MANAGING YOUR PAIN
With Interventional Pain Medicine

Spring Clean Your Health

Opiate Dependency ARE YOU AT RISK?

THE SWEET BUT AWFUL TRUTH About Sugar

How to Be a Guardian Angel

TO FIND THE LATEST NEWS, VISIT GULFCOASTHEALTHYLIVING.ORG
Spring has sprung! It’s time to get outside and enjoy the beaches, sunshine and the beautiful foliage that’s returning. With warm weather back in play, we’re sure to be more active, but as we get out and about, we must be mindful of safety for ourselves and others.

In May, we are reminded to pay attention to our surroundings during National Child Abuse Prevention and Sexual Assault Awareness Month. Learn how you can help keep a watchful eye (page 15) acting almost as a guardian angel for anyone around you who may be in danger.

June is National Safety Month and a time when we heighten our focus on keeping friends and family safe. However, if you or a loved one does experience injury, urgent care is the perfect answer for a quick, convenient “repair” (page 11).

Baptist Health Care wants to provide all our neighbors with the opportunity to enjoy a good quality of life. We encourage a hometown environment of caring for each other. When you need a health care provider for injury or illness, we want you to know about our wonderful, caring team of people who work and live in our community, and have a vested interest in your well-being.

Shake off that winter’s sleep and enjoy the bounty that spring has to offer us. Join me in enjoying this spectacular season on the Gulf Coast.

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care

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SAFETY AND GOOD HEALTH GO Hand-In-Hand

Observe National Safety Month this June by teaching your family tips for living a safe lifestyle. Did you know that falls are the third leading cause of unintentional deaths? With the warmer weather, many more people are using ladders while taking care of housework. Be sure to always read warning labels on ladders and only use them as intended.

• Before using a ladder, read all warnings carefully and inspect it for damage to avoid using an unsafe ladder.
• Don’t stand any higher than the third rung from the top of a ladder.
• Only use a ladder as intended – don’t use it as a bridge or scaffolding.

Information provided by the Nation Safety Council.

May is ...

STROKE AWARENESS MONTH

Stroke is an emergency. Learn how to identify stroke by acting F.A.S.T.!

FACE ............Uneven smile. Facial droop.
ARM .............Arm numbness. Arm weakness.
SPEECH ........Slurred speech. Difficulty speaking or understanding.
TIME ...........Call 911 immediately.

To learn more about symptoms, risks and prevention, visit eBaptistHealthCare.org/strokecare.

MENTAL HEALTH MONTH

Try these mood menders to help ensure good mental health.

1. Keep your favorite, inspiring quotes nearby.
2. Get plenty of rest.
3. Meditate.
5. Out loud, say 20 things for which you are grateful. Then name 20 more.

If you’re feeling especially stressed by life’s challenges, find a mental health professional who can help guide you. Visit eBaptistHealthCare.org/MentalHealth.

HELP FOR HEARTBURN

Most of the time heartburn discomfort can be managed with lifestyle changes or by taking over-the-counter medications. But sometimes the burn keeps coming back and may require the help of a doctor. Learn more about heartburn at a free seminar “Getting rid of Heartburn.”

Getting Rid of Heartburn

Presented by Patrick Gatmaitan, M.D., Bariatric Surgeon

Thurs., May 15, 11:30 a.m. lunch; noon to 1 p.m. seminar
Andrews Institute Athletic Performance & Research Pavilion
1040 Gulf Breeze Parkway, Conference Room B

Thurs., June 26, 11:30 a.m. lunch; noon to 1 p.m. seminar
Baptist Medical Park, 9400 University Parkway, Azalea Room

Reservations are required. To make a reservation, call 850.469.7897.

CELEBRATE THE Nurses in Your Neighborhood.

May 6 - 12 is National Nurses Week. If a caregiver has made a great impact on you or a loved one, pay a compliment to him or her on our Facebook page at Facebook.com/BaptistHealthCare.

5 TIPS FOR A Healthy Relationship

1. View your relationship as a team.
2. Listen first then talk. Hear without judging.
3. Never go to sleep angry.
4. Apologize.

Learn more about our approach to community wellness. Visit eBaptistHealthCare.org/HealthyLives.
Six Steps to Spring Clean Your Health

It’s time to get outside and enjoy some fresh air and sunshine as we welcome warmer temperatures. You also may have the urge to organize and spring clean. These six tips will put you on the path to a healthy season.

Visit your Baptist Medical Group physician for advice about screenings and other healthy tips to help you spring clean your health.
1. **Be sure everyone in your family gets an annual preventive medicine check-up with a primary care physician.**

If you’ve been dealing with chronic conditions, preventive care (i.e., screenings and immunizations) may have fallen through the cracks, but keeping up with preventive care is important for catching problems early or preventing them altogether. If you don’t have a doctor, visit [BaptistMedicalGroup.org](http://BaptistMedicalGroup.org) to find a primary care physician who meets your family’s health care needs.

2. **Ask your doctor about important screenings at your annual checkup.**

For example, if you’re 50 or older, it’s time to get a colonoscopy. This screening is the key to preventing colorectal cancer. If you have a family history of colorectal cancer or colon polyps you might want to begin screening earlier. Your doctor can help you get on a schedule to get the appropriate screenings that are best for you.

3. **Get rid of dust.**

Dust mite allergy is a common allergy and causes sneezing, runny noses and asthma. To alleviate these symptoms or avoid the allergy altogether, wash linens, bedding and curtains regularly in water that is at least 130°F; vacuum carpets and wipe down flat surfaces such as fan blades and book shelves. If symptoms include difficulty breathing or continue for longer than a week, visit your doctor.

4. **Take stock of your prescription and over-the-counter medications.**

Organize your medicine cabinet. Don’t keep medicines you no longer use or that are expired. Follow the disposal instructions on the drug label or patient information that accompanies the medication, or contact your city’s household trash service to see if a take-back program is available in your community.

5. **Make a list of all the medications you currently take along with the doctors who prescribed them, and keep it with you in your purse or wallet.**

Do the same for each member of your family. If your child takes medications, make sure his or her school has an updated list. Ask your doctor for a recommendation on what over-the-counter medications you should have on hand for your family.

6. **Clear your head by learning to meditate.**

According to MayoClinic.org, meditation is considered a type of mind-body complementary medicine. It can help carry you more calmly through your day and can even improve certain medical conditions. A few short meditation breaks throughout the day is all you need to relieve stress and start reaping the benefits of your inner calm.

Visit [BaptistMedicalGroup.org](http://BaptistMedicalGroup.org) or call 850.437.8600 for personal assistance with choosing a physician.
When It Comes to REHABILITATION
Andrews Institute Has You Covered

Sometimes life throws a curve ball that may set us back for longer than we expected. When a physical ailment or injury derails your plans, your priority is to get back to normal as quickly as possible.

Andrews Institute Rehabilitation provides the most comprehensive range of therapeutic services available in northwest Florida and south Alabama, with several locations across the region. Services include physical, occupational, speech, lymphedema and aquatic therapies.

Select the facility that provides the therapy you need, and call to make your appointment with any one of our skilled therapists.

Andrews Institute
1040 Gulf Breeze Parkway
Gulf Breeze, Florida 32561
850.934.2180 • Fax 850.934.4181
Services: PT, OT, SP, AT

Atmore Community Hospital
401 Medical Park Drive
Atmore, Alabama 36502
251.368.6346 • Fax 251.368.6255
Services: PT, SP, OT

Baptist Hospital
Baptist Medical Tower 3, Suite 537
1717 North “E” St.
Pensacola, Florida 32501
850.469.7555 • Fax 850.469.7585
Services: PT

Baptist Medical Park – Nine Mile
9400 University Parkway
Pensacola, Florida 32514
850.208.6120 • Fax 850.208.6129
Services: PT, OT, SP, LT

Baptist Medical Park – Navarre
8888 Navarre Parkway
Navarre, Florida 32566
850.939.1017 • Fax 850.939.0874
Services: PT, OT

Baptist Speech Clinic
Baptist Medical Tower 3, Suite 236
1717 North “E” St.
Pensacola, Florida 32501
850.434.4957 • Fax 850.469.7490
Services: SP

Jay Hospital
14114 Alabama St.
Jay, Florida 32565
850.675.8040 • Fax 850.675.8016
Services: PT, SP, OT

North Okaloosa Medical Center
550 West Redstone Avenue, Suite 100
Crestview, Florida 32536
850.683.5906 • Fax 850.683.5917
Services: PT, OT, LT, SP

Andrews Institute Rehabilitation – Pace
3876 Highway 90
Pace, Florida 32571
850.994.6318 • Fax 850.994.9794
Services: PT

Andrews Institute Rehabilitation – Westside
12601 Sorrento Road, Suite A
Pensacola, Florida 32507
850.455.0938 • Fax 850.455.0938
Services: PT

For more information about rehabilitation services, go to TheAndrewsInstitute.com/rehabilitation.
To make an appointment with one of our physicians, call 850.916.8700, option 1.
Baptist Health Care and Mayo Clinic in Action

When Baptist Health Care (BHC) became a member of the Mayo Clinic Care Network, the community knew it was about to see an exciting shift in the way BHC provides care to its patients. Now at the nine-month mark, BHC President and CEO, Mark Faulkner can’t say enough good things about the collaboration.

“Through this relationship, Baptist and Mayo Clinic share a desire to improve the delivery of health care through high-quality, evidence-based medical care and treatment,” said Faulkner. “Through this collaboration, our BHC local physician experts are connecting with those at Mayo Clinic to share best practices and tools to enhance the quality of care we provide.”

AskMayoExpert
Richard Matthews, M.D., Baptist Medical Group Family Medicine, Gulf Breeze East, has been using the AskMayoExpert (AME) tool to educate his patients.

“Just taking an extra five minutes to educate a patient is great for the patient-physician relationship and instills greater confidence with the care plan you are asking them to follow,” said Dr. Matthews.

When a patient has been newly diagnosed with a disease, Dr. Matthews accesses his computer in the exam room to retrieve information related to the condition on AME. He then reviews that information directly with his patient.

“AskMayoExpert works perfectly as a supplemental tool to assist in patient education as well as in querying information and research related to uncommon or rare disorders,” said Dr. Matthews. “I use AME three to four times a day. It’s available in my clinic right at the point of care, and is quick and easy to use.”

AskMayoExpert – a resource that provides BHC physicians with access to Mayo Clinic’s knowledge in disease management, clinical care guidelines, treatment recommendations and reference materials.

eConsults
When Erika Schneider, M.D., a Baptist Medical Group OB/GYN, began treating a patient who was pregnant and battling breast cancer, she knew it was time to tap into the Mayo Clinic resources by using eConsults. “My patient underwent a unilateral mastectomy, and we needed recommendations for complementary therapy after surgery to help her maintain a healthy pregnancy,” said Dr. Schneider.

eConsults connects local BHC physicians with Mayo Clinic experts so that they can collaborate on the best care options for patients who are experiencing difficult health care issues. Cases are submitted through a secure web-based portal and reviewed within 48 hours. The Mayo physician then circles back to the BHC doctor, and the two discuss the best plan of care.

“Mayo provided a comprehensive review supported by evidence-based, up-to-date recommendations that were specifically tailored to my patient,” said Dr. Schneider. “Then we created a local team to provide a multidisciplinary approach to her care while leveraging Mayo’s recommendations.”

The collaboration with Mayo Clinic supports BHC’s Mission to improve quality of life for the community it serves.

eConsults – a service that connects BHC physicians with Mayo Clinic experts to discuss specific patient care treatment plans and help provide solutions for more difficult cases.

To learn more about the Mayo Clinic Care Network at Baptist Health Care, visit eBaptistHealthCare.org/Mayo.
MANAGING YOUR PAIN with Interventional Pain Medicine

When Betty Baratta was advised to undergo major surgery to alleviate the back pain she had been suffering from for years, she knew at the age of 86, this was not an option for her. Fortunately, she was referred to Huaiyu Tan, M.D., Ph.D., a physician at the Andrews Institute for Orthopaedics & Sports Medicine in Gulf Breeze.

Dr. Tan specializes in both physical medicine and rehabilitation, as well as interventional pain medicine. Interventional pain medicine, a subspeciality of pain management, uses techniques such as joint injections and nerve blocks/injections to interrupt pain signals and reduce inflammatory processes.

Betty’s condition, a pinched nerve, was exacerbated by scoliosis, the curvature of the spine, making treatment challenging. After a thorough examination and review of her MRI, Dr. Tan recommended an epidural steroid injection. Following the first injection, Betty experienced a 50 percent reduction in pain. A second injection was scheduled a few weeks later, after which Betty experienced a 95 percent reduction in pain. Betty became almost completely pain-free!

The steroid injections came after 15 months of attempting to alleviate the pain with strong pain medications. “The medications made me feel terrible and I was declining fast,” said Betty. “My daughter said we had to do something, and that’s when she called the Andrews Institute.”

“The U.S. is only 4.6 percent of the world’s population, yet it’s responsible for consuming 80 percent of the world’s opiate supply,” said Dr. Tan. “Now we are seeing the problems associated with prescribing opiates for chronic, non-malignant pain. With any kind of painful condition I try to minimize opiate use.”

Interventional pain medicine is an option for patients just like Betty who don’t wish to undergo major surgery and who are either intolerant of pain medications or simply don’t wish to rely on strong medications for chronic pain, (see page 9 to learn about the risks of pain medication dependency).

“The worst thing about the pain was that it caused me to lose my independence,” said Betty. “Thanks to Dr. Tan I can now go shopping and do my regular housework. I have my independence again.”

Common Procedures Offered by Andrews Institute Pain Medicine Physicians

- Epidural steroid injections
- Sacroiliac joint injections
- Peripheral joint, bursa, tendon injections (wrist, foot, hand, knee, hip, shoulder)
- Radiofrequency ablation
- Peripheral nerve blocks
- Nerve conduction study/electromyography (NCS/EMG)
- Botulinum toxin injections
- Trigger point injections
- Facet joint injections/blocks
- Neuromodulation (spinal cord stimulation)

To learn more about these procedures or schedule an appointment, call 850.916.8700, option 1, or visit AndrewsPhysicalMedicine.com.
Stopping the Spiral of Opiate Dependency

It happens more often than you might think. A patient goes in for a surgical procedure or struggles with chronic pain and is prescribed a pain medication. Often, that medication is an opiate such as Vicodin, Percocet or Oxycontin. Many patients take these medications to control their pain without any problems, but others may develop a dependency that can be extremely dangerous. According to the Centers for Disease Control and Prevention, prescription pain medications claim more lives due to overdose than cocaine or heroin.

Individuals struggling with prescription pain medication dependency come from all walks of life. Many are functioning in society with families and jobs, because at first their dependency is manageable. Eventually, however, the patient develops a tolerance and needs more of the medication to achieve the same effect. When a medication dependency becomes the focus of a person’s life, there is little room for anything else. Financial problems develop. Marriages break down. Jobs falter. In a best case scenario, at this point the individual realizes that his or her dependency isn’t sustainable and reaches out for help at a place such as Summit Group. At Summit Group, physicians treat patients who are dependent on prescription pain medications and other opiates by using a three-prong approach that combines medication (Suboxone), drug dependency counseling and treatment of the underlying problem, be it pain or an issue that led to recreational use. This outpatient program provides comprehensive, integrated care that has proven to be very effective.

“Patients come in while in withdrawal. We evaluate them completely and then I treat them with Suboxone. Within two to three hours, they’re no longer in withdrawal,” said Dr. Althar. “Patients say they feel ‘normal.’” Suboxone renders opiates ineffective. Also, if a patient takes an opiate while also taking Suboxone, the opiate will make them sick. The patient no longer has any incentive to use the drug.

The patient is given enough Suboxone to use at home for a week, then return to Summit Group for another evaluation. “This phase makes sure that the patient’s symptoms are controlled, that they’re doing well, aren’t using other drugs, and that the patient is properly treated with the right dose,” said Dr. Althar.

The patient continues on this highly customized treatment plan for six months to a year, is evaluated monthly and treated with a gradually diminishing dose of Suboxone. During this time, the patient will undergo counseling to address the issues that led them to the dependency in the first place. Also, if the underlying problem still exists, it is addressed. Chronic pain can be managed through physical or occupational therapy or with the help of a neurologist. If use of the medications was recreational, the patient will see a substance abuse therapist.

“Patients are taught how to fill the time they once spent supporting their dependency on more positive activities,” said Dr. Althar. “At the end of the program, patients are able to merge into ‘normal’ society.”

Are You at Risk for Pain Medication Dependency?

Dependency symptoms or behaviors include:

- Feeling that you have to use the medication regularly – this can be daily or even several times a day
- Failing in your attempts to stop using the medication
- Making certain that you maintain a supply of the medication
- Spending money on the medication, even though you can’t afford it
- Doing things to obtain the medication that you normally wouldn’t do, such as stealing
- Feeling that you need the medication to deal with your problems
- Driving or doing other risky activities when you’re under the influence of the medication
- Focusing more and more time and energy on getting and using the medication

Source: MayoClinic.org

Robert Althar, M.D.

To learn more about Suboxone treatment or Summit Group, visit eSummitGroup.org, or Call 850.437.8952
The Sweet but Awful Truth ABOUT SUGAR

It’s been vilified as a cause of diabetes, heart disease and obesity. But it’s everywhere and many of us crave it more than we’d like to admit. Meet both enemy and friend: sugar. How bad is it and should we eradicate it from our diets altogether?

The American Heart Association (AHA) recommends that women consume no more than 6 teaspoons of sugar a day (about 100 calories) and men should consume no more than 9 teaspoons (about 130 calories). To put this in perspective, a 12-ounce can of soda contains 8 teaspoons of sugar. Sugar is one of those things in life that we may love but must enjoy in limited quantities. Below are a few tips on how to manage your sugar intake.

• Check food labels.
  Food marketers are great at making packaged foods sound healthy. Just because something says low-fat, fat-free or whole grain, doesn’t mean it’s low in sugar.

• When baking, look for recipes that use less sugar or consider making ingredient substitutions.
  You may be able to use unsweetened applesauce, sugar substitutes or simply reduce the amount of sugar in your recipe.

• It’s all about moderation.
  Choose your favorite sweet food and select a modest portion. Eat slowly and really enjoy the taste and texture.

Although sugar consumption may not be a direct cause of diabetes, it may lead to weight gain that also can contribute to developing diabetes. Once a person has diabetes it is crucial to monitor sugar intake at all times. The Healthy Lives GoFight program offers diabetes education to residents of the Gulf Coast.

Additional information you may be interested in will be shared at the following seminars:

Understanding Vitamins and Nutritional Supplements
Presented by Cheryl Jeffries, Internal Medicine Baptist Medical Group
Wed., April 9, 11:30 a.m. lunch; noon to 1 p.m. seminar
Baptist Towers Medical Meeting Rooms
1717 North E St., Avery St. entrance

Smarter Way of Losing the Fat
Presented by Patrick Gatmaitan, M.D. Bariatric Surgeon
Wed., May 14, 11:30 a.m. lunch; noon to 1 p.m. seminar
Baptist Towers Medical Meeting Rooms, 1717 North E St.
Avery St. entrance

Cholesterol: The Good, The Bad, The Necessary
Presented by Logan Richards, M.D., Baptist Medical Group Internal Medicine
Thurs., June 19, 11:30 a.m. lunch; noon to 1 p.m. seminar
Andrews Institute Athletic Performance & Research Pavilion, 1040 Gulf Breeze Parkway, Conference Room B

Reservations are required. To make a reservation, call 850.469.7897.
When you need treatment for minor injury or illness, you need attention from a dedicated care provider right away.

Life’s minor injuries and illnesses can happen anytime and anywhere. They are never convenient, but access to care is. Your physician may offer walk-in care and same-day appointments, but if you don’t have a primary care physician, do you know where you can go?

The physician network at Baptist Health Care has a plan to help you and your family obtain care when you need it. Nurses and doctors at centers providing urgent or walk-in care treat patients who are experiencing anything from the common cold and muscle strains to minor bumps and bruises. No appointment is necessary and our centers are open evenings and weekends to accommodate unexpected need for care.

In the long-term you will want to choose a physician with whom you and your family can build a relationship. For this reason, when looking for walk-in or urgent care, choose a center that is part of a large health system that prioritizes quality care. This is a great way to find a long-term primary care physician, and if your need for care turns into something more serious, you will have access to an array of health resources such as emergency departments, hospitals, imaging services, lab, primary care and specialist doctors, and a host of other services for one-stop care.

The next time you sniffle or swell, see the urgent care or walk-in center in your neighborhood. Their goal is to provide effective care so you can get back to enjoying life!

Quick tips to consider when choosing the best urgent care center:

- Is the center part of a larger health care system?
- Does the center provide access to a physician network, both specialty and primary care?

Choose a center from those listed on this page or visit BaptistUrgentCare.org to learn more about receiving quality care when you need it.
Dr. Driscoll: Living Life to the Fullest

Meet Jennifer Driscoll, M.D. – wife, mother to six children, U.S. Navy veteran and a Baptist Medical Group family medicine physician who believes that anything is possible if you’re willing to plan and make a few sacrifices. The following interview offers a glimpse into how she manages a busy, but fulfilling life.

What did you do before you went into medicine?
I was an engineer in the U.S. Navy. I went to the Naval Academy in the late 80s (when it was still unusual for women to be at the Naval Academy) and, after that, I was on the USS Lexington in Pensacola. Shortly thereafter, the Navy sent me to Massachusetts Institute of Technology (MIT), and I came out and worked in ship yards as a project engineer— supervising repair work and dry docking. I was wearing the hard hat and steel-toed shoes. It was a very interesting time in my life.

What made you decide to switch from engineering to medicine?
I was doing well in engineering so it didn’t make a lot of sense, but I really felt a strong calling to medicine. I also realized I was more of a people person and as I went more into management, I realized this wasn’t what I saw myself doing long term. When my husband went into the Navy Reserve, that gave us the opportunity to reassess our lives, and he was interested in staying at home with the children.

Do you have advice for women interested in changing careers later in life?
I was 33 with three kids when I started medical school. Sometimes when we’re in our 30s, we feel like we’ve rolled the dice and whatever we majored in at college is what we’re destined to do. But really, the horizons are open. You just have to do a little planning, determine how your skills will fit something new and figure out what new skills you need.

How does being a mother help you in caring for young patients?
I’ve done the crazy things all new mothers do. I’ve been the mother who brings in the baby for constipation, but as soon as you pull down the diaper, the baby’s no longer constipated. I always tell mothers, you have a mommy voice. Trust it. There aren’t any dumb questions when it comes to your family’s health.

What do you like about practicing family medicine?
I enjoy all parts of family medicine. I really like caring for entire families. While some people think it’s normal for the wife to have a gynecologist, the husband to be without a physician, and the children to have a pediatrician, there is great benefit to everyone in one family consolidating their care with one doctor. I enjoy being that one physician and helping coordinate the care of all ages.

Do you have a particular interest at this time?
Diabetes. And there’s a lot of diabetes in this area.

Any final tips for women balancing work and family?
Don’t take work home. Try to be efficient at work. Instead of taking that second cup of coffee, I try to knock out some charts or reading.

One thing I frequently tell younger colleagues is that your life is happening today. You may have to make tradeoffs. For example, if you have a baby, you may not be the chief resident, but if you want babies and you don’t start in your 30s, the opportunity may pass you by. Live your life to the fullest. Be reasonable. Anything you want is possible.
Embracing the Era of Interoperability

When the Affordable Care Act was passed in 2009 it was clear that our nation was about to enter a new era of health care, an era characterized by one very big word… interoperability.

For such a large word, the concept of interoperability is rather simple. It is the ability to make health systems work together to share patient information. The benefit to patients is that their information will be consistently available when and where they need it. Ultimately, interoperability will result in compatible records systems that talk to one another, allowing health systems, clinicians, practitioners and patients from any location to share information. National interoperability is the ultimate goal, but there are many steps on the path to full and sustainable interoperability.

The Patient Portal

Patients will benefit the most from interoperability, and many patients in the Gulf Coast area are already doing so by using patient portals to access their medical records, request appointments and refill prescriptions. Baptist Health Care physician groups, Cardiology Consultants and Baptist Medical Group, both provide patients access to a patient portal. Patients have convenient access to their health information right at their fingertips at any time and from any place.

Intersystem Information Sharing

Thanks to interoperability many hospitals and providers can share information seamlessly if they’re in the same health system. For example, Baptist Hospital can upload its medical records into the Baptist Medical Group or Cardiology Consultants records kept within the patient portal. This technology allows clinicians to quickly access all the information they need to treat a patient.

Health Information Exchange

Eventually, all providers and hospitals in the Pensacola area will share their health information on the Health Information Exchange (HIE), the local repository of medical records maintained by the Pensacola Chamber of Commerce. This means that if a patient transfers to a new provider, or changes hospitals, there will be no delay in obtaining medical records and no gap in care. Physicians and clinical staff at Baptist take full advantage of this technology and are eager for others to participate.

The HIE has improved quality and reduced costs for countless hospital admissions. I have instant access to the most recent hospital records which informs my differential diagnosis and eliminates redundant testing, said John R. Sullivan, M.D.

Creating systems that sustain full interoperability within the Gulf Coast region, and eventually the nation, is a formidable undertaking, one that will be guided by numerous federally mandated guidelines called Meaningful Use targets. These guidelines will ensure accountability and see the Gulf Coast through the transition period into full interoperability. Baptist Health Care has already completed the first year of the six-year Meaningful Use journey and is well on its way toward completing the second year. By embracing interoperability, our health systems are paving the way for more efficient and convenient patient care in the future.

To find a physician who utilizes a patient portal to give patients access to their medical records, visit BaptistMedicalGroup.org.
Dr. Ryan Receives ‘Excellence in Instruction’ Award

Ramon Ryan, M.D., occupational health medical director, Baptist Medical Park – Nine Mile, received the recognition for his work with the U.S. Navy and Army residency program. Votes for the honor were cast by participating physician residents.

Dr. Ryan has more than 20 years of health care experience that includes internal medicine, occupational medicine, as well as a fellowship in sports medicine. In addition, he holds a master’s degree in occupational and environmental health.

Baptist Hospital First in Area to Offer Single-Site Da Vinci Program for Women

Tracey A. Doyle, M.D., and Erika Schneider, M.D., conducted the first hysterectomy surgeries, or “bellybutton” surgeries, using the da Vinci® HD Surgical System. The minimally invasive procedure helps patients experience shorter hospital stays, faster recovery times, less pain and less blood loss. For more information about single-site surgeries, visit eBaptistHealthCare.org/RoboticSurgery/ or call 850.434.4080.

Baptist Hospital Receives GWTG Platinum Performance Achievement Award

Baptist Hospital is one of only 197 hospitals nationwide to receive the 2013 National Cardiovascular Data Registry (NCDR) ACTION Registry® – Get With the Guidelines® (GWTG) Platinum Performance Achievement Award for 2013. The award signifies that Baptist Hospital has reached an aggressive goal of treating heart attack patients to standard levels of care as outlined by the American College of Cardiology/American Heart Association (ACC/AHA) clinical guidelines and recommendations. Learn more about heart care at Baptist Health Care at eBaptistHealthCare.org/Heart.

BHC First in Region to Offer Convergent Procedure

Baptist Health Care’s (BHC) comprehensive heart and vascular team is the first in the region to offer the convergent procedure, an innovative new hybrid treatment for patients with atrial fibrillation (AF). AF is a serious medical condition characterized by an irregular and often rapid heartbeat. The convergent procedure is a minimally-invasive approach that combines the best of electrophysiology (EP) and cardiac surgery treatments to help restore normal heart rhythm for patients with AF.

The procedure was performed at Baptist Hospital by Ian Weisberg, M.D., electrophysiologist, and James Lonquist, M.D., FACS, cardiothoracic surgeon, both of Cardiology Consultants.

For more information about the hybrid convergent procedure, visit eBaptistHealthCare.org/HeartFirst or call 850.434.4080.
HOW TO BE A Guardian Angel
A Practical Guide for Bystanders

Have you ever been going about your business when you saw something you knew wasn’t right? Did you have a gut feeling that someone was being taken advantage of or harmed? Did you do something? When you’re a bystander witnessing inappropriate, dangerous or threatening behaviors, you have an opportunity to be a guardian angel. April marks two very important safety awareness observances, National Sexual Assault Awareness Month and National Child Abuse Prevention Month. Now is a good time to consider what you might do to prevent a bad situation or rescue someone from harm.

Often it is not one individual act that makes us aware that something is about to turn violent or abusive, but a series of behaviors that can lead up to a violent event. So how do you know when it’s time to intervene? It will help to view the behavior on a continuum with healthy, age-appropriate, mutually respectful and safe behaviors on one end and abusive and violent behaviors on the other end. In the middle of the continuum are age-inappropriate or non-mutual behaviors. If your assessment falls toward the abusive and violent end, it may be time to step in with action that will prevent the behavior from escalating to something much worse.

According to Florida Statute, everyone has a responsibility to report suspected abuse, neglect or exploitation of children and the elderly. To report abuse, call The Florida Abuse Hotline: 1.800.96ABUSE. Or make a report online at eBaptistHealthCare.org/FamiliesFirstNetwork/AbuseReport.aspx. To read about how to detect abuse, visit eBaptistHealthCare.org/FamiliesFirstNetwork.

When everyone makes it a point to be aware and care, we make great strides in creating a safe environment for others around us and a stronger community for everyone.

To learn more about how you can recognize and prevent abuse of the most vulnerable members in our community, visit the following websites:

Florida Department of Children and Families: FAQs MyFLFamilies.com/service-programs/abuse-hotline/frequently-asked-questions
The Ounce of Prevention Fund of Florida Ounce.org
From Blue to Better FromBluetoBetter.org

Run for Their Lives
7th Annual 5k Run/Walk
End Sexual Violence

Join us and run or walk for a great cause: 7th Annual “Run For Their Lives” 5k Run/Walk Support the fight to end sexual violence.

Sat., April 26 • 8 a.m. • Pensacola Beach
RunForTheirLives.Kintera.org

24-hour Victims’ Services Hotline: 850.433.7273

For additional information, contact the Rape Crisis/Trauma Recovery Program at Lakeview Center at 850.469.3800.
WE’RE THE ONLY HEART HOSPITAL IN THE REGION — AND ONE OF THE TOP IN THE NATION — TO EARN THE AMERICAN COLLEGE OF CARDIOLOGY PLATINUM AWARD TWO YEARS IN A ROW FOR FAST, EFFECTIVE HEART ATTACK CARE.