

A message from the Doshier Board

Q&A with Trustee Debbie Wood

Question #1: What brought you to Smithville Township and how long have you lived here?

Wood: Realtor® Buddy Rudd actually introduced Oak Island to us, and you could probably hear an anchor drop when we first visited in 2002. We purchased our first house here in 2003 and became permanent residents of Caswell Beach in 2015.



Trustee
Debbie Wood

Question #2: As a businesswoman, what's the most important area of interest you bring to the Board?

Wood: My years in business and marketing have taught me to view everything through the customers' (patients') eyes and look to business at hand as well anticipate what we will require in the future.

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Before therapy, TMJ patient couldn't open her mouth; Just one success story



Kathy Lawler returns to one of her favorite past times, crocheting, after physical therapy at Doshier.

Kathy Lawler is uniquely qualified to discuss physical therapy services. She's had several surgeries and joint replacements over the years, and spent her career as a nurse in clinical and hospital administration.

"I see things differently than most people," Kathy says. When it's time for her to seek physical therapy, or any other treatment, she has high expectations. It was after moving to the Southport area 18 years ago that she had her first experience with Doshier Memorial Hospital's physical therapy team. The first was after rotator cuff surgery.

"I've had both shoulders worked on at different times," she says.

During her recovery, she was treated by the Doshier therapists. "I found them to be very good."

"Later, Kathy saw a Wilmington-based surgeon for a procedure to correct temporomandibular joint dysfunction (TMJ), a condition that affects

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Doshier Medical Plaza marks decade of service; Saturday hours return for Urgent Care



Amanda Reynolds, FNP, Renee McCluskey, Wendy Perretta, Amanda Northcutt, Trish Beatini, Lanette Smith, and Dawn Sampson, PA-C—some of the staff at Doshier Medical Plaza—give the "10-year" hand sign to mark the anniversary of the first Doshier Medical clinic.

February marked the tenth anniversary of the opening of Doshier Medical Plaza, the first free-standing clinic owned and operated by Doshier Memorial Hospital.

Here's a snapshot of services at The Plaza:

- Urgent Care staff examined an average of 400 patients per month last year. Saturday hours—9 a.m. to 1 p.m.—are now in effect.
- Diagnostic Imaging staff performed 5,200 X-ray, magnetic resonance imaging, mammography, and bone densitometry scans for the year.
- Laboratory staff conducted 300-400 lab draws per month.
- Our new tenant is Carolina Sports Medicine and Orthopaedic Specialists, a Wilmington-based ortho surgery practice.

"The Plaza is brick and mortar proof that a strong move toward outpatient services was the future of success for our organization," Tom Siemers, Doshier president & CEO, says. "Outpatient services, including our 10 clinics, now account for more than 85 percent of Doshier revenue annually."

Doshier Medical Plaza is at 4222 Long Beach Road, between Southport and Oak Island. For information on Urgent Care services, call 910-454-4732. Read more about the Doshier clinics at Doshier.org/Clinics.



Help Protect Our Patients!

Please **do not** visit if you
have a fever, cough or
sore throat.



1. If you're sick, please
call or write family
members or friends rather
than visiting them at the
hospital.

2. If you have been sick,
please don't visit until 48
hours after feeling better.

3. No one under age 12
may visit.

You've survived a heart attack or open-heart procedure. Now what?

Our highly skilled nurses and other clinicians can get you back to activities of daily living with a cardiac rehabilitation program customized for you. All exercise participants at our new facility are medically supervised by one of the board-certified cardiologists on staff at Doshier Memorial Hospital.



Debra Murray and Charlie Carroll are two of our recent cardiac rehab patients.

DOSHER
Wellness Center



3009 Medical Plaza Lane, Southport | 910-457-3871 | Doshier.org

This institution is an equal opportunity provider and employer.

Calendar

Thursday, March 1, 4-7 p.m. –

Doshier is a sponsor of Southport-Oak Island Area Chamber of Commerce Coastal Consumer Showcase at St. James Community Center. For information on this free event, call the Chamber at 910-457-6964.

Tuesday, March 13, 6 p.m. –

"Superfoods" healthy cooking demo by Doshier Chef Lisa Botnick, formerly of Baked With Love. Free. Reserve a seat by calling 910-454-4731.

Tuesday, March 20, 6 p.m. –

Menopausal Madness by Brad Hilaman, MD, and Amy Burger, PA-C, Doshier Medical-Women's Health. Reserve a seat at this free lecture at the hospital by calling 910-457-9292.

Thursday, March 22, 6 p.m. –

Saving Limbs and Lives by David Weatherford, MD, and John Stone, CHRN, Doshier Wound Care Center. Reserve a seat at this free lecture at the hospital, 910-454-1192.

Saturday, March 24, 9:30 a.m. –

Spring Into Health 5K run/1-mile walk by Brunswick Wellness Coalition from Doshier through Southport, \$20. Register at Facebook.com/BrunswickWellness.

Friday, March 30 – National Doctors Day

Saturday, April 21 – Oak Island Lighthouse 5K, 10K, ½ Marathon & 1-mile fun run. Doshier is a sponsor. Sign up at oakislandlighthouse.com. For more info, call Southport-Oak Island Chamber, 910-457-6964.

Friday, April 27, 6 p.m. – Doshier Foundation's 8th annual Gala at St. James Community Center. For \$125 tickets or sponsorships, call 910-457-3850.



Find us on
910-457-3800 | Doshier.org

DOSHER
Memorial Hospital

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Before therapy, TMJ patient couldn't open her mouth;

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the hinge connecting the jaw to the temporal bones of the skull.

"He wanted me to go to physical therapy in Wilmington, with people he knew and trusted," Kathy says. "I told him about my experience with Doshier and that it made more sense for me. He agreed, on the condition that her physical therapist at Doshier would get in touch with the oromaxillary surgeon.

"The therapist I was working with at Doshier really went above and beyond," she says. He called the doctor and researched her condition and therapies and knew what Kathy needed before she arrived. "When I went back to see the doctor, he was really impressed," she adds.

"Before therapy started, I couldn't open my mouth." But after jaw exercises and speech training, she was soon fully functional. "And I know that subsequently, he referred another patient to Doshier for physical therapy, too."

It was a similar experience when Kathy had her left thumb joint replaced four years ago and her right thumb last year.

"Again, the therapist was excellent, and the doctor couldn't believe how well I progressed," Kathy says. "I've had thumb therapy, hip therapy, shoulder therapy. Overall, it's been an enormous success, and every doctor I've seen has felt the same."

Through her experiences at Doshier, Kathy now feels like a part of the family.

"At this point, I know everyone on the team. They know what they are talking about. They are excellent at listening. They are responsive. They'll ask if you need a drink of water. They make the whole atmosphere quite comfortable."

While the work required of a patient isn't always pleasant, the therapists at Doshier make the experience as enjoyable as they can. "All of the therapists know all of the patients. They talk to each other. You're in good hands when you're there."

Kathy wishes more medical experiences could be like this. "A lot of health workers can take a lesson from what they're doing there," she says. "At this point, I wouldn't want to go anywhere else."

A message from the Doshier Board

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Question #3: What would you like the public to know about Doshier Memorial Hospital?

Wood: Of the many things, the most significant is the incredible focus the nurses devote to patient care and the hospital experience. From the minute you walk through the door to the minute you leave, their focus is solely on you, your comfort, and your well-being. You don't see this type of dedication and attention from the nursing staff at larger hospitals.

Question #4: What is most surprising since becoming a Doshier Board Trustee?

Wood: I'd say refreshing instead of surprising. The Board is filled with talented people from diverse backgrounds who are all working with one common goal of keeping our hospital strong and making sure our community has quality healthcare. The camaraderie is wonderful and they've been accommodating and helpful these past two months.

Doshier is the only independent, critical access hospital in North Carolina. It is governed by a Board of Trustees elected by the public, and Debbie Wood is the newest on the seven-member board.



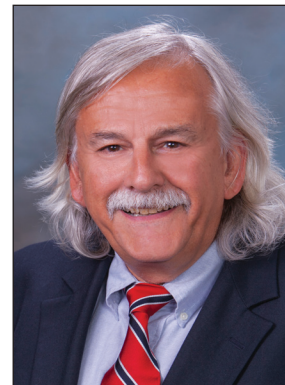
Kathy Lawler

Robert T. Bennett, MD, FAAP



Dr. Bennett earned a Doctor of Medicine degree from Finch University of Health Sciences/Chicago Medical School, North Chicago, Ill. He served a residency at Albert Einstein College of Medicine/Montefiore Medical Center, Bronx, N.Y., and a fellowship at Duke University Medical Center, Durham/University of North Carolina, Chapel Hill. Dr. Bennett is board certified in urology. He joined the Doshier Medical Staff in 2016.

Brunswick Ear, Nose and Throat 900 N. Howe St., Southport 910-457-0734



Robert Poe, MD

Dr. Poe earned a Doctor of Medicine degree from University of Arkansas College of Medicine, Little Rock. He served medical internships at the University of Arkansas and Tulane University, New Orleans, and a residency at Tulane. Dr. Poe is board certified in otolaryngology. He joined the medical staff at Doshier in 2012.

Meet the physicians

Doshier has more than 150 physicians and other professional providers on the Medical Staff of the hospital. In this issue of Doshier Heartbeat, we feature three specialties: otolaryngology (ear, nose and throat), pulmonology (respiratory tract), and urology (urinary system). The physicians below are in private practice and see patients in their offices and perform various procedures at Doshier.

Atlantic Urology-NHRMC Physician Group Offices in Wilmington and Leland • 910-662-8765

Roc McCarthy, DO



Dr. McCarthy earned a Doctor of Osteopathic Medicine degree from Pikeville College of Osteopathic Medicine, Pikeville, Ky. He served an internship at POH Medical Center, Pontiac, Mich., and a residency at Detroit Medical Center-Michigan State University, Detroit. Dr. McCarthy is board certified in urology and joined the medical staff at Doshier in 2013.

Dana Point, MD



Dr. Point earned a Doctor of Medicine degree from Marshall University Joan C. Edwards School of Medicine, Huntington, W.V. He served a residency at West Virginia University Hospital, Morgantown, W.V. Dr. Point is board certified in urology and joined the staff at Doshier in 2016.

William B. Zimmerman, DO, FACOS



Dr. Zimmerman earned a Doctor of Osteopathic Medicine degree from West Virginia School of Osteopathic Medicine, Lewisburg. He served an internship at Charleston Area Medical Center, Charleston, W.V., residencies at Henry Ford Macomb Hospital, Warren, Mich., and Henry Ford Bi-county Hospital, Warren; and a fellowship at Detroit Medical Center-Detroit Receiving Hospital. Dr. Zimmerman is board certified in urology and is a Fellow of the American College of Osteopathic Surgeons. He joined the medical staff at Doshier in 2016.

Southport Pulmonary Medicine, PLLC 1517 N. Howe St., Suite 12, Southport 910-457-9684



Barton Schneyer, MD

Dr. Schneyer earned a Doctor of Medicine degree from Thomas Jefferson University Medical College, Philadelphia. He served a medical internship at Thomas Jefferson University Hospital and a residency and fellowship at Montefiore Hospital, Bronx, N.Y. Dr. Schneyer is board certified in pulmonary medicine, internal medicine, and critical care. He joined the Doshier Medical Staff in 2009.

Volunteers fund nurse communications system



Thanks to a \$68,000 donation by the Doshier Volunteers last year, the hospital has a new, high-tech phone system in the Patient Care Unit. It improves the efficiency of nurses and patient care technicians responding to patient needs.

"We're now able to dial the nurses' extension and relay information instantly, rather than walking around the PCU looking for the nurse," Patient Care Director JoAnn Turzer-Comnesso says. "The improved staff efficiency has been huge."

NOSORH uses a comprehensive, objective assessment of patient care data to identify top performing hospitals for quality, outcomes and patient satisfaction. Read more about Doshier health and wellness services at Doshier.org.

Below, Doug Flynn, PCT, demonstrates the new communication system in the PCU. Above, Volunteers (in pink) DeVota Vereen and Ann Hollingsworth pose with Nursing VP Carol Northup, CEO Tom Siemers, Doug, Carla Jones, RN, and Patient Care Director JoAnnTurzer-Comnesso in the unit.



Walk to Bethlehem surpasses goal



Congregants of Ocean View United Methodist Church, Oak Island, walked more than 7,600 miles in December. That's 1,400 miles farther than the goal set in the fall, which represented the distance from Oak Island to Bethlehem, Israel. One hundred members of the church participated in the first project by Brunswick Wellness Coalition, of which Doshier is a founding member.

The Coalition's second project—Spring Into Health, a 5K run/1-mile walk—is set for Saturday, March 24, 9:30 a.m. This will run from Doshier Memorial Hospital through Southport. Register at Facebook.com/BrunswickWellness, \$20. For more information on Coalition activities, email the director at LindsayMaher@Doshier.org.

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