OUR NEW HORIZON
MODERNIZATION & EXPANSION
A message from the President & CEO

Dear Friends,

High Point Regional understands that we must be innovative and proactive in delivering the highest quality of care that our patients expect…and deserve. During this remarkable time of change in healthcare, we are moving forward on a number of significant projects to strengthen and build upon our mission to provide exceptional health services to the people of this region.

The articles in the following pages are a sampling of the impactful initiatives and accomplishments at High Point Regional including a significant expansion and modernization project to provide critically needed infrastructure improvements in our hospital. You will also read about members of our team, many of whom you know and trust that provide care for you and your family. In addition, we highlight the many events and activities our Foundation Board and staff have conducted in support of our important patient care services.

High Point Regional is headed for an amazing future with endless possibilities, thanks to the support of our physicians, nurses, staff, volunteers, donors and most importantly you. Together, we can make a difference in the lives of those we serve. We look forward to serving you and your family in the coming year as together we pursue the goal of a healthier community.

High Point Regional is headed for an amazing future with endless possibilities...
Our New Horizon
We are transforming the hospital’s third floor to streamline care and to improve the patient experience.

Oncology Pharmacy
Our new pharmacy provides increased safety for patients and staff as well as greater efficiency of chemotherapy delivery.

Exceptional Cardiac Care
Ground-breaking research saves patients time and money.

High Tech Rehab
High Point Regional has partnered with High Point University to open this new, extraordinary physical therapy facility.

Foundation Donors
The High Point Regional Health Foundation recognizes individuals and businesses for their contributions to the hospital this year.

High Point Regional has been recognized for safety and quality by two national health organizations, the Leapfrog Group and the Centers for Medicare and Medicaid Services (CMS).

The Leapfrog Group, a national patient safety watchdog, recently gave High Point Regional an “A,” ranking the hospital among the safest in the United States. Only 844 hospitals nationwide received an A. Grades are assigned to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections.

The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. Using 30 measures of hospital safety data, the organization assigns grades calculated by top patient safety experts, which are peer-reviewed, fully transparent and available for public review.

“Protecting patients from harm is the most important charge for any hospital,” said Leah Binder, president and CEO of The Leapfrog Group. “We recognize and appreciate ‘A’ hospitals’ vigilance and continued dedication to keeping their patients safe.”

The Centers for Medicare and Medicaid Services (CMS) also designated High Point Regional as a 4-star hospital, scoring it particularly well in the areas of patient safety, effectiveness of care and readmission rate.

High Point Regional President and CEO Ernie Bovio, said, “The safety and satisfaction of our patients at High Point Regional will always be our top priority. We are so proud of the work our team does to put patient safety first.”

Pictured on the Front Cover: (Left to right) Annette Stutts, RN, Director of Surgical Services Ernie Bovio, President and CEO Karen Meyers, Director-Rehabilitation Services
The crane seen above High Point Regional for months certainly piqued the interest of those traveling along Elm and Lindsay Streets over the past several months. The construction crane has been a positive sign, as it is a part of the growth and expansion efforts designed to provide even better service to High Point Regional patients and to the community.

Along with a variety of other upgrades to the hospital, the Carolina Regional Heart Center is being consolidated into one location. The modernization and renovation will transform the center enabling the cardiology teams to provide streamlined, patient-centered and technologically advanced care.

Upgrades to the cardiology area include two new electrophysiology labs, four new cardiac catheterization labs, a software upgrade critical for use with new technologies and 3-D x-ray imaging. The new surgical lab features state-of-the-art technology. In addition, a hybrid cath lab operating room is being constructed for a broad range of complex surgeries, allowing High Point Regional to treat more patients close to home.

The third floor expansion includes the addition of:

- Two New Electrophysiology Labs
- Four New Cardiac Catheterization Labs
- Software Upgrade Critical to New Technology
- Mediguide Equipment for 3-D X-Ray Images
- Hybrid Cath Lab/Operating Room for Complex Surgeries
- New Day Hospital for Improved Patient & Family Experience
- Renovated Operating Rooms & Surgical Suites

This pictorial rendering depicts renovated surgical suites.
Ernie Bovio, President & CEO, shows his enthusiasm for the construction project climbing the 150 foot construction crane.

We are investing in the latest surgical technology to provide the best care possible for the patients in our community.

There is also room for future growth built into the new plans. While many of these developments may sound very technical, they all translate to greater access to surgery and cardiology experts and to improved treatment in a consolidated facility. These and other technology upgrades are moving forward with the support and generosity of many individuals in our community.

In addition to the work on the consolidated Carolina Regional Heart Center, construction efforts include an expanded Day Hospital and operating suites that will be relocated above the Emergency Room.

While the crane is now gone, engineers and construction crews will be around for a while longer, working toward exciting renovations and improvements at High Point Regional. As the conversation turns to the efforts along Elm and Lindsay Streets, the question will certainly arise, “What are they building at High Point Regional?” The exciting answer is, “They are adding and updating facilities and technology to be able to care for our community for many years to come.”

Growing to meet the needs of the community

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<td>Carolina Regional Heart Center Opens</td>
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<th>The Future is now High Point Regional</th>
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<td>The Hayworth Cancer Center opens</td>
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The new Day Hospital will be expanded over the Emergency Department for an enhanced outpatient surgery and family experience.

The Day Hospital is on the move! The Day Hospital at High Point Regional provides important services in a convenient location for patients undergoing surgery or procedures that do not require an overnight stay. Patients have access to all of the technology and expertise provided in the hospital, enabling them to receive all of their pre- and post-operative care in one place.

Offering even more convenience and more capacity for patients and their families, the Day Hospital will soon be moving to a new location above the Emergency Department. The new upgraded Day Hospital is designed to enhance the experience for patients and their families requiring same-day procedures. This new space will feature 20 holding bays, a spacious registration area and a waiting area for family members and visitors.

The Day Hospital’s new location provides even more access for patients and their families. High Point Regional continues to serve the community with quality care.

The expanded state-of-the-art Hayworth Cancer Center, a service of UNC Hospitals, oncology pharmacy meets new standards that ensure the health and safety of patients fighting cancer in this community.

The 1100 square foot pharmacy, part of the recent multi-million dollar cancer center upgrade, is the first in North Carolina designed to meet strict U.S. Pharmacopeial Convention (USP) 800 and FDA guidelines for the storage, compounding, safe handling and delivery of chemotherapy drugs.

“With this new pharmacy, we are the most advanced pharmacy in the state system in terms of meeting federal guidelines,” stated Janet Forrest, Director of Hayworth Cancer Center.

A number of safety and health concerns are involved in an oncology pharmacy. Drugs compounded in this space are quite different from those in a retail pharmacy. These special drugs, many of which are highly hazardous, are mixed specifically to fight a patient’s unique cancer.

The new expanded state-of-the-art Hayworth Cancer Center, a service of UNC Hospitals, oncology pharmacy meets new standards that ensure the health and safety of patients fighting cancer in this community. The 1100 square foot pharmacy, part of the recent multi-million dollar cancer center upgrade, is the first in North Carolina designed to meet strict U.S. Pharmacopeial Convention (USP) 800 and FDA guidelines for the storage, compounding, safe handling and delivery of chemotherapy drugs.

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With these expanded capabilities, Hayworth Cancer Center has already doubled the number of patients that can be treated with chemotherapy in their infusion center. For patients going through cancer treatment, being able to do so here in their own community and heal in their own homes can be life changing.
Ground-breaking research saves patients time and money.

Over the last few years, the cardiology team at High Point Regional has been strengthened by incorporating two outstanding practices with a multitude of expert physicians – UNC Regional Physicians Cardiothoracic Surgery and UNC Regional Physicians Carolina Cardiology.

“We were so pleased to welcome these outstanding physicians to the UNC Regional Physicians team,” said Ernie Bovio, President & CEO of High Point Regional. “For many decades, these physicians have been providing exceptional cardiac care to the greater High Point community impacting the lives of thousands of individuals.”

“These physicians have been recognized multiple times on a national level and they bring an incredible wealth of experience to our UNC Regional Physicians practices,” said Bovio.

Most recently, Dr. David Fitzgerald and Dr. Zan Tyson, with UNC Regional Physicians Carolina Cardiology, published a research study at the American College of Cardiology Conference, illustrating how emergency departments could effectively treat low-risk Atrial Fibrillation patients using outpatient techniques while reducing expenses for both the patient and the hospital.

“We were highly honored to be published at the American College of Cardiology annual conference,” said Dr. Tyson. “Less than 20 percent of studies are accepted and published at this conference. We were pleased to be able to share our triage...”
Atrial Fibrillation (A-Fib) is the most common form of cardiac arrhythmia affecting more than 2.5 million Americans each year in the US. Although A-Fib is not usually life-threatening, it does cause numerous health complications, including fatigue, pain and an increased risk for stroke. The most common symptoms of A-Fib are a sensation of a racing, fast or irregular heartbeat; shortness of breath; weakness, especially with exertion; and dizziness. Frequently, patients mistake an episode of A-Fib as a heart attack, which results with an unnecessary and costly trip to the emergency department.

Through their research study, Dr. Tyson and Dr. Fitzgerald developed a triage tool to help emergency room providers identify low-risk A-Fib patients and coordinate their care in an outpatient manner, reducing expenses for patients while still ensuring patient safety.

“In this study we managed the care of approximately 233 individuals – 73 were managed using this triage tool with the remainder managed with conventional methods,” said Dr. Tyson. “The total average costs per patient were significantly less in patients managed by the triage tool with a savings of nearly $4,300 per patient.”

The tool is a checklist of A-Fib risk factors including age of less than 75 years, post-treatment heart rate of less than 110 beats per minute, clear chest x-ray and absence of neurological findings, among others. Patients who qualify for outpatient management must meet all of the checklist criteria and then receive a follow-up phone call within 48 hours and an office appointment within one week.

“By using this tool, the emergency departments are able to quickly identify low-risk A-Fib patients, treat them with high quality care, reduce the patient’s length of stay at the hospital and demonstrate considerable savings for both the patient and the care facility,” said Dr. Fitzgerald.

Risk Factors of Heart Disease:
High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors. About half of Americans (49%) have at least one of these three risk factors.

Atrial Fibrillation (A-fib) is the most common form of cardiac arrhythmia affecting more than 2.5 million Americans.
BUILDING CONNECTIONS

UNC Health Care’s integrated network provides the highest level of care for patients across the state.

At 95, World War II veteran Purcell Kimsey shows no signs of slowing down. When his cardiologist determined that he needed a transcatheter aortic valve replacement (TAVR) procedure, Kimsey went to Chapel Hill to have it done and he brought his cardiologist with him.

Coordination and collaboration across the state is critical to providing quality care in cases like Kimsey’s. Barry Cheek, MD, a cardiologist with UNC Regional Physicians Carolina Cardiology, has been treating Kimsey for three years and has known the Kimsey family for several years through their High Point church. When he referred Kimsey to UNC Medical Center to undergo the TAVR procedure, he knew he and his practice partners Kurt Daniel, DO, would be able to coordinate closely with the TAVR team at UNC Medical Center to ensure Kimsey received the highest quality care.

Dr. Daniel travelled from High Point Regional to Chapel Hill and assisted with the surgery, and the physicians’ constant communication enabled Kimsey to continue with his follow-up appointments in High Point.

“Dr. Daniel is part of the group that worked closely with the TAVR team at UNC Medical Center. He’s our biggest advocate for TAVR,” Dr. Cheek said. “He’s been critical in this process.”

In addition to providing benefits to patients, the partnership is also beneficial for High Point Regional and its physicians.

“Dr. Daniel is part of the group that worked closely with the TAVR team at UNC Medical Center. He’s our biggest advocate for TAVR.”

Collaboration and provide continuity of care to our patients is an incredible asset,” Dr. Cheek said. “This procedure is all about improving the quality of life for these patients,” said Cassie Ramr, AGNP-C, Structural Heart Disease Nurse Practitioner. “Our patients are at a point with their symptoms where they really aren’t able to get outside, aren’t able to visit their families. Many say they’ve lost their independence. We are able to give them that back.”

“Dr. Daniel is part of the group that worked closely with the TAVR team at UNC Medical Center. He’s our biggest advocate for TAVR.”

The collaborative relationship we’ve fostered with High Point Regional and other practices across the state is really representative of the care that we aim to provide here at UNC for all patients in North Carolina,” Dr. Caranasos said.

In addition to providing benefits to patients, the partnership is also beneficial for High Point Regional and its physicians.

“There are many procedures that are now being performed in academic medical centers that in the future may be more accessible in a larger community hospital like High Point Regional,” Dr. Daniel said. “So I want to be there to learn; I want to be able to collaborate and be involved. That’s a great advantage for us and it provides important continuity for our patients.”

“Our doctors’ compassion knows no bounds. In August, Dr. Chip Duckett, with UNC Regional Physicians Urology, had a young patient scheduled for surgery. When Dr. Duckett heard his patient was concerned that there was no one to care for his puppy during his recovery, Dr. Duckett volunteered to provide a little “doggie day-care” while the patient was in recovery. The patient, and puppy, were delighted with Dr. Duckett’s kindness.”

**World War II Veteran Purcell Kimsey**

**Dr. Chip Duckett**

**Dr. Kurt Daniel is part of the group that worked closely with the TAVR team at UNC Medical Center.**
You have cancer.” These are words that no one ever wants to hear and yet they are spoken every single day. As the number two cause of death of Americans, a cancer diagnosis evokes strong emotions both to the patient and their family.

In the last 11 years, nearly 11,000 people in our community have been newly diagnosed with cancer. Each day, over 175 individuals receive treatment at Hayworth Cancer Center, a service of UNC Hospitals, located on the High Point Regional campus.

Thankfully, much has changed since the cancer center was founded in 2005 in regard to the diagnosis, treatment and prevention of cancer. What has not changed is the reassuring environment that patients continue to find as they are cared for within the walls of our hospital.

In a word – HOPE! The word that all cancer patients need to hear, hope is a result of the most innovative, state-of-the-art treatments being available right here at home.

It means access to clinical trials. The successful cancer therapies and treatments of tomorrow are being tested right now, right here, giving staff real time access to cutting edge understanding and knowledge.

In the last 11 years, nearly 11,000 people in our community have been newly diagnosed with cancer. Each day, over 175 individuals receive treatment at Hayworth Cancer Center, a service of UNC Hospitals, located on the High Point Regional campus.

The Lineberger Comprehensive Cancer Center brings together some of the most exceptional physicians and scientists in the country and was recently ranked by US News & World Report as the #16 cancer center in the nation, giving further recognition to the tremendous resource available to those fighting cancer here in the High Point Regional area.

What does it all mean for patients and this community? In a word – HOPE! The word that all cancer patients need to hear, hope is a result of the most innovative, state-of-the-art treatments being available right here at home.

Cancer research and early detection are showing tremendous promise and the Hayworth Cancer Center is playing a pivotal role. Now as part of UNC Hospitals, the cancer center has a clinical connection to the UNC Lineberger Comprehensive Cancer Center, which means our cancer center is now part of one of only 45 National Cancer Institute (NCI-designated) Comprehensive Cancer Centers in the nation.
New therapies are being offered as part of the expanded UNC Hospitals Radiation Oncology Department in the cancer center as well. In April 2016, Stereotactic Body Radiation Therapy (SBRT) and Radiosurgery, non-invasive curative treatments for difficult cancers, were offered for the first time at the center. For individuals that are medically unable to undergo surgery or for whom surgery is not an option, this new procedure offers patients a hopeful future.

The new therapy works by offering high doses of radiation, targeted at the tumor while protecting vital organs and healthy tissue. The linear accelerator, the machine that makes this therapy possible, literally shuts the radiation off when a person inhales and exhales, making sure that surrounding tissue is not compromised. Radiosurgery and therapy offers a 90 percent control rate compared to a 50 percent control rate for comparable cancers using conventional radiation.

The planned oncology urgent care for non-life-threatening after hours and weekend patient emergencies will offer immediate, no-wait intervention in a familiar setting with oncology-trained medical professionals. The urgent care program will offer care for highly vulnerable, post-chemotherapy patients with neutropenic fever symptoms. Cancer patients and their families will have 24/7 access to personalized care. Since cancer patients typically have a lower immune system during their treatments, this will also protect them from being exposed to other potential illnesses in a traditional physician’s office or emergency room.

The Hayworth Cancer Center was the first comprehensive cancer center in North Carolina to offer diagnosis, inpatient and outpatient treatment, clinical trials and support services in a single, convenient location. No one wants a cancer diagnosis, but for those who face it, the compassionate care coupled with state-of-the art treatment, right here in High Point, offers the word that everyone wants to hear – hope.

Dr. Susan Williford is part of the compassionate, caring medical oncology team at Hayworth Cancer Center.

Sarah Bush, RN Critical Care Transport Team, and Holly Mason, Nursing Director of Inpatient Care, at High Point Regional, are both volunteers with SMAT and part of a team that provided logistical support for the mini hospital that was set-up in an empty building in Goldsboro. They assisted with clinical staffing, food provisions and general medical supplies. Holly and Sarah were both in the region for over a week, helping people who needed medical attention, including 24 home health patients and 16 hospice patients.

The flooding from Hurricane Matthew devastated most of eastern North Carolina. Many people were left homeless and a number of medical facilities were evacuated. Patients who had been receiving home health services and hospice patients had nowhere to turn, until a mini hospital was set up by the State Medical Assistance Team (SMAT).
In 6 years the Sun & Stars Signature Event for High Point Regional has brought in net proceeds of over $650,000. This year’s September 30th fundraising event netted $112,000 in support of the hospital’s renovation and expansion project.
Thank You to Our Sponsors

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H. H. HOMETOwN HErO

Dimitrie Nubuhoro

Dimitrie Nubuhoro has many responsibilities at High Point Regional and one of them is delivering meal trays to the 6th floor. While on the unit recently, Dimitrie offered to assist with translating for a patient in need. Not only did Dimitrie help translate, but she took it a step further and helped provide culturally appropriate foods and assisted the patient with interactions with our pharmacy and discharge planning. Dimitrie made a huge difference in the care of this patient.

LoveLine
Save the Date! December 8, 2016

Each December, during our highly anticipated LoveLine event, we take time to celebrate those who have gone through a cancer diagnosis and treatment. We remember all who have fought, those who are still fighting and those we still love but who have since passed. It is an amazingly beautiful and hopeful event.

This year LoveLine offers everything that has been included in the past and more. There will be trees illuminated in white lights around High Point Regional Health’s campus with luminaries along the paths. Guest will be encouraged to stroll around the building, experience the beauty of the lit trees, listen to carollers, drink hot chocolate and celebrate those who have been touched by cancer.

The LoveLine Fund is supported through the generous donations of members of our community who understand the financial burden that a cancer diagnosis can create. The LoveLine Fund offers recipients gas and food cards, as well as help with utility bills and other essential needs.

Please plan to join us on December 8 at 6:30 p.m. at the Hayworth Cancer Center. Please also consider making a donation to support the LoveLine Fund for 2016.

«
Our volunteers come in all shapes . . . and breeds

They each bring patients smiles and joy!

There are many volunteers at High Point Regional Health but not all of them walk on two legs. Human volunteers numbered 520 in 2015, offering much needed assistance to our patients, families and staff by giving over 73,000 hours of service. But humans are not alone in their service. Dogs have joined the ranks of our volunteers and are more and more in demand.

Bringing smiles and joy in a way that only dogs can is the special gift of Ranger, Callie, and Lizzie, to name a few. Pets can reduce stress and anxiety and depression, and can promote healing and a general feeling of well-being, which is so important to patients and their families. Through their unconditional love, these four-legged volunteers encourage interaction and engagement.

To date, there are 13 pet teams, made up of dogs and their humans, who visit staff and patients. These special volunteers bring smiles and comfort to the Inpatient Rehab Unit, Hayworth Cancer Center, Behavioral Health and to other areas on request.

Ranger and Callie spread a little cheer to both patients and staff.

STATS

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<td>HUMAN VOLUNTEERS</td>
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<td>APPROXIMATE VALUE OF VOLUNTEER TIME</td>
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For more information regarding Pet Teams or volunteer opportunities, please contact the Volunteer Services office at (336) 781-2434.
High Tech REHAB

High Point Regional has partnered with High Point University to open this new, extraordinary physical therapy facility on Mall Loop Road in High Point.

Patients who have suffered an injury or illness are most interested in getting back to their normal routines of daily life as quickly as possible. Designed with that goal in mind, High Point Regional’s new High Point Physical Therapy, a wholly owned subsidiary, has opened on Mall Loop Road in High Point.

A simple, yet powerful, “Wow,” is the most often heard expression of individuals walking into the innovative and spacious facility, complete with state-of-the-art equipment, for the first time. Perhaps they are awed by the half basketball court or astonished by the wide array of weights, training tables and space that patients can use to gain mobility and strength.

The different flooring options within the building provide ample opportunity for individuals regaining gait to work on a variety of flooring texture options in a controlled and safe environment.

Another focus of the new physical therapy facility will be on assisting those in the performing arts and those at the top of their physical conditioning in getting back to their respective sports. For these individuals, success is determined not by returning to the routine day-to-day activities but rather by regaining the strength through training needed to continue to move forward.

The experienced team at the new High Point Physical Therapy center provides physical therapy for orthopaedic and sports injuries, back and neck disorders, neurological rehabilitative issues and much more. Rachael Guzzardo, PT, DPT, a certified strength and conditioning specialist with years of clinical physical therapy experience, brings unique abilities to the clinic. With over 10 years of coaching experience for US Figure Skating – Professional Skaters Association, as well as collegiate, national and international-level competitive skating experience, Rachael uses her well-developed understanding of movement patterns to assist patients while they rehabilitate.

The facility is now open and working with patients with traditional physical therapy needs and with special needs related to sports and performing arts injuries.
We Are Family

Whitney Bradshaw grew up in Sophia, a small, sleepy little North Carolina town. After high school, she decided to pursue a career as a registered nurse. Progressing through her nursing program at East Carolina University, Whitney was sure she would end up in the ICU setting where many of her clinical hours had been spent. But after a shadowing opportunity in the Emergency Department (ED) setting, she wondered if the ED might just be the place to start her nursing career.

After graduating, Whitney began interviewing with prospective local hospitals. Whitney’s personal hero, her dad, was a fireman and paramedic working in nearby High Point and had recommended High Point Regional to her with great enthusiasm. High Point Regional, he told her, was an amazing hospital that had that same “small town feel” she had grown up with in Sophia. The teamwork in the emergency department was “amazing,” according to Whitney’s father, and he was always impressed with how the nurses and physicians treated him and his fellow firemen and paramedics.

After receiving offers from two other quality area hospitals, it was time for Whitney to interview with High Point Regional ED leaders. Whitney was wrapping up her interview on February 14, 2009, Valentine’s Day, feeling good about how it had gone and the potential opportunity with High Point Regional. Suddenly, a paramedic entered the room to inform her that her dad (who was a friend of his), was in the emergency room and that Whitney needed to come with him.

Whitney’s dad had been driving a tractor and was broadsided by another motor vehicle. He had suffered some trauma and required medical attention. What Whitney observed during the remainder of that day cemented her decision, not only to become an ED nurse, but to start her career at High Point Regional. Whitney watched the skilled ED nurses provide compassionate care to her dad. She witnessed the incredible teamwork of the physicians, nurses, and other staff working together to care for her father. Whitney’s decision was easy. She joined the High Point Regional Emergency Department team.

Now, seven years later, Whitney is a seasoned, experienced ED nurse who serves as one of the managers of the busy ED. Whitney and her dad have seen many exciting improvements at High Point Regional in the past few years, including the latest upgrades.

The recently renovated 45 bed unit consists of 26 primary ED beds, eight fast track (minor care) beds, four behavioral health beds and seven treatment/results rooms. The facility also has tele-medicine provider capability for burn, neurologic and ICU patients where expert physicians can provide remote assistance with difficult cases. For patients who may be experiencing a stroke or heart attack, timing is everything and the ED staff is beyond impressive with their response and treatment times.

Whitney says she is proud to be a part of the newly renovated High Point Regional ED and looks forward to continuing to provide the high quality of care the hospital is known for across the region. 

Thanks to the many contributions made to The High Point Regional Health Foundation the purchase of the new Critical Care Transport was made possible in 2016.
In October 2015, High Point Regional opened a new Inpatient Pediatric Unit that has allowed pediatric patients and their families to receive the care they need, here in their own community.

“The Inpatient Pediatric Unit was funded by contributions from generous donors to the High Point Regional Health Foundation.”

“The Inpatient Pediatric Unit was funded by contributions from generous donors to the High Point Regional Health Foundation.”

“I’m excited that we can provide that same level of treatment for our pediatric patients,” said Dr. Rob Poth, Chief of Pediatrics at High Point Regional. “Through the Inpatient Pediatric Unit, we have expanded the care we offer to our community and our children can receive the care they need close to home without additional stress or inconvenience from traveling.”

The new Inpatient Pediatric Unit features six private patient rooms for overnight hospital stays, a brightly colored under-the-sea-theme, and wall murals created by Jeremy Sams, a local artist. Designed to help children feel more comfortable, the Inpatient Pediatric Unit provides acute disease management of asthma, infectious disease; such as influenza, viral meningitis, dehydration, hematology and diagnostic medical issues.

“High Point Regional is known for the exceptional treatments patients receive and we are excited that we can provide that same level of treatment for our pediatric patients,” said Dr. Rob Poth, Chief of Pediatrics at High Point Regional. “Through the Inpatient Pediatric Unit, we have expanded the care we offer to our community and our children can receive the care they need close to home without additional stress or inconvenience from traveling.”

“We are always looking for ways to better serve our families at High Point Regional,” said Ernie Bovio, President & CEO of High Point Regional. “With our team of pediatric specialists, families can expect exceptional care and a healing environment designed for children right here in our community.”

“The Inpatient Pediatric Unit was funded by contributions from generous donors to the High Point Regional Health Foundation.”

“It’s important to us to provide our patients with the best possible care and the Inpatient Pediatric Unit allows us to do just that.”

“The Inpatient Pediatric Unit was funded by contributions from generous donors to the High Point Regional Health Foundation.”

“High Point Regional is known for the exceptional treatments patients receive…”

Dr. Rob Poth, Chief of Pediatrics at High Point Regional
Nobody ever really expects to hear "Is there a doctor in the house?" But for UNC Regional Physicians certified physician assistant Suzann Hedgecock, it happened - at 35,000 feet over the Pacific Ocean!

Lee and Suzann do what they are trained to do – react in a crisis.

A real life emergency began like a scene from a movie, as the flight attendant began asking, urgently, if anyone onboard was a doctor or nurse. The plane was 35,000 feet over the Pacific Ocean, and one of the passengers was suffering a medical crisis.

Suzann Hedgecock, a certified physician’s assistant at UNC Regional Physicians Family Medicine at Premier, and her husband Lee Hedgecock, a retired High Point firefighter, were onboard that plane. They had attended a medical conference and decided to extend their trip to celebrate their 28th wedding anniversary, essentially putting them in the right place at the right time as they traveled home.

The plane had been in the air for about two hours when the call came for medical assistance. Suzann and Lee did not hesitate. “It was like the movies when someone says, ‘Is there a doctor or a nurse on board?’” Lee Hedgecock said. “It really does happen.”

“The flight attendant said, ‘Anyone on the flight who is medical, hit your call button,’” Suzann said. “I looked at Lee and said, ‘Where’s the call button?’ and stood up, and we made our way up the aisle.”

They found a man in a seat four rows in front of them, slumped over and turning a blue-gray color. Lee, who had been cross trained as an EMT, gave the passenger oxygen as Suzann checked the man’s vital signs, including blood pressure and pulse. When the man showed improvement and seemed to be okay, Lee and Suzann returned to their seats.

Thirty minutes later, the man’s wife asked them to check on him again. “We go back up there and he’s gray and he’s wet from head to toe with sweat,” Suzann said. “I felt his pulse, and it was weak and his blood pressure was low.”

Lee and Suzann do what they are trained to do – react in a crisis.

Suzann Hedgecock said, “I’m sure she thought I was crazy.” Using what they had available, including the plane’s first aid kit and the light from Lee’s cell phone held in his mouth, they started an IV and continued to monitor the passenger’s vital signs. When the plane finally landed in Phoenix, the EMS team was waiting to take him to a local hospital.

Although Suzann has not heard from the man since, his wife definitely showed her appreciation. “His wife was really sweet. Right before we landed she had taken two of these leis she made and put one on each of us and said, ‘We really appreciate the fact that you were here,’” Suzann said. “I think the Lord just puts people in the right place at the right time for the right reason. At that moment that’s what we were supposed to be doing.’”

How did it feel to save a man’s life at 35,000 feet over the Pacific Ocean? Always a true professional, Suzann Hedgecock said, “I don’t feel it was a big deal. It’s what we do.”
What could be more fun than learning where food comes from, how to grow it and cook it, and how it can make you healthy so you can play more? At the Millis Regional Health Education Center, kids get to do all of that and more!

Fit with Millis is a new program at the Millis Regional Health Education Center, featuring six sessions that each includes a nutrition lesson, a cooking session and a fun exercise component. The program teaches elementary children in the Piedmont Triad and surrounding area all about making healthy lifestyle choices, as they learn the importance of staying physically active and eating a healthy, balanced diet. The cooking segment features foods from all around the world and students learn about the culture of each dish. The mission of “Fit with Millis” is to use health education to positively change children’s behaviors and ultimately decrease their risk of chronic disease later on in life.

The Millis Regional Health Education Center is a field trip destination dedicated to educating children and youth on the importance of healthy living. The facility features two learning theaters and a wellness discovery room, each complete with interactive props and engaging activities. Our programs cover nutrition and physical activity, general health, puberty, bullying prevention, substance use/abuse prevention and dental health. More recently, the center added a sensory learning garden, used for programs and during summer camp. The goal of the garden is to inspire children to explore the idea of where food comes from and to learn using their senses.

Thanks to the ongoing generous support of the Millis Family, the Center has served over 145,000 students since opening in 1998 and continues to expand and grow each year.
Heart Strides helps more than 300 patients per year in High Point, Greensboro and Winston-Salem.

A morning of fun, exercise and the great feeling that comes with supporting a worthy cause greeted the participants of the High Point Regional’s Annual Heart & Sole 5K Run/Walk & Fun Run. The 400 walkers and runners in this year’s event raised $38,000 for Heart Strides, High Point Regional’s cardiac and pulmonary rehabilitation program.

Since 1985, Heart Strides has been helping hundreds of patients annually, to improve their quality of life and make gains in preventing future heart and lung recurrences. In 1998, a pulmonary component was added to support patients with lung disorders, and the program became Heart Strides Cardiac and Pulmonary Rehabilitation Program.

When patients are not able to afford the cost of the program, the funds raised by the 5K Run/Walk & Fun Run help out. Each year, Heart & Sole participants of all ages and abilities run, walk, and have fun, while raising money for those Heart Strides patients who need assistance.

On September 17, 2016 over 400 runners and sponsors raised $38,000 for Heart Strides.

The event was filled with activities for the whole family. Heart & Sole participants enjoy a morning of exercise while supporting Heart Strides.

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Nearly 300 guests, all annual contributors of High Point Regional Health Foundation enjoyed a festive evening celebrating the compassionate care and medical accomplishments their contributions have made possible for the patients and families served at High Point Regional. The evening included an update from President and CEO Ernie Bovio as well as a special video featuring three awe-inspiring patient and physician stories of lives that were healed and saved at High Point Regional.

HIGHLIGHTS OF THE EVENING INCLUDED THE PRESENTATION OF FOUR SPECIAL RECOGNITION AWARDS FOR 2015:

• The Heart of Gold Award to Katherine & Ned Covington
• The President’s Award to Dr. Paul Coughlin
• The Foundation Spirit Award presented to Frosty Culp, DDS
• The Partner in Philanthropy Award to North State
High Point Regional surpasses goal, raising $200,000 for the 2016 GiveStrong-Change Lives Employee Giving Campaign!

Showing exceptional dedication and compassion, more than 910 co-workers and medical staff from High Point Regional raised $200,000 during the GiveStrong! Fundraising Campaign. The generosity of those participating in the four-week campaign included gifts ranging from $1 to more than $5,000!

“We are incredibly proud of our employees and medical staff. This truly says a lot about the pride they share for this organization. The majority of the contributions received will positively impact our major renovation and modernization project that will advance clinical technology and facility improvements for the cardiology, oncology and surgical patient care programs at High Point Regional,” said Denise Potter, Vice President, Foundation/Public Relations & Marketing.

The 2016 Employee Giving Campaign far exceeded the amount of participation and giving levels from High Point Regional’s previous campaigns. With a 35 percent increase in co-worker participation and a 28 percent increase in giving from last year’s campaign, High Point Regional co-workers proved once again that they are proud of and embrace the work of their hospital.

Employee donations will also be distributed to the Patient Special Needs and Project CARE funds. Employees were given the option of designating where they wanted their contribution to go.

Humor and inspiration filled the room at the 2016 Pink Ribbon luncheon, as the 14th annual event featured nationally recognized breast cancer survivor and humorist Diana Jordan, who inspired attendees with her openness and her strong message.

The luncheon, enjoyed by 590 attendees, helps fund the Pink Ribbon Program at High Point Regional’s Hayworth Cancer Center. Enhancing the lives of women and men newly diagnosed with cancer, this special program offers support services, education and compassionate care throughout the patient’s journey with cancer.

In 2016, the Pink Ribbon luncheon raised $46,000 for ongoing support of the Pink Ribbon Program. The luncheon’s fundraising efforts go toward providing Pink Ribbon Comfort Bags and Pink Pony Mammograms. Funds also support CancerFIT, an exercise program for cancer patients. In addition, the luncheon helps fund the opportunity for staff training as well as family education materials.

The Pink Ribbon Program has impacted the lives of hundreds of patients at the Hayworth Cancer Center. Ongoing support of this vital program is greatly appreciated, enabling the Pink Ribbon Program to continue to provide comfort and hope to those newly diagnosed with cancer.
High Point Regional Health

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UNC Regional Physicians

is growing

Over the last two years, UNC Regional Physicians, High Point Regional’s physician group, has experienced unprecedented growth. UNC Regional Physicians has welcomed 15 new practices including primary care, cardiology, cardiothoracic surgery, ENT, infectious disease, urology, orthopaedics and sports medicine, general surgery, oncology, bariatrics, obstetrics, endocrinology and gynecology.

The physicians and staff of UNC Regional Physicians offer services ranging from the basics of preventive care to specialties including sleep medicine and neurosurgery. With 100+ providers, UNC Regional Physicians can take care of every member of your family.

Now is a great time to find that special doctor to care for you and your family. UNC Regional Physicians has expanded their scope with more primary care doctors and medical specialists to bring you the highest quality medical care available in the region.

RegionalPhysicians.com | (336) 878-MD4U

Regional Physicians
UNC Health Care
Expert Care Close to Home
Thank you for your support of the High Point Regional Health Foundation. Our fundraising events highlighted throughout this magazine enhance and strengthen our clinical services and patient care programs at High Point Regional. These activities are a testament of the ongoing commitment our Board, staff, volunteers and friends like you have made to ensure high quality health care is available in and around our community.

If you are concerned about the future health of your family, friends and neighbors and want expert medical care close to home, there is simply no better philanthropic investment than in our community hospital.

We hope you will continue to keep High Point Regional in your annual giving plans. On behalf of the Foundation and the patients and families we serve, we greatly appreciate your support.

Thank you again!

A word of thanks from our Foundation Chairman

BOARD OF DIRECTORS 2016
HIGH POINT REGIONAL HEALTH FOUNDATION
(Back row R-L) Barry Kitley, Tom Conley, Don Webb, Chairman, Reid Marsh, Dr. Elliott Williams, Dr. Gary Biesecker, Ernie Bovio, CEO & President High Point Regional Health

(Front row R-L) Charlene Green, Candy Fenn, Donna Tucker, Julie Delgaduo, Denise Potter, Vice President, Foundation/PR & Marketing
(Not pictured: Frosty Culp, Dr. Barry Cheek, Darrell Frye, Ken Smith & Sparky Stroud)

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