

It's Your Health



• HEALTH CARE QUALITY REPORTING •

Gifford Delivers for Stephanie Morgan

When it came to choosing a place to give birth, Woodstock resident Stephanie Morgan had her pick of area hospitals. She found the natural birth experience she sought with Gifford Medical Center midwives and the Gifford Birthing Center. She gave birth to 7-pound, 15-ounce Delia in February.

"I had a very healthy pregnancy and I chose natural childbirth, so I didn't have to have any interventions at all," says Stephanie, a 35-year-old Dartmouth College employee.

"(My nurse midwife) Tanya Waters guided me when I needed it, but also let me do my own thing."

"I really felt very much in control of the birth experience," she says. "At the same time, I also trusted them (Gifford's midwives) with my own health and well-being and my baby's health and well-being."

Certified Nurse Midwife Tanya Waters assisted Stephanie with Delia's birth. "Tanya guided me when I needed it, but also let me

do my own thing. I really felt completely supported."

After her daughter's birth, Stephanie says she spent two full days at "hotel Gifford," snuggling with her beloved newborn, eating good food and receiving good care.

"The nurses were wonderful. I can't say enough about the positive experience I had."

Stephanie felt "empowered" by the support she encountered at Gifford and



Stephanie Morgan with baby Delia.

hopes the hospital's legacy of low-intervention births carries on. "I just wish every woman could have a similar birth experience," she says.

GIFFORD CAN HELP

Beyond the Birthing Room

Gifford Medical Center opened the first birthing center of its kind in the state nearly 30 years ago. "It's essence," Medical Director Dr. Louis DiNicola says, "is that birthing is a natural process." Technology is kept in the background, but it is there and available when it is needed to deal with complicated births. The Gifford Birthing Center has built a reputation of quality, compassionate care for low-intervention births in a home-like environment.

Last year, the Birthing Center welcomed more than 300 babies into the world. Gifford's care doesn't stop when mothers, babies and families leave the Birthing Center, however. We also currently offer free parenting, breast feeding and infant CPR classes.

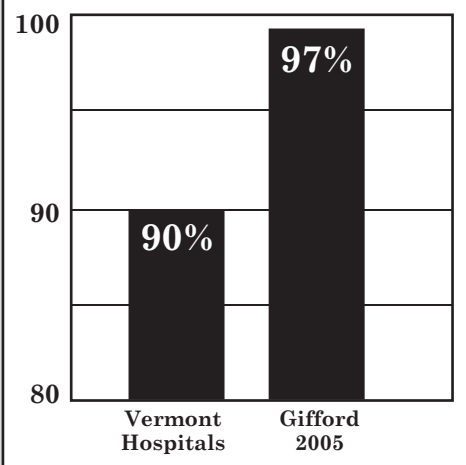
QUALITY HEALTH CARE AT GIFFORD

Gifford's Good Work Continues

Following their stay at Gifford Medical Center's Birthing Center, patients are asked to rate various aspects of their care, such as the nurses' attention to the patients' personal needs, time spent with their physician, and the skill of their physician, or midwife, and the pleasantness of their room.

Over the last two years, Gifford performed better than all other Vermont hospitals in every category. Providers continue to work with every expectant mother and her family to assure their birthing experience in our renowned facility is excellent.

Patients satisfied with the amount of attention nurses pay to their personal needs:



Tear off & keep!

A Team Dedicated to Women's Health

Gifford's Ob/Gyn Physicians:

Ellamarie Russo-DeMara, DO
Associate Medical Director Ob/Gyn
Brent Burgee, MD
Gailyn Thomas, MD

Gifford's Nurse Midwives:

Tanya Waters, CNM
Tonia Stevenson, CNM
Alexandra "Kipp" Bovey, CNM

- Complete obstetric care
- General gynecology
- Gynecologic surgery
- Pap smears
- Breast exams
- Menopausal concerns
- Well woman health care



New Parents: Need advice?

New Parent Group

Wednesdays, 10:00 a.m. to noon
Gifford's Conference Center
Call Nancy Clark at 728-2274

Breastfeeding Information

Call Nancy Clark at 728-2274

Infant CPR

Call Reba Hill at 728-7000, ext. 4001



Gifford Medical Center

44 South Main Street
Randolph, Vermont

These services are offered free of charge to Gifford patients.



Leland Armstrong is Back on Course

Several years ago, Leland Armstrong's health was going downhill. He was having heart problems. First he was diagnosed with atrial fibrillation, a heart disorder affecting 2.2 million Americans, and then doctors told Leland the "indigestion" he was feeling during exercise was really chest pain. Leland of Randolph Center underwent angioplasty to unclog several arteries.

Leland's primary care physician at Gifford Medical Center told him it was time to reduce his risk for further heart problems by getting his cholesterol under control. He was referred to Gifford's Cholesterol Clinic and the capable hands of Gifford pharmacist Jane McConnell.

Not only did Jane, who runs the Cholesterol Clinic, recommend diet and exercise to Leland, but she also took a close look at the medications he was taking. "She looked at the

whole picture and got me on medication that was more affordable," says Leland. "She's been very helpful."

Today, the only thing that's going downhill for Leland is his cholesterol level, and his skis. At 72, Leland walks, lifts weights with a trainer, downhill skies, wind surfs, kayaks and runs a greenhouse with his wife Veronica.

"I'm back to my normal life. I can go back to Killington and go back to downhill

skiing," says

Leland of what the Cholesterol Clinic and Jane did for him.

"She's got me on the right course."



GIFFORD CAN HELP

Gifford runs a Cholesterol Clinic for patients with high cholesterol. Primary care doctors refer patients to the Clinic, which is run by pharmacist Jane McConnell. Jane meets with patients, collects their medical history and talks about the importance of controlling cholesterol. Based on the patients' health, she works with their primary care provider to determine a cholesterol level for each patient, then helps patients work toward their goals. Lifestyle changes, such as diet and exercise, and drug therapy if needed, are ways patients can reduce their cholesterol levels.

Gifford's Salmon Hooked Bill Lynch

Bill Lynch still remembers the first meal he had in Gifford's cafeteria – "broiled salmon with jasmine rice. It was delicious."

Bill was between doctors' appointments that day more than a year ago. Today, Bill, a 62-year-old Randolph community member and hospital volunteer, dines up to three times a week in the cafeteria.

"I've been hooked ever since," he explains. "I actually bring friends here. I say, 'Why don't you meet me at the hospital?' And they say, 'Yuck, hospital food.' And I say, 'You won't get a better meal – the quality for the price is remarkable.'"

Gifford has been working extra hard to please patients with homemade meals that taste like fine restaurant cuisine since Chefs Ed Striebe and Steve Morgan, both

former New England Culinary Institute instructors, were hired last year.

The result, as Bill attests, is delicious. The meals are meant to stimulate patients' appetites and nourish patients back to good health.

GIFFORD CAN HELP

Join Us for Lunch!

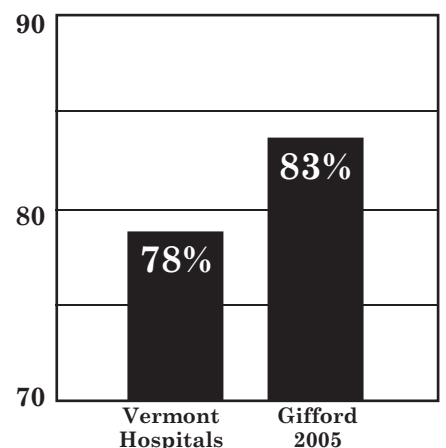
Community members are invited to dine in Gifford's cafeteria for lunch from 11:30 a.m. to 1:00 p.m. weekdays. From the main entrance, take the elevator down to the first floor and bear right. Entrées typically cost between \$3.50 and \$4.75.

QUALITY HEALTH CARE AT GIFFORD

A Taste of Our Success

Since improving its food quality beginning in 2005, Gifford Medical Center has seen patient satisfaction climb to well above state averages. We expect even better results this year with the introduction of room service in the fall.

Patients satisfied with food quality:



Gifford Medical Center

- GIFFORD PRIMARY CARE**
44 South Main Street
Randolph 728-2442
- BETHEL HEALTH CENTER**
1823 Route 107, Bethel..... 234-9913
- CHELSEA HEALTH CENTER**
356 Route 110, Chelsea 685-4400
- ROCHESTER HEALTH CENTER**
235 South Main Street
Rochester 767-3704
- SHARON HEALTH CENTER**
Route 14, Sharon 763-8000

QUALITY HEALTH CARE AT GIFFORD

A Silent Threat

High blood cholesterol increases your risk of heart disease. At Gifford Medical Center, we are working hard to combat heart disease by helping patients reduce their "bad" cholesterol. Fifty-eight of our patients reduced their risk of heart disease after hearing advice from us on reducing their bad cholesterol through diet, exercise and drug therapy.

Need help? Call your doctor today for a referral.

Pharmacist Jane McConnell can be reached at (802) 728-2232.

