delving into Respect for People, Communication, Teamwork, and Commitment & Accountability. Register in WakeMedU.

Leadership Development

These courses are for managers and above; register in WakeMedU.

Creating a Strengths-Based Culture – November 13, 8:30 am to 12:30 pm – Learn how having a strengths-based culture is a powerful differentiator that brings out the best performance in every employee and creates connection and meaning at work.

Team Development Tips & Tricks – October 28, 9 to 11 am – Learn how to strengthen belonging and connection at work. A "how-to" guide will be provided with activities, instructions and additional resources.

Wake AHEC Events

Rethinking Guardianship: Exploring Less Restrictive Alternatives – November 20

30th Annual Thomas B. Dameron Jr. Orthopaedic Conference - Comprehensive Spine Care: Collaborating Across Disciplines for Optimal Patient Outcomes – December 7

Results-Based Accountability™: How to Produce Measurable Improvement for Customers and Communities – December 10

For a complete list of events, please visit www.wakeahec.org/courses-and-events



Employee Well-Being Events

The Scoop on Nutrition: Important Nutrients as We Age
Thursday, November 14

Join a Corporate and Community Health registered dietitian each month for a 30-minute detailed dive into a wide variety of nutrition topics. In November, we will learn about what nutrients may be most impactful for good health in middle age and beyond, as well as where to find them. We'll talk menopause, protein, bone health and more. See MyWakeMed or the WakeMed Weekly for details on how to join.

SAVE THE DATE: Belk In-Store Shopping Event

The Volunteers at WakeMed & Belk department store invite you to shop at Belk at Crabtree Valley Mall on **Sunday, December 8**, from 8 am to 4 pm. Items can be purchased with payroll deduction. Proceeds raised from this event are used to support programs and services at WakeMed.

