

*A message from
the Board*



A new service to be offered at Doshier

By Debbie Wood



Several Doshier registered nurses are shown during training sessions for telemedicine services.

What do the White House, Walter Reed National Military Medical Center, and the Mayo Clinic have in common with Doshier? Telemedicine...a leading-edge technology that allows specially trained physicians to examine and participate in the diagnosis and treatment of patients through the use of video and audio conferencing via secure, digital connection.

Yes, our 25-bed, critical access hospital is at the forefront of healthcare in the U.S. In December, the hospital is set to implement

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Another award for Doshier smoke eradication effort



With the latest award for eliminating surgical smoke in our operating rooms are several of the Doshier Surgical Services staff: (front row) Liz M., Eugene C.; (back row) Bert H., Chelsea C., Billy M., Carolina M., Kim Y., Michele G., Kathy P., and Bobbie C.

The North Carolina Nurses Association has recognized the Doshier Memorial Surgical Suite for implementing a program that eliminates surgical smoke from the Doshier operating rooms. At the NCNA annual meeting this fall, the department earned the award for "Best practice in the dimension of 'Caring for each other.'"

This is the third award the past two years for this program that improves the health and safety of patients, OR staff and surgeons. Read more about Doshier health and wellness services at www.Doshier.org.

Cape Fear Heart Associates relocates to 2nd floor of Doshier Wellness Center



Dr. James McCriskin (4th from left) poses with Cape Fear Heart Associates colleagues Diane, Ashia, Sabrina and Amber.

This cardiology practice of New Hanover Regional Medical Center Physician Group has begun seeing patients in its new offices which occupy about one-third of the second floor of Doshier Wellness Center, 3009 Medical Plaza

Lane, Southport. For an appointment, call 910-662-9500.

Doshier services at this location are:

- Family medicine practice of Dr. Kristos Vaughan, Dr. Leigh Vaughan and Nurse Practitioner Sally Delmastro.
- Cardiac Rehabilitation.
- Physical Therapy.
- X-ray services.
- Laboratory draw station.

For information on these services, call 910-454-1234 or visit Doshier.org/Clinics.

A new service to be offered at Doshers
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telemedicine for inpatient care. Our senior physicians and administration staff spent many months researching telemedicine services visiting other hospitals using telemedicine. The feedback from other hospitals, physicians, nurses and patients was overwhelmingly positive. Use of telemedicine services is a growing trend among rural hospitals and it looks to be great fit at Doshers. To be clear, telemedicine does not take the place of Doshers physicians. We are proud of the highly skilled hospitalists and the care they provide to our community. Telemedicine will augment the staff and provide an additional level of care to patients. This is another way that your hospital is improving the patient experience and providing consistent, high-quality care in a trusted hometown setting. —Debbie Wood, Doshers Trustee

In the community

Top: Cong. David Rouzer (center) meets with hospital board members, medical staff leaders and administration on Oct. 15 to discuss federal healthcare legislation. Board Trustee Debbie Wood is pictured among those with Rouzer that day.

Middle: Dozens of guests enjoy a concert by Brunswick Big Band on Oct. 25. The event raised nearly \$6,000 for Doshers Memorial Hospital Foundation.

Bottom: CEO Tom Siemers (left) and Dr. Alex Newsom speak to 150 guests at Brunswick Newcomers Club in October. Elsewhere, Dr. Newsom and other staff spoke to Southport-Oak Island Chamber Business Connections group and Southport Lions Club that month.



Volunteers re-elect officers



On October 15, Doshers Volunteers re-elected (l-r) Jeri Robinson, president, Ann Hollingsworth, vice president, Lois Galligan, treasurer, and Verda Darrell, chaplain, to one-year terms. Not pictured, Donna Jenny, secretary. Read more about this group at www.Doshers.org/Volunteers.

Coalition launches ‘Give Healthy’ campaign



The Brunswick Wellness Coalition has introduced the Give Healthy campaign to increase access to healthy, nutritious food for those who are “food insecure.” Children and adults suffering from food insecurity report poor physical and mental health, and have a much higher rate of developing diet-related health issues like obesity, diabetes, depression and cancer. “We are grateful to those who donate to our local food pantries,

especially since Hurricane Florence, but what our residents need most is nourishment,” says BWC Executive Director Lindsay Maher. “We need to focus on donating foods that are high in fiber, nutrients and protein which will keep people full longer and make them feel better.” More than 5,000 children and 12,000 adults are food insecure in Brunswick County and routinely rely on food donations and subsidies.

To host a Give Healthy food drive or learn more about the campaign, call 910-444-1872 or email BrunswickWellnessCoalition@gmail.com.

Meet the general surgeons

Doshers has more than 150 physicians and other professional providers on the Medical Staff of the hospital. In this issue of Doshers Heartbeat, we feature general surgery. This is a discipline of surgery having a central core of knowledge embracing anatomy, physiology, metabolism, immunology, nutrition, pathology, wound

healing, shock and resuscitation, intensive care, and neoplasia, which are common to all surgical specialties. The first six of the general surgeons below are in private practice and see patients in their offices, and perform various inpatient and outpatient procedures at Doshers.

Novant Health
Surgical Associates

584 Hospital Drive
Bolivia NC 28422
910-721-4000

And coming soon to:
819 N. Atlantic Ave.
Southport NC 28461
910-721-4000



Matthew Benenati
DO



Adolpho R. DeSandre
MD

Dr. Benenati earned a Doctor of Osteopathy degree from Lake Erie College of Osteopathic Medicine, Erie, Pa. He served an internship at Rowan University School of Medicine, Stratford, N.J., a residency at University of Medicine and Dentistry of New Jersey, Newark, and a fellowship at Anne Arundel Medical Center, Annapolis, Md. Dr. Benenati is board certified in general surgery and joined the medical staff at Doshers in 2017.

Dr. DeSandre earned a Doctor of Medicine degree from Universidad of Autonoma de Guadalajara, Mexico, as an ECFMG-Foreign Medical Grad. He served a residency at St. Francis Medical Center, Trenton, N.J. He is board certified by the American Board of Surgery. Dr. DeSandre joined the Doshers Medical Staff in 2017.



Richard Scallion
MD, FACS



J. Andrew Smith
MD, FACS



Mark Tillotson
MD

Dr. Scallion earned a Doctor of Medicine degree from Medical College of Georgia, Augusta. He served internships and residencies at Georgia Baptist Medical Center, Augusta, and New Hanover Regional Medical Center, Wilmington. Dr. Scallion is board certified in general surgery and is a Fellow of the American College of Surgeons. He joined the medical staff at Doshers in 2008.

Dr. Smith earned a Doctor of Medicine degree from University of Tennessee Health Sciences Center, Knoxville. He served an internship and residency at New Hanover Regional Medical Center, Wilmington, affiliated with University of North Carolina School of Medicine. Dr. Smith is board certified by the American Board of Surgery and is a Fellow of the American College of Surgeons. He joined Doshers in 2017.

Dr. Tillotson earned a Doctor of Medicine degree from University of Texas Health Science School of Medicine. He served an internship at North Carolina Memorial Hospitals, Chapel Hill, and a residency at Wake Medical Center, Raleigh. He is board certified by the American Board of Surgery. Dr. Tillotson joined the medical staff at Doshers in 2017.



Michael L. Cahn
MD, FACS

Doshers Wellness Center
3009 Medical Plaza Lane, Southport
910-641-2378



Robert M. Zukoski
MD

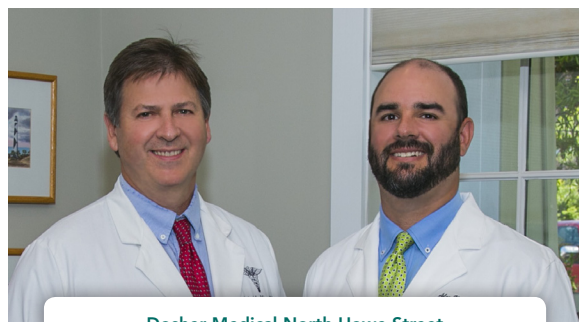
Dr. Cahn earned a Doctor of Medicine degree from University of Medicine & Dentistry of New Jersey-New Jersey Medical School, Newark. He served a medical internship and residency at St. Barnabas Medical Center, Livingston, N.J. Dr. Cahn is board certified in general surgery and is a Fellow of the American College of Surgeons. He joined the Doshers Medical Staff in 2015.

910-457-9292
After closing his private practice last year, Dr. Zukoski has been focusing on outpatient colonoscopies and endoscopies. He continues to treat patients at Doshers Wound Care Center.

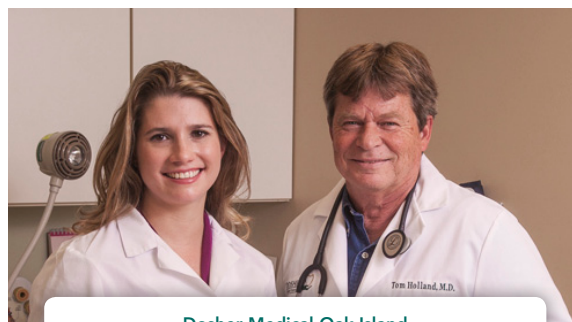
Read more about members of the Doshers Medical Staff at Doshers.org/Doctors.

Need a new primary care physician?

All five Doshier primary care clinics are accepting new patients, and we accept most health insurance plans.



Doshier Medical-North Howe Street
Andre' Minor, MD, and Alex Newsom, MD, Internal Medicine
910-457-5657



Doshier Medical-Oak Island
Heather Goldfuss, PA-C and Tom Holland, MD, Family Medicine
910-278-6414



Doshier Medical-Smithville Crossing
Douglas Hiltz, MD, Internal Medicine
910-457-9127



Doshier Medical-Southport
Jessica Bocook, DO, Family Medicine
910-454-1166



Doshier Wellness Center
Leigh Vaughan, DO, Kristos Vaughan, DO, and Sally Delmastro, NP, Family Medicine
910-454-1234



Visit us online at Doshier.org/Clinics

Doshier does not discriminate on the basis of race, color, national origin, age, sex, sexual orientation, sexual preference, gender, sexual identity, gender expression, religion, disability or the inability to pay.

Calendar

Tuesday, Jan. 8, 6 p.m. – Healthy cooking demonstration, “Cut the calories, not the taste.” 2nd floor conference room at the hospital. Free; reservations are required to reserve a seat, 910-454-4731. Additional guest chef programs are planned on Feb. 12, March 12, April 9, and May 14. Read about all Doshier programs at Doshier.org/Calendar.

Tuesday, Jan. 22, 4 p.m. – Rescheduled Women’s Forum Afternoon Tea with Vicki Allen, director, Diabetes Education and Weight Management, Sally Delmastro, adult nurse practitioner, and Natalie Swiger, manager, Cardiac Rehabilitation and Nursing Education. 2nd floor conference room at the hospital. Free; call to reserve a seat, 910-454-4731.

Wednesday, January 23, 8:30 a.m.-1:30 p.m. – American Red Cross Blood Drive at Doshier. Call 910-454-4719 for an appointment.



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