

SPRING 2018

 **SCOTLAND**
HEALTH CARE SYSTEM
Closer Care. Better by Far.

healthy

PERSPECTIVES

The Future OF Health Care

Transforming the Way We
Manage and Communicate
Patient Medical Information

ALSO

Ranked a 4-Star
Hospital 3 Years
in a Row

Upgraded Women's
Center and Maternity
Care Distinction

2017
Annual
Report

scotlandhealth.org

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healthy PERSPECTIVES

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A Joint Commission
Top Performer

CONNECT WITH US



FROM THE PRESIDENT AND CEO

Constantly Evolving Strategies for an Unchanging Mission

I am often asked how Scotland Health Care System continues to thrive in such a challenging environment. My answer is twofold. First, we have a dedicated and talented group of stakeholders committed to collaborating for the greater good. Volunteer trustees invest countless hours to oversee our system, highly trained physicians compassionately practice state-of-the-art medicine, and a tremendously engaged staff of caregivers know how vital their role is.

Second, everyone on our team understands that to execute our core mission of providing Safe, High-Quality and Compassionate Care to every patient we serve and every strategy we implement means we have to constantly change. The old adage is true—we change, we improve, we grow ... or we die.

INNOVATIVE IMPROVEMENTS

2018 is proving to be no exception. Many changes and improvements are underway. We are completing renovations to the hospital's Women's Center. Our outstanding facilities and technology will match the quality of the staff and physicians who practice on that unit. Later this summer, we will open a retail pharmacy within our Pembroke Family Practice Center, providing those patients with convenient access to their prescriptions and other medical supplies.

We began our most expensive and time-consuming strategy in January, a 15-month project to have all of our patients' records connected in a single electronic platform. Not only will all our caregivers have access to patients' records wherever treatment occurred, but this will also make it much easier for patients to see all their care.

THE VALUE OF TEAMWORK

Safe, High-Quality and Compassionate Care happens only when everyone on our team identifies what that means for each patient we care for, each service we provide, and each community we serve.

I hope you are as proud of your health care system as those of us directly involved are. All of us at Scotland are grateful for the trust you place in us and the support you provide us as we help you and your family live the healthiest life possible.

Have a wonderful summer!

Greg Wood
President and Chief
Executive Officer



Scotland Memorial Hospital Earns High Marks for Patient Care

4-Star Rating for Quality

For the third consecutive year, Scotland Memorial Hospital received a four-star rating for its quality of patient care from the Centers for Medicare & Medicaid Services (CMS).

CMS scores more than 4,000 hospitals across the country using the Hospital Compare rating system ranging from one to five stars, with five being the highest possible score. The most common overall rating is three stars. The ratings are publicly available on CMS's Hospital Compare website and are intended to help consumers more easily decide between hospitals in their area.

The CMS star rating combines specific hospital performance on more than 50 quality metrics across seven areas. Those seven areas include mortality, safety of care, readmissions, patient satisfaction, quality measures, claims

data, and timeliness of care. Those numbers are then calculated in order to assign the star rating.

"Receiving a four-star rating for quality exemplifies Scotland Health Care System's strong commitment to providing safe, high-quality care to our community," says Dr. Cheryl Davis, Vice President of Medical Affairs and Chief Medical Officer at Scotland Health Care System. "I am thrilled that CMS has confirmed our commitment by giving us a four-star rating."

To view Scotland Memorial Hospital's rating, visit [medicare.gov/hospitalcompare](https://www.medicare.gov/hospitalcompare).



Joint Commission Gold Seal of Approval

Scotland Health Care System earned The Joint Commission's Gold Seal of Approval® for Hospital Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective patient care.

Scotland Health Care System underwent a rigorous, unannounced on-site survey early this year. During the review, a team of Joint Commission expert surveyors evaluated compliance with hospital standards related to several areas, including emergency management, environment of care, infection prevention

and control, leadership, and medication management.

"Once again, we proved that all staff working together provides: safe care—our main responsibility; high-quality



care—as measured against national standards; compassionate care—due to the pride and ownership of our team," commented Greg Wood, President and CEO of Scotland Health Care System. "All this leads to sustainable care—a health care system well regarded by the community and positioned for success for many years to come."

The survey team spent the majority of its time visiting places where patients receive care and services, which provided insight into how Scotland Memorial cares for its patients.

"We are very proud of our survey outcome and proud that The Joint Commission validates that," said Dr. Cheryl Davis, Vice President of Medical Affairs and Chief Medical Officer at Scotland Health Care System. "Our staff and physicians provide outstanding care and service, and we are committed to providing safe and high-quality care."

An independent, not-for-profit organization, The Joint Commission is the nation's oldest and largest standards-setting and accrediting body in health care. It evaluates and accredits more than 21,000 health care organizations and programs in the U.S.

< IN THE NEWS >

Welcome New Trustee

The Scotland Health Care System Board of Trustees welcomed new board member **Dr. Glenn Harris**, Chair of Scotland's Physician Network Leadership Council.

Board leadership includes **Jane Rogers**, Chair; **David Harling**, Vice Chairman; **Chip Shytle**, Treasurer; and **Dr. Doug Nederostek**, Chief of Staff.

Calendar of Events

For dates, times, and locations, call the Marketing Department at **910-291-7550** or visit **ScotlandHealth.org** and click on “Events.”



COMMUNITY EVENTS

Pregnancy Health Fair

May 17, 5:30 p.m., WRDC

Join us for a FREE event for expecting parents and those who plan to be expecting soon. Learn more about prenatal care, labor options, birth plans, and much more. Light refreshments will be provided. Registration is required; please call **910-291-6806** to register. This event is made possible through the generous support of Scotland Memorial Foundation.

Look Good ... Feel Better

May 18, July 20, and September 21, 9 to 11 a.m., SCTC

A FREE American Cancer Society program for women who are undergoing treatment

for cancer. Learn skin care and how to use turbans, scarves, and hats. Free makeup and wigs are available. Call **910-291-7630** to register.

Cancer Survivors Day

May 18, 5:30 p.m., LPC

Who is a cancer survivor? The National Cancer Survivors Day Foundation defines a survivor as anyone living with a history of cancer—from the moment of diagnosis through the remainder of life. National Cancer Survivors Day® is an opportunity for your community to demonstrate that it has an active, productive cancer survivor population and to bring awareness to the challenges they face during and after treatment. Scotland Cancer Treatment Center's annual

Survivors Day celebration is open to all cancer survivors regardless of where cancer treatment was received. This year's theme will be Beach Party! For registration and additional information, call **910-291-7630** or toll-free **877-762-2735**.

Camp Spinoza – Grief Camp for Children

June 1–3, Camp Monroe

Scotland Regional Hospice's Camp Spinoza is a grief camp for children ages 5 to 13 who have experienced a loss. Call **910-276-7176** for more information.

The Women's Center of Scotland Memorial

Call **910-291-7810** for information or to register for the following FREE programs:

- **Breastfeeding Class:**

A “how-to” breastfeeding class for moms planning to breastfeed or those not yet decided.

- **Childbirth Education Program:**

This four-session educational program helps mothers and their support

person prepare for child-birth with a goal to a more satisfying birth experience. This class covers:

- *Labor and the birth process*
- *Comfort measures*
- *Relaxation and breathing techniques*
- *Role of the support person*
- *Newborn care*
- *Breastfeeding*

For information on classes provided by The Women's Center, call **910-291-7820** or visit **ScotlandHealth.org/medical-services/womens-center**.

SUPPORT GROUPS

- Alzheimer's
- Caregivers
- Circle of Hope Women's Cancer
- Diabetes
- Parkinson's

For dates, times, and locations, call the Marketing Department at **910-291-7550** or visit **ScotlandHealth.org** and click on “Events.”

⟨ PROVIDER UPDATE ⟩

Dr. Leslie Salloum, a Board-Certified General Surgeon with 30 years of experience, of Scotland Surgical & GI, now offers expanded office hours at Pembroke Family Practice Center. To make an appointment, please call **910-277-9164**.

Scotland Health Care System would like to thank two long-term physicians who have served our community for so many years. **Dr. John Neal**, Primary Care Physician, retired from his medical practice in September 2017 after serving the Scotland County community for over 35 years. The practice space is now occupied by **Drs. Allen Ballew** and **Marc Sciarra** of Carolina Family Clinic.

Scotland Health Care System wishes the best to long-term specialist **Dr. Antonios Karamalegos**, of Scotland Urology, as he closed his medical practice at the end of 2017.

LEGEND

LPC = Laurinburg Presbyterian Church

SMCC = Scotch Meadows Country Club

SCTC = Scotland Cancer Treatment Center

SDC = Staff Development Center

WRDC = W.R. Dulin Center

We're on a Mission

Scotland Health Care offers numerous programs specially designed to get heart attack and stroke patients the care they need as soon as possible after the onset of their symptoms.

TELESTROKE SERVICES: TIME IS BRAIN!

During a stroke, an estimated 2 million brain cells die per minute. Evidence shows that the quicker a stroke patient is evaluated and treated, the better his or her outcome and recovery will be.

Thanks to telestroke, Scotland Health Care System can treat stroke patients quicker, reducing or eliminating long-term stroke impacts. Using video conferencing, telestroke brings a specialist with neurologic expertise to the patient's bedside. With a single phone call, doctors in the emergency department can quickly connect with Carolinas HealthCare System Neurosciences Institute, which is the largest stroke network in the Carolinas.

If you are experiencing any signs or symptoms of a stroke, getting care right away can save your life. If you or someone you know is having any symptom (face droop, weakness in arms or legs, speech or vision changes, or dizziness), call **911**.

HEART CARE CLOSE TO HOME

Scotland Cardiovascular Center, a joint partnership with FirstHealth, offers coordinated care to ensure patients receive the best care at the best location at the right time. We want to keep patients close to home for the majority of their cardiovascular needs, with health care professionals they know and trust.



HOME IS WHERE THE HEART IS

The Scotland Cardiovascular Center ensures patients receive the best care at the best location at the right time. Call **910-291-7550** for more information about the Center.



3 Steps to Beat Heart Attack and Stroke

To reduce your risk for heart attack and stroke, which are leading causes of death and disability in the U.S., do your part for your heart. Taking these important steps can help keep it healthy.



1. Talk with your doctor about aspirin use.

Taking a low dose of aspirin daily can help prevent heart attack and stroke if you're at high risk.



2. Check your blood glucose.

Too much glucose (sugar) in your blood because of prediabetes or type 2 diabetes can lead to heart disease and other serious health problems.



3. Quit it.

Smokers are two to four times more likely to experience heart attack or stroke than nonsmokers.

THE WOMEN'S
SERVICES UNIT FINISHES
RENOVATIONS
AND IS RECOGNIZED
FOR

High-Quality Care

Blue Cross and Blue Shield of North Carolina

has recognized Scotland Health Care System with a Blue Distinction® Center+ for Maternity Care designation as part of the Blue Distinction Specialty Care program.

Blue Distinction Centers are nationally designated hospitals that show expertise in delivering improved patient safety and better health outcomes, based on objective measures that were developed with input from the medical community.

The Blue Distinction Center+ for Maternity Care program evaluates hospitals on quality measures for vaginal and cesarean delivery. To receive a Blue Distinction Center+ for Maternity Care designation, a hospital must also demonstrate cost efficiency. To be considered eligible for the designation, health care facilities must first meet the Blue Distinction's nationally established, objective quality measures.

Scotland Health Care System is proud to be recognized by Blue Cross and Blue Shield of North Carolina for meeting the rigorous Blue Distinction Center+ quality and cost selection criteria for maternity care set by the Blue Distinction Specialty Care program.

"We are proud to receive the Blue Distinction Center+ for Maternity Care designation," says Michelle Herberg, Director of Women's Services at Scotland Health Care System. "This designation is another reflection of the

dedication our staff has to providing high-quality care for our patients."

**WOMEN'S CENTER RENOVATIONS
NEAR COMPLETION**

The Women's Center at Scotland Health Care is also proud to finish up a \$2.7 million renovation project this year.

Improvements include beautiful new flooring and paint throughout the hallways, patient rooms, Labor and Delivery Department, and nursery. To create a more relaxing atmosphere for women, patient rooms were upgraded with soothing lighting, as well as new cabinets and furniture. The spacious rooms also provide an open concept that allows new mothers to see their newborn at all times. The Special Care Nursery was also renovated and is equipped to care for newborns with special medical needs.

The unit's three nurses' stations were also remodeled to include new cabinets and shelving to improve workflow.

Investment in equipment and technology is part of the system's focus on providing safe, quality care and the best possible patient experience. New technology includes an infant security system and fetal heart rate monitor.

For more information about the Women's Services Unit at Scotland Health Care System, visit ScotlandHealth.org.



Patient rooms and the nurses' station at Scotland Memorial Hospital have been renovated.



BEST START FOR BABY

We strive to create a mother/baby-friendly unit, where you can practice skin-to-skin bonding with your baby. This greatly increases your chances to breastfeed if you choose. Our lactation consultant provides FREE classes. Call **910-291-7810** for upcoming times and dates.



Designated
BlueDistinction.
Center+
Maternity Care

Dr. Paul Rush gets a checkup from his colleague, Dr. Ralph Carter III.



An Orthopedic Surgeon's Choice for Care

Catching the next flight was Dr. Rush's first step to getting back on his feet.

When Orthopedic Surgeon Dr. Paul Rush broke his leg skiing in Utah, catching the next flight home was his first step to getting back on his feet.

His ski trip didn't work out the way he'd planned, but Dr. Rush wasn't taking any chances with treatment. He flew 2,000 miles to see a surgeon at Scotland. But not just any surgeons, they are his partners at his orthopedic practice.

"I knew the partners in my surgical practice would give me the best surgical treatment," says Dr. Rush.

His partners are the specialists at OrthoCarolina Scotland:

- Dr. Richard Alexander
- Dr. Ralph Carter III
- Dr. John Smid

He had confidence in these board-certified specialists and trusted his partners to get him back on his feet.

With Scotland Health Care's technology, our experts provide

everything from joint-replacement surgery to injury rehabilitation at a four-star hospital ranked one of America's safest.

"I knew I'd get the best care closer to home," says Dr. Rush.

Home Care for Sprains and Strains



You suddenly twist your ankle, knee, or wrist and can't put weight on it. The injury is starting to swell and hurt. Chances are you have either a sprain or strain.

Experts recommend the R.I.C.E. first-aid method to reduce swelling and pain from a sprain or strain. R.I.C.E. stands for:

- REST** *Avoid using the injured area.*
- ICE** *Apply an ice pack for 20 minutes every couple of hours for the first two to three days.*
- COMPRESS** *Reduce swelling and restrict movement with an elastic bandage.*
- ELEVATE** *Raise the injured area above the level of your heart.*

Doctors also recommend taking an over-the-counter pain reliever, such as ibuprofen.

In case of a severe injury, you may need medical attention. Call your doctor if you have severe pain and swelling or don't see any improvement after two days.



PRECISE SURGERY

Scotland Health Care System now offers the latest technology in robotic-arm assisted joint replacement technology. We are proud to be the first within 100 miles to offer the most advanced technology for both knee and hip replacement surgery. For more information on our OrthoCarolina Scotland surgeons, please visit scotlandhealth.org/orthopedics.

2017

Annual Report

About Scotland Health Care System

MISSION:

The Mission of Scotland Health Care System is to work with our health care partners to create and operate a patient-centered, integrated system to provide Safe, High-Quality, Compassionate, and Sustainable health care to the people we serve.

VISION:

Scotland Health Care System will be recognized and chosen by patients and their families throughout our region for the quality and value of services we provide. This value will be demonstrated through the highest level of quality and service, along with the safest environment. We will lead efforts to improve the health and well-being of the citizens in our region.



Closer Care. Better by Far.

VALUES:

We accept and are proud of our role as the safety net provider of essential services for our region.

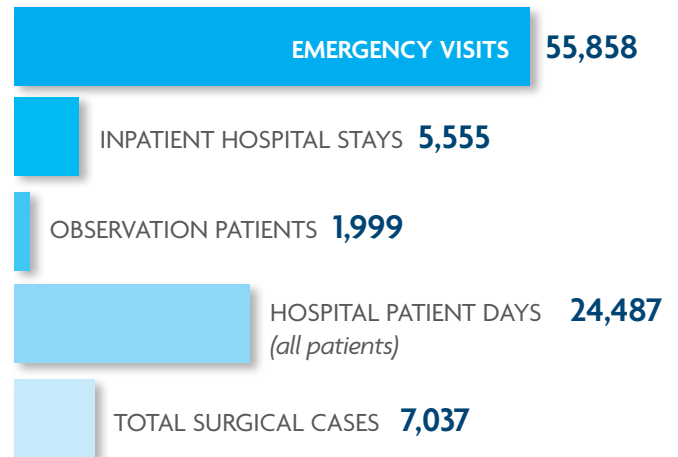
- As a community-owned health care system, we believe in transparency and accountability to our community for the decisions we make. These decisions will be made collaboratively and with the utmost integrity.
- Our associates, physicians, other providers, and volunteers are our most important assets. We treat one another, along with our patients and families, with care, compassion, dignity, and respect at all times.
- We carry out all these principles in a financially prudent and sustainable manner to ensure we stay focused on our Mission.

SAFE AND HIGH QUALITY

- **FOUR-STAR RATING** from CMS. Scotland Memorial Hospital earned a four-star designation by the Centers for Medicare & Medicaid Services, placing Scotland Memorial Hospital in the top 25th percentile in the nation for the quality care delivered to our community.
- **ROBOTIC TECHNOLOGY.** With our highly skilled surgeons and robotic technology, we are proud to be the first hospital within 100 miles to offer the most advanced technology for total hip and knee replacements.
- **3D MAMMOGRAPHY.** We are the first in the region to offer the latest state-of-the-art tool for earlier breast cancer detection.
- **UNCP PARTNERSHIP.** Scotland Health Care System is now the official health care provider for the University of North Carolina at Pembroke (UNCP) Athletics.
- **SCOTLAND MEMORIAL FOUNDATION.** The hospital's philanthropic partner continues to tap into the very generous spirit of our communities. The \$1.6 million raised in 2017 includes \$1.1 million raised for our Women's Center with the remainder supporting community health programs and screenings, scholarships, indigent care, and funds to help with patient transportation.
- **SCOTLAND REGIONAL HOSPICE.** In an effort to spread the importance of advance care planning to the community, Scotland Regional Hospice partnered with PBS and the Hospice Foundation of America to offer free screenings of the documentary films *Being Mortal* and *Consider the Conversation*, engaging more than 600 people across three counties in conversations around end-of-life decision-making.
- **SCOTLAND FAMILY COUNSELING CENTER.** Our faith-based Counseling Center celebrated its 10th anniversary following a move to a new and larger location. They have grown to four full-time counselors.

COMPASSIONATE AND SUSTAINABLE

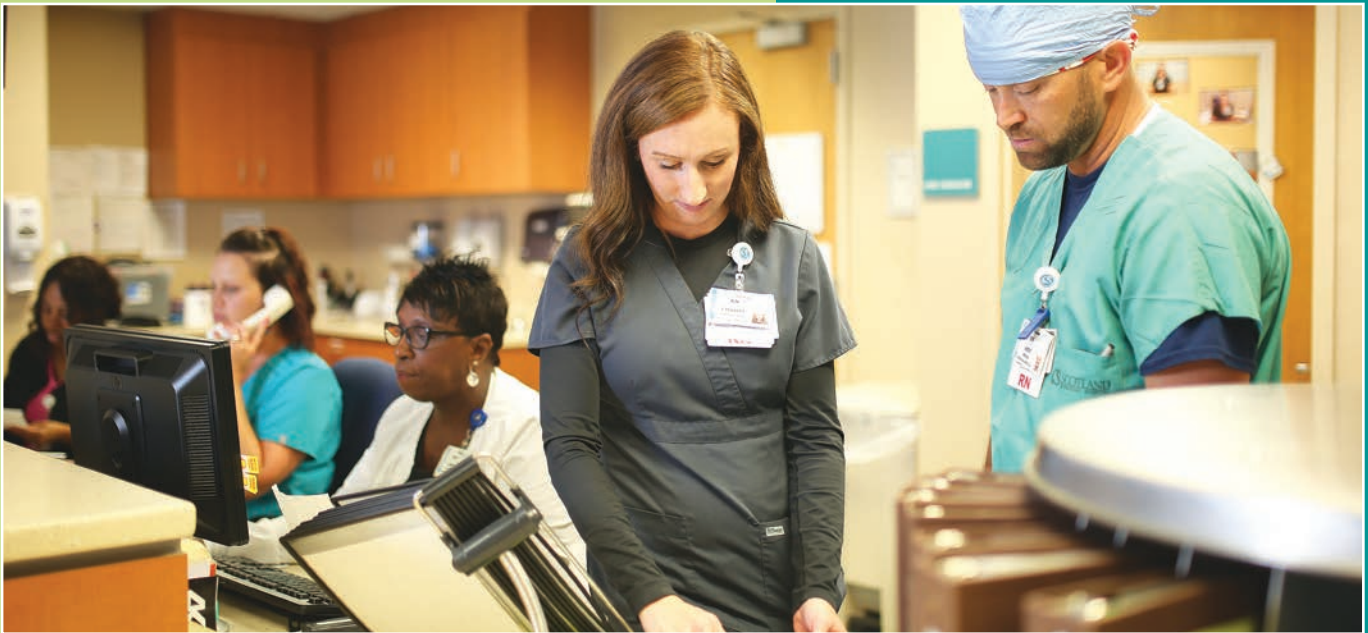
HOSPITAL SERVICES *Fiscal Year 2017*



SCOTLAND PHYSICIANS NETWORK VISITS

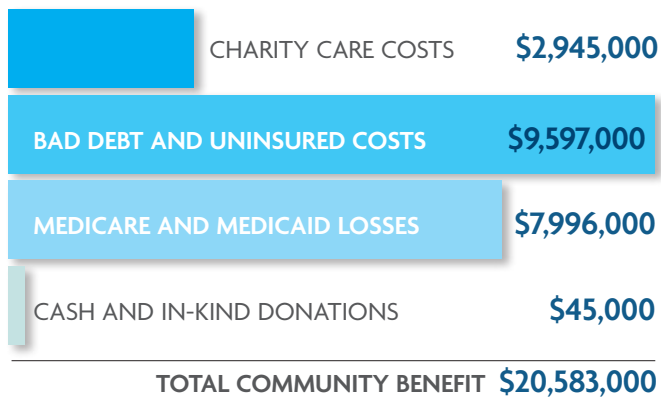


Visits for specialties jumped 20 percent over 2016.



2017 COMMUNITY BENEFIT

We take care of our patients regardless of their ability to pay.



Community benefit as a percent of net operating revenue = 13%
Standard & Poor's bond rating was upgraded to A-

Expanding Our Medical Care in Our Community

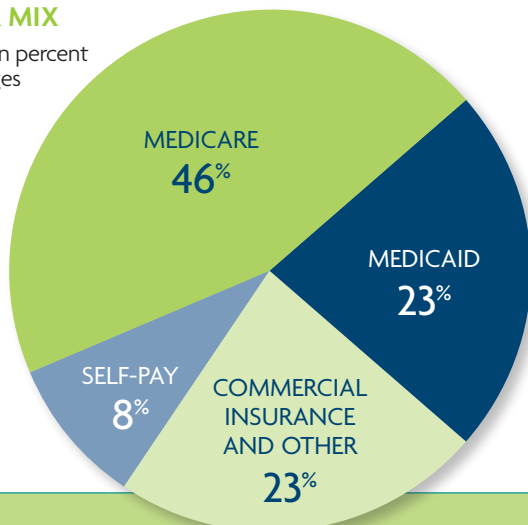
We've recently welcomed new specialists in such areas as family medicine, urology, oncology, pediatrics, hospitalist, and OB-GYN.

- Primary care providers: 5
- Specialist providers: 7
- Practices that joined the Scotland Physicians Network: 2

KEY FINANCIAL STATISTICS Fiscal Year 2017

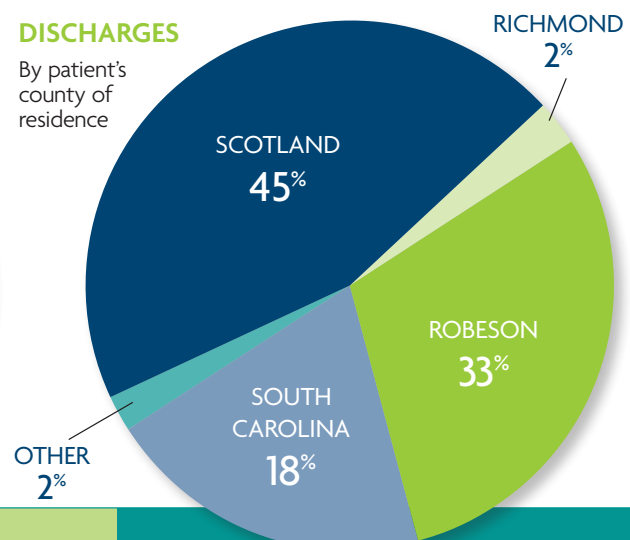
PAYER MIX

Based on percent of charges



DISCHARGES

By patient's county of residence

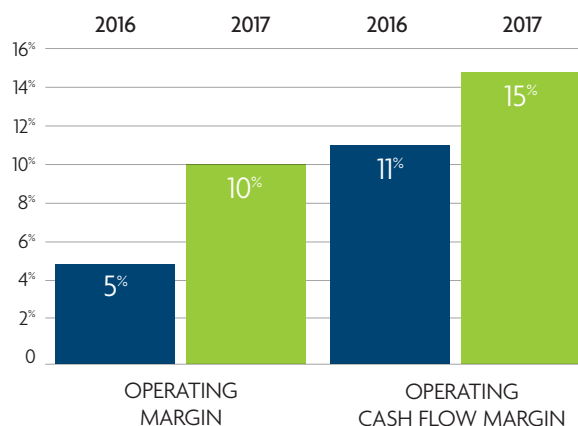




SCOTLAND HEALTH CARE SYSTEM SERVICES

Cancer Center – Duke Health Affiliate
 Cardio, Neurology, and Respiratory
 Cardiovascular Center
 Emergency Center
 Endoscopy Center/Colonoscopy
 General Surgery
 Hospitalist
 Imaging Services
 Inpatient Care
 Inpatient Rehabilitation
 Occupational Medicine
 Orthopedics
 Rehabilitation Services
 Scotland Family Counseling Center
 Sleep Center
 Specialty Clinics
 Surgical Services
 Telestroke
 Urgent Care
 Urology
 Women's Center
 Wound Healing Center

2017 FINANCIAL RESULTS COMPARED TO 2016



HOSPITAL SERVICES

	2016	2017
DISCHARGES		
Adult & Pediatric	4,980	5,443
Newborn Deliveries + Level 2	676	726
	5,656	6,169
DAYS OF CARE		
Adult & Pediatric	17,653	18,763
Inpatient Rehabilitation	1,168	1,288
Newborn Deliveries + Level 2	1,807	2,126
	20,628	22,177
Observation	2,616	2,310
Cath Lab	323	432
Lithotripsy Procedures	66	84
Endoscopy Cases— Inpatient and Outpatient	1,274	1,633
Wound Care Center Visits	4,317	4,329
SURGICAL SERVICES		
OR Inpatient Cases	1,493	1,589
OR Outpatient Cases	3,328	3,299
EMERGENCY CENTER		
Inpatient	3,755	4,159
Total EC Visits	56,606	55,858
Urgent Care Visits	13,868	15,498
Cardiac Rehabilitation	9,519	10,345
Outpatient Rehabilitation Services	37,878	34,294
Medical Oncology Visits	4,317	4,481
Radiation Therapy Visits	3,769	3,357

Technology Upgrades for Cancer Treatment

With the upgrade of our Elekta Linear Accelerator, Scotland Cancer Treatment Center is now offering stereotactic body radiation therapy (SBRT). This cancer treatment delivers precise, intense doses of radiation to cancer cells while minimizing damage to healthy tissue.

This is exciting to have at Scotland because we can now treat smaller, single tumors, early-stage lung cancer and pancreatic cancer, or cancers that have spread to the lung, liver, and adrenal glands. Your Duke radiation oncologist at Scotland Cancer Treatment Center will determine whether you qualify for this new treatment.

PRECISE SCANNING FOR TREATMENT PLANNING

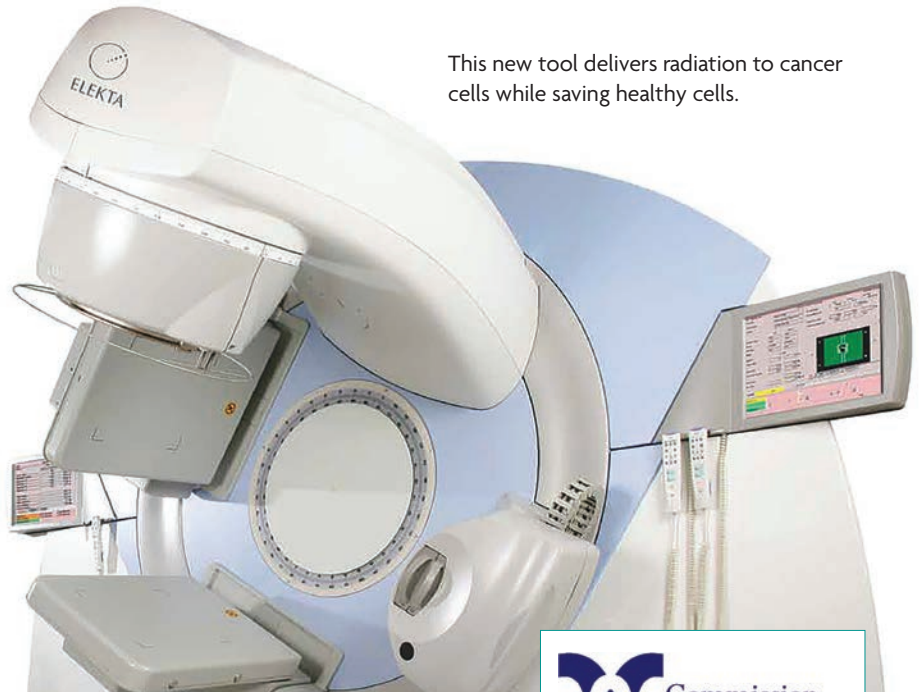
The new Philips Brilliance Big Bore CT Simulation scanner at Scotland Cancer Treatment Center helps patients remain in the cancer center for treatment planning.

This state-of-the-art machine allows physicians to image patients more accurately. The 4D component gives physicians the ability to view tumors that move with the patient's breathing so that they can see the tumor's location at any point for more precise treatment planning. This specific planning allows for a precise treatment area to be identified—a fantastic advancement in technology—right here, closer care better by far.



STAFFED BY DUKE DOCTORS: A POWERFUL COMBINATION

At the Scotland Cancer Treatment Center, Duke Health oncologists deliver world-class cancer care. Please call the Center at **910-291-7630** for information on treatment options.



This new tool delivers radiation to cancer cells while saving healthy cells.

BETTER CANCER CARE

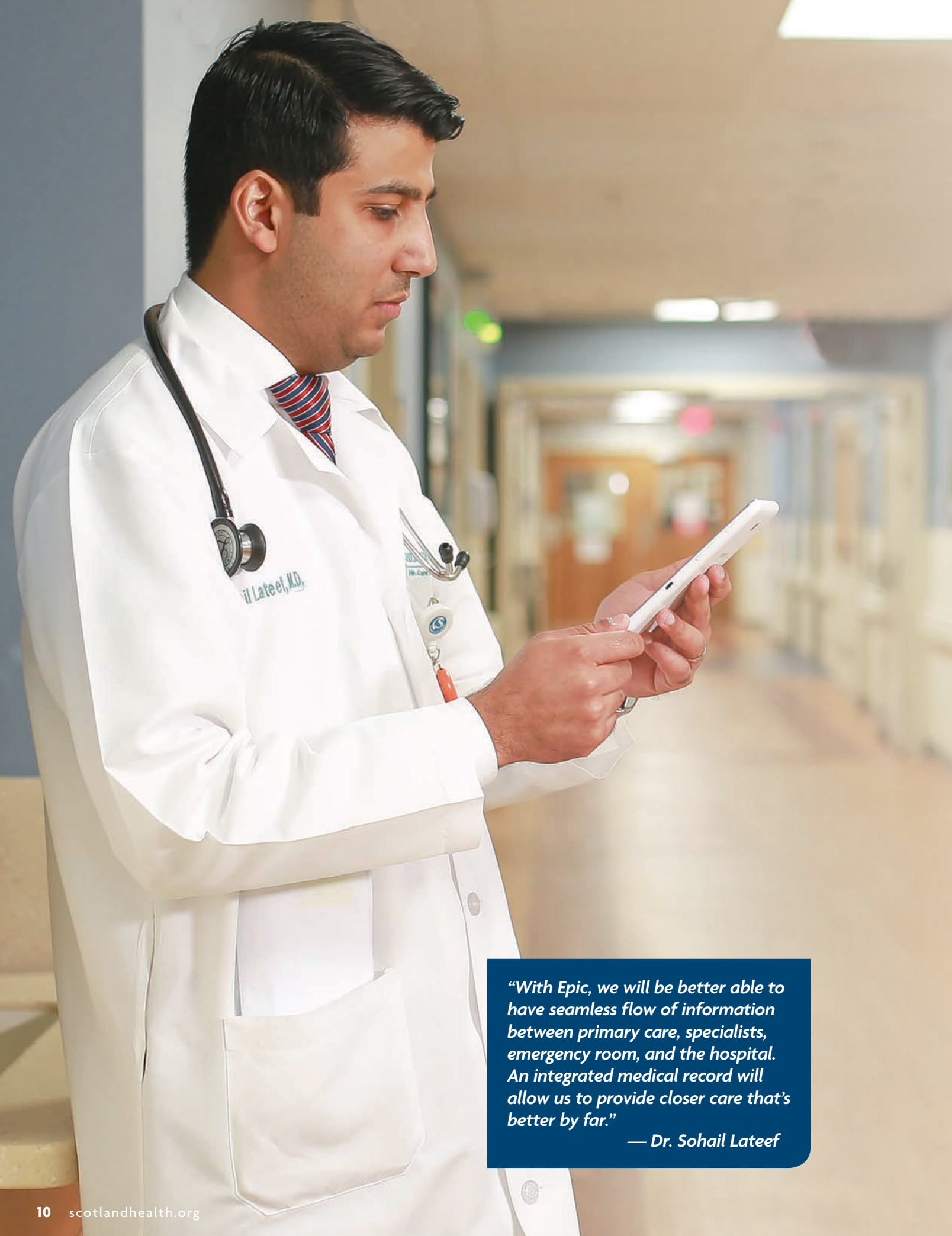
Scotland Cancer Center is accredited by the American College of Surgeons Commission on Cancer (CoC).

This association of professional organizations is dedicated to improving survival and quality of life for cancer patients. The CoC Approvals Program recognizes treatment centers like Scotland that have cancer programs offering high-quality care through various cancer-related programs.



With this new imaging machine, doctors can locate a patient's tumor more precisely.





“With Epic, we will be better able to have seamless flow of information between primary care, specialists, emergency room, and the hospital. An integrated medical record will allow us to provide closer care that’s better by far.”

— Dr. Sohail Lateef

The Future of Health Care

Transforming the Way We Manage and Communicate Patient Medical Information

For the past year Scotland Health Care System has been working to migrate to a unified electronic medical record, called Epic. For the health care system, this is an enormous undertaking—both financially and in workforce planning.

“The health care system’s existing electronic medical record, Paragon, has been very successful, but the health care system is now installing a new electronic medical record to be able to freely exchange patient information, reduce unnecessary paperwork, and reduce duplicate testing and time delays,” says Matt Pracht, Chief Financial Officer. “Epic brings us a single source of information, and at the end of the day, we have to do things more efficiently.”

EASE OF SHARING RECORDS

Scotland Health Care System’s transition to Epic will take place in phases and will be fully functioning by early 2019. The scale of this project is enormous, but presents a tremendous opportunity to streamline and standardize care across Scotland Memorial Hospital’s Patient Care Services, which includes:

- Inpatient care units
- Outpatient services
- Emergency Center
- Scotland Urgent Care Center
- Scotland Physicians Network practices
- Community physicians, who are not employed by the health system but need an electronic medical record for their practices

Each practice will maintain its own records on individual patients. The networks, however, will have the ability for patients who consent to exchange data from those records.

SYSTEM FOR PATIENTS

Once the migration to Epic is completed, all of a patient’s information will be recorded on a single electronic medical record—and the patient will be able to access that record via a secure website.

Basically, a patient using a smartphone, tablet, or computer will be able to view medical test results, schedule appointments, and pay bills.

A unified electronic medical record also gives health care providers instant access to patients’ medical records, meaning faster and more accurate diagnoses, elimination of duplicative paperwork and testing, higher-quality care, and significant cost savings for patients, physicians, and other care providers.

“This really is a new era in health care and the way physicians and other caregivers communicate with one another and with patients,” says Greg Wood, President and CEO of Scotland Health Care System. “This is the future of health care.”

Epic will allow Scotland Health Care System to operate more efficiently, lowering costs, and saving money over time. Patients, meanwhile, will receive high-quality care.

“Patients will benefit more than anybody,” Wood says. “It’s about the patients. It is patient-centered care.”



FREE PATIENT PORTALS

Scotland Health Care System offers you two separate patient portals. They’re free to use and available 24 hours a day. Start using them by visiting **ScotlandHealth.org** and clicking “Scotland Patient Portal.”

New Medical Providers Increase Access

We welcome our new medical professionals to the Scotland Health Care System medical staff.



Dr. Paula Chang



Lindsay Reese, PA-C



Allison Scott, FNP



Keynadamnicia C. Udenze, AGNP-C

SURGICALIST

Dr. Paula Chang
Scotland Memorial Hospital
Scotland Health Care System welcomes Dr. Paula Chang to Scotland Memorial Hospital. As a Surgicalist, Dr. Chang will work only within Scotland Memorial Hospital and provide care for emergent/urgent surgical cases. Dr. Chang received her Doctor of Medicine degree from Texas A&M Health Science Center and has over five years of general surgery experience. With the addition of Dr. Chang, Scotland Health Care System is again pleased to offer a higher level of care to our patients in the communities we serve.

FAMILY MEDICINE

Lindsay Reese, PA-C
Harris Family Practice
Lindsay Reese, PA-C, joins Harris Family Practice to provide primary care to the Scotland

County community. Harris Family Practice is part of Scotland Physicians Network, which is operated by Scotland Health Care System. Reese earned her Master of Physician Assistant Studies degree from Eastern Virginia Medical School and brings primary care and urgent care experience to the practice. She will see patients at Harris Family Practice in Laurinburg.

CARDIOLOGY

Allison Scott, FNP
FirstHealth Cardiology Services
Allison Scott, FNP, a member of FirstHealth Cardiology, is helping to expand cardiology service further into Scotland and Robeson counties. Scott will see patients as part of the Scotland Cardiovascular Center, a partnership between Scotland Memorial Hospital and FirstHealth of the Carolinas. She earned her Master of Science in Nursing (Family Nursing Practitioner) degree from the University of North Carolina at Wilmington and has more than 10 years of experience in emergency and

cardiac catheterization lab medicine. Scott will see patients at FirstHealth Cardiology in Pembroke and at FirstHealth Cardiology in Laurinburg.

UROLOGY

Keynadamnicia C. Udenze, AGNP-C
Laurinburg Urology
Keynadamnicia C. Udenze, AGNP-C, has joined Laurinburg Urology to provide high-quality urological care to our community. Laurinburg Urology is a joint partnership between Scotland Health Care System and Pinehurst Surgical. Udenze has served as a Urology and Radiation Oncology Nurse Practitioner, primarily caring for adults and older, geriatric patients. She joins a team of board-certified specialists who diagnose and treat conditions ranging from kidney stones to prostate cancer and more.



Are You Looking for a New Doctor?

Log on to ScotlandHealth.org/find-a-doctor to get started.

Scotland Physicians Network also includes:

- Harris Family Practice
- Marlboro OB/GYN
- Marlboro Surgical Associates
- Marlboro Family Practice and Urgent Care
- Maxton Family Practice Center
- Pembroke Family Practice Center
- Scotland Surgical & GI
- Wagram Family Practice Center
- Wolonick Family Practice
- Women's Health Center of the Carolinas
- Women's Health Center of the Carolinas at Pembroke

Don't Miss an Annual Checkup

Consider a surprising fact before you get on the phone to schedule your yearly physical: Many medical organizations don't find this popular practice medically necessary. Instead, they emphasize preventive care.

BENEFITS OF AN ANNUAL EXAM

A yearly checkup can help find problems before they start. And some experts feel that annual visits help cement the doctor-patient relationship. These exams may also encourage valuable preventive measures, such as cholesterol screenings and mammographies.

TALK WITH YOUR DOCTOR

You and your doctor can decide whether you need an annual physical. In the meantime, be sure to put these screenings and preventive measures on your calendar:

- **Mammography.** The American Cancer Society recommends that women should get a mammography every year starting at age 45. Women ages 55 and older have the option of getting a mammogram every two years, or continuing with the annual screenings. Scotland Health Care System offers the 3D Mammography, which is the latest tool for breast cancer screening.
- **Pap test.** The United States Preventive Services Task Force suggests that women ages 21 to 65 should get a Pap test once every three years. Women ages 30 to 65 years can choose to instead have a Pap test once every five years along with a human papillomavirus (HPV) test. Women older than 65 who have had normal screenings and do not have a high risk for cervical cancer do not need Pap tests. Talk with your doctor about the best schedule for you.
- **Cholesterol.** Have your cholesterol checked every four to six years after you turn age 20.
- **Diabetes.** Get tested for diabetes if you are overweight or obese and between the ages of 40 and 70.
- **Colorectal cancer screening.** Start periodic testing for this disease at age 50, or earlier if the disease runs in your family. Scotland Health Care System offers two convenient surgical practices to schedule your screening colonoscopy.

Scotland Memorial Foundation Recognizes Donors

The Highland Society was created to thank and recognize donors who contribute \$1,000 or more annually to Scotland Memorial Foundation. These generous contributions touch hundreds of people each year. Their generosity funds health projects and programs that offer hope, encouragement, and a healthier way of life. On February 15, 2018, 34 new members were welcomed into the Highland Society bringing our total

membership to 186. Highland Society membership sets these donors apart as sustainers of our organization. The Board of Trustees thanks and acknowledges these faithful donors with sincere gratitude. To learn how you can become a Highland Society member, simply call the Scotland Memorial Foundation office at **910-291-7553**. You may also visit **ScotlandHealth.org/give**.

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Great care has been given to ensure the accuracy of this list. If an error has been made, we apologize and ask that you please let us know by calling 910-291-7551.



Grilled Fruit and Yogurt Dip

Grilling fruit gives it a decadent taste that's made even sweeter with this simple yogurt dip. You can try the dip with fresh fruit for a snack, too.

INGREDIENTS

- 1 lb. fresh or frozen pineapple, cut into bite-sized pieces, about ½ inch thick
- 1 lb. fresh or frozen peaches, cut into bite-sized pieces, about ½ inch thick
- ½ cup nonfat, unsweetened Greek-style yogurt
- 1 tbsp. orange juice concentrate
- ½ tsp. vanilla extract
- 4 wooden skewers

DIRECTIONS

1. Spear pieces of fruit onto wooden skewers. Preheat grill to high.
2. Grill fruit for about four to five minutes per side, until char marks readily appear and fruit is nice and juicy.
3. Meanwhile, whisk together yogurt, orange juice concentrate, and vanilla extract to make the dip.

PER SERVING

Serves four; serving size is 1 cup fruit and 2 tablespoons yogurt dip. Each serving provides: 120 calories, 0 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 25 mg sodium, 30 g carbohydrates, 4 g fiber, 24 g sugar, and 3 g protein.

HOME GROWN:

Eating Local Foods Is Good for Your Health

Not everyone in the U.S. has the opportunity to bite into a ripe, juicy strawberry that a farmer grew just miles from their home. Thanks to North Carolina's rich agricultural roots, you can get your hands on fresh, seasonal produce that farmers grow within your community. Doing so is good for your health.

Dietary guidelines emphasize eating a variety of fruits and vegetables every day, no matter what form. According to the U.S. Department of Agriculture's MyPlate, half of your plate should consist of fruits and vegetables. For a healthy diet, women need 1½ to 2 cups of fruit and 2 to 2½ cups of vegetables a day. Men need 2 cups of fruit and 2½ to 3 cups of vegetables a day.

To have lots of choices yearround, buy fresh produce to eat within the next few days when it's in season and stock up on frozen, dried, canned, or juiced fruits and veggies for later. Here are more tips to get the most from your produce:

- **Purchase produce** that isn't bruised or damaged. Fresh-cut produce, such as half a melon or bagged greens, should be refrigerated or surrounded with ice at the market.
- **Keep perishable items** and all precut or peeled produce in the refrigerator.
- **Steam veggies** or cook them using as little water as possible until tender.



Keep In Touch

We want to be here for you.

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The Future Starts Here!

Scotland Memorial Foundation Celebrates \$1.25 Million Raised for The Women's Center at Scotland Memorial

Campaign Co-Chairs Pat and Reg Poteat are thrilled to celebrate the success of "The Future Starts Here" initiative and the incredible \$1.25 million raised during this campaign to renovate The Women's Center at Scotland Memorial. Pat and Reg are grateful for the generous financial contributions of every donor.

"This campaign has been so important for the women and babies from all of our communities," says Pat Poteat. "The Future Starts Here capital campaign provides a Women's Center that matches the tremendous spirit of the amazing staff and community leaders."

CAMPAIGN DOLLARS ASSISTED IN THE RENOVATION OF:

- Labor and Delivery Suites with the latest open-design models for mother-baby bonding and advanced diagnostic technology
- GYN/postoperative/postpartum rooms that enhance the patient experience and family comfort
- Updating the layout and atmosphere of the well-baby and special care nurseries

Reg Poteat, who was a member of the hospital board when the current site on Lauchwood Drive had its original cornerstone laid in 1985, notes, "Our hospital is also an economic engine for our region that provides 1,230 jobs and has an annual regional economic impact of \$262 million."



Campaign Co-Chairs
Pat and Reg Poteat



For more information about supporting the hospital and about the Scotland Memorial Foundation, please contact Kirsten Dean, Foundation Executive Director, at **910-291-7553**.

