

HEALTH & WELLNESS

Healthbeat

Baptist's Sticht Center available for birthday parties for children

Children's birthday parties are now being offered at the J. Paul Sticht Center on Aging and Rehabilitation of Wake Forest University Baptist Medical Center.

While the Sticht Center is best known for its work with aging adults, swimming lessons in the warm-water pool have long been available to children of various ages. According to learn-to-swim coordinator Debbie Drayton, the pool parties were started because of growing requests from parents whose children were taking swim classes.

"We believe it is good to share our knowledge of safe swimming with children and their parents in any way possible," said Drayton. "The specialized birthday parties present an opportunity for children to learn about pool safety, safe swimming and supervised games."

The pool at the center is fully staffed with lifeguards and trained individuals in recreational therapy, CPR, first aid and water safety. Party packages vary by individual and can include pool games, craft times, and other fun learning activities. Party themes currently offered include dolphin, pirate and tropical fish. Children who attend these parties receive a \$5 off coupon for their next swim lesson. Currently, the center does only two parties per month, so space is limited.

For more information, contact Drayton at 336-713-8190 or by email at ddrayton@wfubmc.edu or visit, www.wfubmc.edu/aquatics.

Baptist Hospital hires human resources chief

Cheryl E. H. Locke, a career human resources professional and innovator, has been named the new vice president for human resources and chief human resources officer of Wake Forest University Baptist Medical Center, beginning Oct. 20.

This is a new position, created following the restructuring of the Medical Center in 2007, that will be responsible for human resources functions of both North Carolina Baptist Hospital and Wake Forest University Health Sciences.

Locke has been the chief human resources officer for the University of Alabama at Birmingham (UAB) since January 2005, where she had responsibility for all university and hospital human resources services and programs. She is recognized for "reinventing" human resources at UAB, providing staff and faculty with significantly enhanced customer service and consultation on all human resources issues.

Locke is a graduate of Brown University, and her human resources experience also includes Brigham & Women's Hospital (Boston), University Medical Center (Jacksonville, Fla.), Bell Atlantic (Arlington, Va.) and American Express (Jacksonville, Fla.). Locke and her husband, Ron, will be relocating to Winston-Salem in October.

Surry County's Mountain Valley Hospice receives WSF grant

The Winston-Salem Foundation has awarded Mountain Valley Hospice & Palliative Care, official hospice of Surry County Inc., a grant of \$7,000, to support Mountain Valley Hospice's "Transitions" program for patients and families. The grant was made from funds provided by the Elkin Community Trust.

Mountain Valley Hospice's Transitions program began in January. It was created as a non-reimbursed program to identify unmet needs of patients, and families of patients, with life-limiting illnesses or conditions and a prognosis of 12 to 18 months, or those who have a shorter prognosis but do not wish to enroll in hospice care. The program provides free case management and volunteer services and helps fulfill needs with referrals and links to community resources.

The grant from The Winston-Salem Foundation will be used to help Mountain Valley Hospice with the cost of patients and family transportation to and from appointments and treatments, as well as with volunteer trainings, educational materials and in other program areas.

Schools offer fewer sugary drinks

Calories in beverages served at schools have decreased 58 percent since 2004, according to a report by the American Beverage Association.

In May 2006, leading beverage companies and the Alliance for a Healthier Generation (a joint initiative of the American Heart Association and the William J. Clinton Foundation) announced guidelines for fewer calories in school beverages. According to "School Beverage Guidelines Progress Report: 2007-2008," 79 percent of all contracts between bottlers and schools have achieved compliance with the guidelines, which surpasses the benchmark goal of reaching 75 percent by 2008.

The report also points to an ongoing shift among schools towards water, portion-controlled sports drinks and diet drinks, accompanied by a two-thirds reduction in shipments of full-calorie soft drinks.

The report was released at a Sept. 10 news conference in New York, where the AHA was represented by President Timothy Gardner, M.D. He was joined by former President Bill Clinton and California Gov. Arnold Schwarzenegger, co-leader of the Alliance for a Healthier Generation.



Bullock



Ford



Hutchinson



Lewis



Smallwood



Williamson

Nurses honored for being 'Great'

CHRONICLE STAFF REPORT

Next week, several local nurses will be among those honored in Greensboro for being the best of the best in their professions.

Sixteen Wake Forest University Baptist Medical Center nurses have been named to North Carolina's "Great 100" list for providing excellent health care. The Great 100 Inc. lets nurses across the state nominate their peers. Those who demonstrate excellent care of their patients and a commitment to their profession are selected for the list.

The Great 100 Inc., which was formed in 1988 when Nurse Heather Thorne called on her

colleagues from across the state to develop the recognition program, also raises funds for nursing scholarships, and over the past 12 years has awarded more than \$140,000 to help others pursue a nursing career.

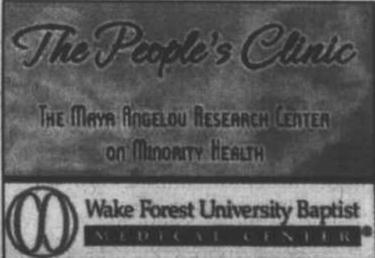
This year's nurse honorees will be feted at a gala event on Saturday, Sept. 27 at the Koury Convention Center in Greensboro.

"It is an honor to have 16 nurses from our staff to be inducted into this prestigious group of nurses from across North Carolina," said Patricia Johnson, vice president of operations and chief nursing officer at Wake Forest Baptist.

Nurses at Wake Forest Baptist who were recognized are: Sarah Bullock (pediatric behav-

ioral health); Patricia Ford (adult behavioral health); Christine Hastings (Rapid Response Team); Sally Hauser (Breast Care Center); Billy Haynes (Life Support Education); Ann Heilig (4B - ICU); Kim Hutchinson (behavioral health); Theresa Johnston-Crews (Neurology/ALS Center); Deborah Krueger (interim Magnet coordinator); Todd Layland (Emergency Department); Robin Lewis (Breast Care Center); Mitzi Robinson (Rapid Response Team); Sheila Smallwood (staff development); Carol B. Tilley (8 Reynolds Tower); Valerie Vestal (Nursing Clinical Systems); and Vera Williamson (adult behavioral health).

Mental illness treatments



Last week, we discussed some basics about mental illness and the impact it has on our community. This week, we will touch on some factors to consider when seeking treatment for mental illness. It is important to keep in mind that treatment plans will vary from person to person, and only you and your doctor together can determine what is right for you. Treatment for mental illness frequently centers on medication, psychotherapy ("talk therapy"), or both. Sometimes, it may be necessary to try a few different options before finding one that works best for you.

Medications for Mental Illness

Of course, the types of medication that can be prescribed to treat a condition depend on what the condition is and how severe it is. For some conditions, a single medication may be prescribed as part of a treatment plan, but for many others, a combination of medications is needed. Different medicines do different things to help manage your symptoms. Also, a medication that works well for one person may not work as well for another person, or one person may experience different side effects than another person would. It may take some time to tailor pharmacotherapy (medication treatment) so that it is just right for you to treat your symptoms.

The National Institutes of Health (NIH) divides medications used to treat mental illness into four broad categories: antipsychotic, antimanic, antidepressant, and anti-anxiety medications. It is important to keep in mind that different medications may be used to treat children and the elderly. Antipsychotic medications are traditionally (though not exclusively) used to treat psychoses, or "breaks with reality" that may include hallucinations, extreme paranoia, or delusions (see last week's article). Now, newer ("atypical") antipsychotics are sometimes used to treat other conditions, like bipolar disorder. Antimanic medications, such as lithium and some anticonvulsants (anti-seizure medications), are used to treat the manic stages of bipolar disorder. Antidepressants, conversely, treat major depression and depressive episodes of bipolar disorder and are sometimes used in conjunction with anti-anxiety medications to treat anxiety disorders.

While some medications are fast-acting, it is important to keep in mind that some medications might not work right away. It may take a couple of weeks or longer with some medications before the medicine has an effect. That's because some medicines take longer to build up in your body and begin to act like they're supposed to act. For some people, the right dose may be ten milligrams of a given medication, whereas for others it may take twenty milligrams of the same medication to achieve the same effect. Everyone's body is different, and the prescribed dosage does not necessarily correspond to the severity of the illness.

You may experience side effects, especially when you first start taking the medication; sometimes these side effects will become less troublesome with time, but other

See Treatment on A11

CALL FOR ACTION



National Disability Rights Activists (ADAPT) protest in front of the U.S. Department of Housing and Urban Development in Washington, D.C. The group is upset at what they call a lack of accessible and affordable housing for those with disabilities. Protesters spent a week outside the building, even setting up a tent village called "DUH City."

Conference to tout health jobs to minorities

CHRONICLE STAFF REPORT

The former secretary of the U.S. Department of Health and Human Services will keynote a conference next month in Durham aimed at addressing the need for minority faces in health care.

"Preparing Future Health Leaders: Hand to Hand, Generation to Generation" will be held Saturday, Oct. 4 from 8:30 a.m. - 2:30 p.m. on the campus of N.C. Central University. The conference is being presented by the Center for Health and Healing's Minority Health Careers Initiative (MHCI), in partnership with Durham's Union Baptist Church, the North Carolina Hospital Association and NCCU.

Dr. Louis W. Sullivan will give the keynote address. He served as the HHS secretary in the

administration of the first President Bush. He is also the founder of the Morehouse School of Medicine.

"We are facing a shortage of health-care professionals both locally and nationally," says Cornell Wright of MHCI, which primarily works to educate middle and high school youth about the opportunities in healthcare.

The MHCI staff also partners, trains and provides opportunities to churches and community groups to plan health careers conferences, create Health Careers Clubs and other health careers related activities.

For more information about the Center for Health and Healing please visit their Web site at www.c4hh.org. Next month's event is free and open to the public. But registration is required by Sept. 30.



Cornell

Wake students open free clinic

CHRONICLE STAFF REPORT

Wake Forest University School of Medicine students began offering a free evening medical clinic at the Community Care Center yesterday.

The students will offer the clinic - called the DEAC Clinic (Delivering Equal Access to Care) - every Wednesday from 6 - 9 p.m. at the Community Care Center on New Walkertown Road. Patients who are not eligible for Medicare, Medicaid or the State Children's Health Insurance Program, and whose income falls below 200 percent of the federal poverty level are eligible to receive free services at the clinic.

"The response from students has been overwhelming," said Brian Mikolasko, a second-year student at the medical school. "When we put a notice on the Internet asking for volunteers for a three-month time period, every slot was filled within 15 minutes."

Mikolasko has coordinated the opening of the clinic along with second-year students Keli Beck and Tricia Williams, third-year student Cameron Webb,



and many other WFU medical students. Mikolasko, who is jointly pursuing his M.B.A. from the WFU Babcock School of Management, developed the initial budget for the clinic.

Since 2000, the Community Care Center has offered free medical and dental clinic services to patients who lack health care service. The center is staffed by volunteer health care professionals. Community Care Center is providing its building to the DEAC Clinic at no cost.

LabCorp, a clinical laboratory based in Burlington, will supply complimentary services.

The DEAC Clinic will cost about \$15,000 a year to run. It has already received a \$30,000 grant to be distributed over four years from the Association of American Medical Colleges (AAMC) and an American Medical Association (AMA) Fund for Better Health grant of \$2,000. The students have applied for membership in the

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