



# UPDATE!

THE NEWSLETTER FOR WATERBURY HOSPITAL EMPLOYEES & NETWORK AFFILIATES



## HEART CENTER GRANTED PERMANENT STATUS

### Cheers from the Heart!

The decision to make the Heart Center of Greater Waterbury a permanent fixture in the community is greeted as happy news by (above) **Monica Giacomi, RN**, the Assistant Director of Cardiopulmonary Services at Waterbury Hospital; **Joanne Borduas, RN**, Director of Outpatient Services at Waterbury Hospital; and **Loraine Shea**, the Executive Director of the Heart Center.

Members of Waterbury Hospital's Cardiology Department (below) show their enthusiasm for the Office of Health Care Access' decision to allow the Heart Center to operate on a permanent basis.

The Heart Center of Greater Waterbury, which has proven to be a life-saving resource for the people of the Waterbury region since its doors opened in 2005, has been given approval by **Commissioner Cristine Vogel** of the Office of Health Care Access (OHCA) to become a permanent fixture in the community.

The decision by the Commissioner was greeted with cheers, applause and expressions of gratitude throughout Waterbury Hospital. The Heart Center of Greater Waterbury is an advanced cardiac care program at both Waterbury Hospital and Saint Mary's Hospital offering Greater Waterbury residents immediate access to a complete range of cardiac services, including angioplasty and open-heart surgery. The center is also a partner with the University of Connecticut Health Center in Farmington.

*Continued on page 2*



# HEART CENTER GRANTED PERMANENT STATUS

Continued from page 1

Henry Borkowski, MD, Medical Director of the Heart Center (above)

Paul Preissler, MD, Chief of Cardiothoracic Surgery for the Heart Center (Below)

"This is a momentous decision and a momentous occasion not only for Waterbury Hospital, but for the people of the entire region," said **John Tobin**, President and CEO of Waterbury Hospital. "It means that the people of Greater Waterbury, who have come to expect the excellence and the compassion that the Heart Center provides, will continue to receive these top-notch services for years to come. I could not be more pleased."

Last summer, as the Center's original three-year permit was coming to an end, Commissioner Vogel granted a six-month extension permit as she considered the Center's application for permanent status.


"We are thrilled that the Commissioner recognized that this is a quality program and will continue to be a quality program," said **Loraine Shea**, Executive Director of the Heart Center. "This is a testament to the level of excellence that our team of physicians, nurses and technicians delivers every day."

Before the Heart Center opened, people in the Greater Waterbury Area who suffered from heart attacks or other serious cardiac problems were forced to be treated at hospitals in other parts of the state. The long ambulance ride to points 30 or 40 miles away often put patients in jeopardy.

From its opening through the end of 2008, the Heart Center performed 2,238 angioplasties and 735 open heart surgeries. Over the past six months, thousands of people in the region signed petition letters or wrote directly to their legislators or to the OHCA office itself, urging the Commissioner to keep the Heart Center running on a permanent basis.

Many of those people had been Heart Center patients themselves, and they spoke of the life-saving advantages of having a top-notch cardiac care center in their own back yard.

"I'm very, very pleased that the Heart Center will be staying open," said **Bill Orsini**, 30, who in 2007 underwent open heart surgery at the Heart Center. "It's good for my peace of mind to know that it's not going away any time soon."

"We received overwhelming support for the continuation of the Heart Center program from thousands of people!" said Shea. "We offer our sincerest heartfelt thanks to the citizens of Greater Waterbury, our legislative delegation, our elected officials and our community physicians for their enthusiastic and vocal support of this program. And to Commissioner Cristine Vogel and her staff at OHCA, we also extend our gratitude and appreciation for the time, effort and thought that went into her decision." 

KEEP OUR HEARTS IN THE RIGHT PLACE!





## Nurse Uses Tough Love to Help Colleague Quit Smoking



Katrina Carotenuti, RN, left and Donna Desaulniers, RN, right.

**Katrina Carotenuti, RN**, has been struggling to quit smoking for years, but this year she's got a loving – and watchful – fellow employee making sure she kicks the habit for good.

Carotenuti, 27, a nurse in the Waterbury Hospital Intensive Care Unit (ICU), is relying on the support of her friend and ICU colleague, **Donna Desaulniers, RN**, to help her break her 10-year habit.

"Donna isn't afraid to tell me some tough things, which is what I need," said Carotenuti, who is the mother of a 7-year-old son.

The hospital is encouraging mentor relationships such as the one between Carotenuti and Desaulniers to help smokers overcome their addictions. On November 20, the hospital will become an entirely smoke-free facility where smoking will no longer be allowed anywhere on hospital property.

Desaulniers said she regularly reminds her friend of what could happen if she continues to smoke.

"I'll tell her, 'Do you want your son to have a mother?,'" said Desaulniers, who has been a nurse at the hospital for 25 years. "I've seen too many people destroy their health by smoking. I don't want her to make the same mistake."

Carotenuti said she is also motivated by the hospital's smoke-free campaign. Over the course of the year, numerous programs are being offered help employees quit smoking before the new policy is put into place in November.

As of January 26, Carotenuti had not had a cigarette for 12 days and said she had been using a nicotine patch to help with her efforts. She said she appreciates the support that Desaulniers has shown her.

"I do it because I love her and I want her to be healthy," Desaulniers said.

As if that weren't motivation enough, Carotenuti said the most powerful voice she hears encouraging her to quit is her own son's.

"He learns about it in school so he can't stand it if I try to sneak out for a smoke," she said. "I don't want set that kind of example for him."

Employees who are hoping to quit smoking this year can check out the hospital's Smoke-Free website on the Intranet web page. The site has information on all programs being offered to help people quit, as well as contacts for other organizations offering smoking cessation programs. 🤝



## A VISIT FROM CONGRESSMAN MURPHY

**U.S. Rep. Christopher Murphy**, who represents Waterbury in the Fifth District, took an extensive tour of Waterbury Hospital's information technology systems last month in order to get a sense of how the hospital might benefit from federal stimulus funding.

After visiting with members of the hospital's Executive Management Team, Murphy stopped in the Emergency Department to see the technology systems used to provide diagnostic and other types of crucial medical data. The congressman also viewed computer systems used on patient floors such as Pomeroy 9, where he chatted with **Colleen Hayes**, the hospital's Director of Clinical Informatics.

**Christopher Michos, MD**, Chairman of the Emergency Department, said he felt the exchange with Murphy went well.

"I appreciate his interest in examining the information needs of the Emergency Department," Michos said.

**Steve Laskarzewski**, Chief Information Officer, explained to Murphy some of the areas where the hospital's information systems need to be updated. Laskarzewski said the hospital is hoping that some of the federal stimulus funding outlined in President Obama's economic recovery plan will be put toward enhancing the hospital's health communications.

As a new member of the House Energy and Commerce Committee, which oversees national health care policy, Murphy is pushing for a \$20 billion investment in health information technology to make health care providers more efficient.

"Congressman Murphy was very engaging and clearly understood the gaps in our technology that we are hoping to close," Laskarzewski said. "We look forward to seeing what this legislation might bring." 🤝



**U.S. Rep. Christopher Murphy** shares a laugh with **Colleen Hayes**, Waterbury Hospital's Director of Clinical Informatics, during a recent tour of the hospital. Standing behind them is **Julie Weidemier, RN**, Assistant Director of Pomeroy 9.

# I Want My MTV!

Jay Kenkare, MD, center, the new Medical Director of Waterbury Hospital's Regional Sleep Laboratory, chats with patient Krystal Reilly, while Craig D'Entrone, producer of *MTV True Life*: "I Can't Sleep" films their interaction during Krystal's visit to the Sleep Lab. MTV followed Krystal's treatment for insomnia at the Sleep Lab over the course of several weeks. The *MTV True Life* segment aired on Jan. 31 on MTV.



Waterbury Hospital presents:

From Head to Toe...  
What you need to  
know about  
Osteoporosis!  
Save the Date



18th Annual  
**tgif**

Thank God I'm Female

Friday, May 8, 2009

4:30 pm - 10:00 pm

Villa Rosa Wedding & Banquet Facility

(The Ponte Club)

380 Farmwood Road, Waterbury, CT

For more information, call (203) 573-7691

HEARD ON

**WATR 1320-AM**  
NEWS • TALK



## WATERBURY HOSPITAL HITS THE AIRWAVES

Waterbury Hospital's monthly radio show, *Waterbury Health Matters*, will air on WATR 1320 AM from 6 p.m. to 6:30 p.m. on Thursday, February 19. The topic of the half-hour show will be Waterbury Hospital's recent designation as a Primary Stroke Center, with emphasis on the dangers of stroke and how they can be prevented. The show's guests will be **Steven Eisen, MD**, Medical Director of the Waterbury Hospital Stroke Center, and **Christopher Michos, MD**, Chairman of the Emergency Department.

The show, which is hosted by **Heather Tindall**, Director of Public Relations, Media Relations and Marketing, is also set to air on the following dates this year:

- ✓ March 19
- ✓ April 16
- ✓ May 21
- ✓ June 18
- ✓ July 16
- ✓ August 20
- ✓ September 17
- ✓ October 15
- ✓ November 19
- ✓ December 17

Anyone who is interested in having a particular hospital-related topic covered, or would like to hear a particular doctor discuss a topic in an upcoming show, can contact Heather Tindall at (203) 573-6717.

## UPDATE

IS A PUBLICATION OF THE PUBLIC RELATIONS & MARKETING DEPARTMENT OF WATERBURY HOSPITAL

MANAGING EDITOR: HEATHER TINDALL  
ASSISTANT EDITOR: MATT BURGARD

SUBMIT ITEMS FOR UPDATE TO:  
mбургard@wtbyhosp.org