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## New MRI Unit: World-Class Scans Without the Trip

**M**ARTHA'S VINEYARD HOSPITAL took a big step forward this spring with the installation of a new MRI machine in the radiology suite of the new Hospital building.

The new MRI, a General Electric MR450W, "is a generational change from the magnet we've been using," says Peggy Ekholm, the Hospital's director of diagnostic imaging. "This is the latest generation of technology and is as good as the equipment you'll find at Boston's best hospitals."

"Magnet" is a common nickname for the MRI, which stands for magnetic resonance imaging. At the heart of the GE machine is its 1.5-Tesla electro-magnet, super-cooled in a bath of liquid helium and 300 times stronger than a refrigerator magnet.

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*Vineyarders needn't compromise the quality of their scan, or incur added costs when they choose to have their MRI without leaving the Island.*

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MRI scans are an essential tool in modern medicine, allowing doctors to look at tissues inside the body without exploratory surgery. "It's truly amazing what you actually can see with this new equipment," Ms. Ekholm says. "It's as if you're looking at real anatomy."

The Hospital first began offering MRI scans in 2001, when a trailer carrying the magnet was hauled to the Island every other weekend. "From the beginning," Ms. Ekholm explains, "We were looking to bring new radiology services to the Island so patients would not have to travel off for them."

For the past few years, the Hospital's MRI trailer has been parked along a hallway in the 1972 wing. Now the new magnet has a permanent place in the new radiology department.

The features patients will notice most about the new MRI are threefold – it's faster, it's less noisy, and it's much roomier for the patient.

"For most exams," says Ms. Ekholm, "the geometry of the way they've designed the magnet is such that you'll feel like there's more space around you. And this is accomplished with resolution that's actually better in the images the MRI makes."

The new GE magnet has a larger field of view, which means it can complete many scans in less time than its predecessors. The MR450W also fea-



tures noise-reduction systems that further improve the patient's experience during scanning.

The MRI machine comes with an array of special coils for specific scans – elbow coils, shoulder coils, knee coils, wrist coils, breast coils. During its installation, operators of the MRI loaded it with the same set of scanning protocols used by Massachusetts General Hospital, whose MRI department has been reading every scan taken on the Vineyard for the past 10 years.

The experts at Mass General work closely with physicians at Martha's Vineyard Hospital before a scan is taken, advising on what protocols will be most useful. After an MRI, gigabytes of data from the scans are streamed to Mass General where they are analyzed by doctors who specialize in reading scans from particular parts of the body. Thus, a brain scan goes to the neurological experts and an ankle sprain goes to the orthopedists.

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*This latest generation of scanning technology is as good as the equipment you'll find at Boston's best hospitals.*

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One new service MV Hospital will be able to offer with this new equipment, says Ms. Ekholm, is breast MRI: "This adds a good, non-invasive option for a patient when the tools we already have don't give us a completely satisfactory answer."

The most important thing for Vineyarders to know, Ms. Ekholm says, is that they won't be compromising on the quality of their MRI scan, or incurring added cost, when they have it close to home. "We've got the very best equipment here. This new service is comparable in quality and in price to anything available in the biggest Boston hospital."

"With this new service, nobody should have to go through a day of off-Island travel for an MRI."

# At Windemere, A Year of Accomplishments



PHOTO: HEIDI WILD

*Chilmark School students, with teacher Robin Smith, visit Windemere resident Betty Carlson*

**K**EN CHISHOLM, director of Windemere Nursing & Rehabilitation Center, recalls that when he first came to Windemere in 2004, he heard a lot of talk in the community about whether the institution could survive.

The story of Windemere's early struggles is well known, highlighted by a \$1.8 million operating loss in 1994 and a descent into bankruptcy in 1997. Overcoming this history, taking an important Island institution from merely surviving to thriving, is the accomplishment of which Mr. Chisholm is proudest.

Evidence of Windemere's turnaround has abounded over the past year, with recognitions of excellence and news of accomplishments at every turn. Tim Walsh, president and CEO of Martha's Vineyard Hospital, credits Mr. Chisholm for a management style that sees the big picture but also drills down into the daily care-giving transactions that make the difference between a good nursing home and an excellent one.

Says Mr. Walsh: "Ken's exceptional leadership capabilities include an amazing ability to identify areas needing improvement, create an action plan together with his care-giving team, and then to swiftly implement those needed changes."

Among the highlights of a year of accomplishments for Windemere:

- The American College of Health Care Administrators, at its 45th annual convocation in New Orleans in May, recognized Windemere with its Facility Leadership Award as one of the top-performing long-term care facilities in the nation. Of the more than 400 nursing homes in Massachusetts, Windemere is one of fewer than 30 to receive this honor.

Mr. Chisholm is proud of this award, but quick to share the credit. "As a nursing home that operates on an Island," he says, "without all the resources that are available to other facilities as part of bigger systems and chains, getting this award is a real accomplishment. This is a staff award – the real work here is the daily work of taking care of our residents. Every day, it's the CNA's, the LPN's, the RN's, and the environmental services staff, who do the hard work."

"We couldn't send 100 people to New Orleans to pick this award up, so I got to go. But this award belongs to every employee at Windemere, and we're tremendously proud of all the work our staff has done to get us to this position."

- Medicare.gov, the U.S. government site for Medicare, has awarded Windemere its highest rating, five stars, for the overall quality of its care. To arrive at this rating, the government looks at 19 separate measures, from the incidence of depression and pain among residents to such practices as vaccinations for the flu.

Nationally, only the top 10 percent of all nursing homes receive this top rating from the government.

Again, Mr. Chisholm says the credit belongs with his staff, which focused intensely over the past year on important quality-of-care issues.

He notes that Windemere's director of nursing, Marie Zadeh, led a team that examined the issue of urinary tract infections and made recommendations. "It was a lot of hard work, and it was all about involving the staff, because this is care that happens at the bedside." In the end, this initiative succeeded in reducing the average occurrence of UTI by almost three-quarters, to 8.3% – below the state average.

Another team worked together to reduce the use of restraints to protect the safety of residents at Windemere. Again, this initiative was successful, reducing the use of restraints by more than half, from an average of 11% to 4% across the facility.

"In nursing homes," Mr. Chisholm explains, "the use of restraints was much more widespread years ago, because you didn't want people to be injured. But the state has been looking at this and saying, you know what, that's really not a great way to provide care. So the question became, how do you keep people safe when you don't want them to be restrained, but you also don't want them to fall? It's a very delicate balance."

One solution the team implemented involves Windemere's new electric beds, which can be lowered down nearly to floor level. "When you roll out of a normal bed, that's a serious fall," says Mr. Chisholm. "But if the bed is down to the floor, and you've placed padding next to the bed and alarms so that a call goes to the nurses – this is a way to keep people safe without restraints."

- In March, Windemere received the good news its administrators had been hoping for since the beginning of a long application process in the summer of 2010: The state approved a Determination of Need for \$3.3 million in capital improvements to the facility.

This isn't an outright grant, Mr. Chisholm says, but rather a state program that will reimburse Windemere for the cost of improvements over its lifespan.

The state grant will reimburse Windemere for the cost of new boilers, windows, furniture, doors and siding; for repairs to roofs, showers and elevators, and for interior renovations, especially to the cafeteria.

"For us at Windemere," says Mr. Chisholm, "\$3.3 million is a lot of money. There is a long list of much-needed improvements, and we're thrilled that the state has approved it."

Much of the work approved by the state is already underway. Windemere's boilers have already been replaced – says Mr. Chisholm, "They simply couldn't wait." And since early this spring, Windemere has been working with an interior designer to plan for the renovations inside. "We're trying to do those improvements first that make the most difference for the residents who are with us, to make their environment as nice as we can."

Ken Chisholm loves to talk about the special programs at Windemere, about the 96-year-old woman who got to fly in a bi-plane and the 101-year-old who rode on a recumbent three-wheeled bike. He loves to tell about the partnership with the Chilmark School, whose students form friendships with residents at the nursing home, and about the many outings the recreational department organizes into the community.

At the same time, he appreciates the daily efforts of the staff in the entirely unromantic work of providing basic care for people who are no longer able to care for themselves. "This is physically demanding work for our staff," he says, "and it isn't easy."

But together, these programs and this quality of care are what set Windemere apart. "This isn't a warehouse for the elderly – it's a special place. Windemere is really connected to the Island community and supported in so many ways."

[Windemere residents welcome visits and activities provided by the community. If you or your group would like to participate, please contact Recreation Director Betsy Burmeister at 1-508-862-1933](#)

# In New Maternity Wing, Each Birth Is a Celebration

**BIRTH IS NOT AN ILLNESS**, proclaims a bumper sticker on the bulletin board in the maternity wing of Martha's Vineyard Hospital. A tour of the new wing gives the distinct impression that everything possible has been done to de-institutionalize the experience of giving birth here. If you distilled the whole approach of the maternity department into a more positive motto, it might be, "Birth Is a Celebration."

At the center of the new maternity unit are three large and comfortable LDRP rooms. The acronym stands for Labor, Delivery, Recovery, Post-partum – and this consolidation of services aptly sums up the holistic approach to maternity services in the new Hospital.

"In the old maternity department," recalls Joyce Capobianco, nurse manager of the maternity unit, "we had a labor and delivery unit. You'd arrive and go down there when you were laboring, you'd deliver your baby there, and then we'd put you in a wheelchair about an hour after you had the baby – break up the party and wheel you down the corridor into the post-partum unit. It was really quite disruptive for mothers and families."

Now, most mothers who give birth at MVH have one room for the duration of their stay. The rooms are spacious, with lots of natural light, fold-out sleep sofas and plenty of accommodations for family. In these

rooms, after childbirth, the party doesn't have to end.

Says Ms. Capobianco: "One of the things we practice here is called rooming in. It's one of the goals that's emerging for hospitals nationally, keeping babies with the couples so there's more of an opportunity for moms and dads to learn what the baby's needs are and adjust, so it's not such a big surprise when they get home."

Another goal for hospitals across the country is to establish skin-to-skin contact immediately after birth, a practice which new research shows to have important health benefits. "When the baby is born," says Ms. Capobianco, "the baby goes directly to the mom's chest. We try to teach our couples that skin-to-skin for the first 24 hours is the most successful intervention for breast-feeding. It's really enjoyable when we go to state conferences and hear how everyone is working to get this new practice implemented – I just smile, because we're already doing it."

Maintaining maternity services is not a profitable enterprise for Martha's Vineyard Hospital, which regularly sees fewer than 150 births in a calendar year. But it's one of many services the Hospital provides because it is considered essential. Said with the smile of a woman who loves her work, "What we provide here is a very specialized service," says Ms. Capobianco. "All of

us take a great deal of pride in the care we give to the newest members of our community and their families. It's incredibly gratifying."



*Mary DiMatta, R.N., greets a new Islander*

PHOTO: ALISON SHAW

## Welcome Prit Gill, M.D.



*Prit Gill, M.D.*

**T**HIS MAY, Martha's Vineyard Hospital welcomed G.S. Prit Gill, M.D., who joins the medical staff as a family practitioner in the hospital's primary care department.

Dr. Gill is board-certified in family and geriatric medicine, and certified in addiction medicine. He had a private practice in Oklahoma for 20 years, during which time he served as chief of the medical staff at Great Plains Regional Medical Center in Elk City and as medical director of its inpatient addiction unit. For the past seven years, Dr. Gill has worked as a primary care physician at the VA Medical Center in Fresno, Calif.

Primary care has always been Dr. Gill's focus – being born, raised and trained in Kenya, he says, this has always seemed natural to him. "In Africa," says Dr. Gill, "my training was about learning to be comfortable with everything, and so when it came time to do my medical residency, it was just instinctive to remain at this holistic level in my approach." Over the course of his career, he's returned regularly to provide medical care in South Africa. "It's my way of giving back to a continent which supported me and my family for many generations," he says. "I feel that medicine provides a livelihood, but there is a humanitarian and service component to being a physician, and one must balance the two."

Dr. Gill will initially see patients on a limited basis. A full practice schedule is expected to begin in September.



PHOTO: CLIFFORD DORR

**T**HE DONOR RECOGNITION WALL, on prominent display in the light-filled new lobby of Martha's Vineyard Hospital, pays tribute to the donors whose annual gifts help ensure the health and safety of all who live or visit here. Building our new Hospital was a historic community achievement. Sustaining its caring work is a responsibility that will continue for generations to come. "This generosity," concludes the preamble to the listings which are renewed every year, "exemplifies the best of this community's spirit – the readiness of Vineyarders to help a neighbor in need." Your name or the name of a loved one can be inscribed here, with a gift each year.



PHOTO: ERIN TILTON

### Sullivan Run/Walk 2010

**L**AST year we were honored to be joined at the race by Dr. Regina M. Benjamin, the 18th Surgeon General of the U.S. Public Health Service, pictured above at left with Marston Clough and Run/Walk founder, Dr. Louis W. Sullivan.

You can find more photos, details about the 2011 Run/Walk and download a registration form at [www.mvhospital.com/runwalk](http://www.mvhospital.com/runwalk)

### MV Hospital Golf Tournament Celebrates 25th Anniversary

**J**OIN us at Farm Neck Golf Club this year as we celebrate the 25th year of this annual event. Sponsor a hole, enter the putting contest or just come to the festive pre-tournament cocktail party.



PHOTO: HEIDI WILD

Watch a slide show of last year's cocktail party, learn more about the tournament, and download a registration form at [www.mvhospital.com/golf](http://www.mvhospital.com/golf)



## MARTHA'S VINEYARD HOSPITAL

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and a Member of  
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save the dates  
please join us!

25th Annual Golf Tournament  
Farm Neck Golf Club  
July 17th & 18th

23rd Annual Sullivan 5K  
Run/Walk  
East Chop, Oak Bluffs  
August 27th

For information call  
508 693-4645, or visit  
[www.mvhospital.com](http://www.mvhospital.com)

## A Thank You Gift That Continues to Give...

**A**N INNOVATIVE way to support the Hospital, *The Host Recognition Program*, was the brainchild of Buff and J. Bonanno, members of the Katama Association. Begun in 1999 to help raise funds for a cardiac monitor, the program has raised over \$15,000 and expanded Island-wide to give guests a creative way to both thank their hosts and support the Hospital. For a contribution of \$100, you'll receive five attractive cards and envelopes to let your hosts know that a gift has been made in their honor to support the Hospital. To participate, please call the Development Office at 508 693-4645.

