HEALTHY LIVING FOR THE GWINNETT COMMUNITY

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Grey AREA IS GREY’S ANATOMY MORE FACT OR FICTION?
Many local women dread their annual mammogram, but Gwinnett Medical Center is about to change their minds with chocolates, flavored teas and even fluffy, plush robes—all in a spalike setting.

GMC’s mission to take the hassle out of mammograms can be traced back to 2001, when the Marion Allison Webb Center for Screening Mammography opened in Lawrenceville. The center separated routine screening from diagnostic mammography—and cut the wait time for a routine mammogram from a matter of weeks to just a few days.

Now, GMC is preparing to open a similar center in the Hudgens Professional Building on the Gwinnett Medical Center – Duluth campus.

It is being funded by the GMC Foundation, mostly through gifts from VolleyFest Inc. and Brighter Smiles for Brighter Futures.

With an opening date set for late summer, the screening center will offer all-digital women’s imaging in a spalike setting. Diagnostic mammograms will be performed at the Outpatient Center at GMC – Duluth to reduce wait times and improve efficiency, just as the Webb Center has done in Lawrenceville.

The decor will feature natural, warm colors and an interior waterfall. While waiting, women can enjoy chocolates, flavored teas and coffees in the lobby. Forget the typical cold, intimidating exam gowns; here, women wear comfortable, plush robes.

Have No Fear
“Women have a big fear of mammograms,” says Lea Bay, administrator of GMC – Duluth. “We’re hoping to eliminate fear and enhance comfort so that women don’t neglect this crucial visit that can literally save their lives.”

In addition to the creature comforts, the technology will be top-shelf. The all-digital center allows images to be taken with less radiation. Even the radiologists get a little help from the computers: “R2,” as it is known, is a computer-aided detection system that analyzes each mammogram before the doctor ever sees it, and highlights areas that may be of particular concern.

Breast cancer isn’t the only enemy targeted. The center also will feature bone density scanning for diagnosing osteoporosis. This test is the only way to officially diagnose osteoporosis, aside from breaking a bone, so you can begin treatment to prevent further bone loss.

It’s what Gwinnett Medical Center is providing for women in the community.

Make a Difference
Community support is vital for Gwinnett Medical Center to continue to provide the best healthcare technology for women. To learn about how you can support the new screening mammography center at GMC – Duluth, call the GMC Foundation at (678) 312-4634.
When we build it ...

Once heralded as the fastest growing county in the nation, Gwinnett keeps a steady pace in the boom trend that began here two decades ago.

The attraction of more and more families and businesses to Gwinnett has required your favorite healthcare system to further expand its facilities and services. And although rising volumes are great, it’s not so easy to balance them with across-the-board quality, plentiful resources and room to grow.

Gwinnett Hospital System always has worked hard to stay a step ahead of progress. But in 2004, leaders of our organization saw some prophetic writing on the wall and took their concerns for the future of healthcare in Gwinnett to the County Commission. A group of county leaders and businesspeople was appointed to study the county’s healthcare infrastructure from every angle. At the end of a long year of research and evaluation, the group delivered a set of recommendations that brought dramatic changes and needed support for our organization.

Even as the study group worked on strategies to make healthcare more accessible here, we were building the beautiful, all-digital Gwinnett Medical Center – Duluth to replace our beloved Joan Glancy Memorial Hospital. We also were hoping and dreaming that our plans for a new, badly needed patient tower at Gwinnett Medical Center would be approved.

Then, late last year, our dreams for a healthier healthcare system became reality.

On Nov. 21, the Gwinnett County Board of Commissioners, acting on recommendations by the study group, approved a resolution to provide us with $25 million over five years to help with capital expansion projects. Only a month later, on Dec. 21, we received the happy news that the Georgia Department of Community Health had approved our North Tower certificate of need. This important decision means that we will continue to grow with our community and provide the high-quality care our neighbors need.

The tower expansion project will feature 15 specialty areas—mini-hospitals, actually—all in one convenient location. The tower will be completed in three phases, with a projected completion date of February 2009. The project includes 172,338 square feet of new construction and 21,618 square feet of renovations and redesign of the lobby, gift shop and patient access areas. The new tower will feature state-of-the-art technologies and equipment, expanded surgical areas, a sky bridge connector between the two towers, and modernization of the existing patient areas.

When we build it, you really must come!

Philip R. Wolfe
President and CEO, Gwinnett Hospital System
1 Creating Comfort Women will get a different mammogram experience at Gwinnett Medical Center – Duluth, complete with fluffy, plush robes, flavored teas—and even chocolate.

4 Feeling Out of Joint? If achy joints are keeping you from your once-active lifestyle, total joint replacement might be the answer. Explore this surgical procedure that can get you back on the greens, tennis court or dance floor sooner than you expect.

6 A Tale of Two Towers Take a peek at the forward-looking design features in GMC’s new patient tower. Spacious private patient rooms, wireless Internet service and guest retreats await you in this “healing environment.”

18 Timing Is Everything Want to get the most out of your workout, multivitamin, sleep or screening test? It’s all a matter of good timing.

22 The Highs and Lows of Heart Health Health experts advise “know your numbers” when it comes to blood pressure, cholesterol and triglycerides. But first, learn exactly what these numbers mean.

34 Oh, My Aching Joints Our bodies don’t come with owner’s manuals, but here’s the next best thing: a guide on how to handle your achy joints.

38 What’s in Our Future? Revolutionary new ways of treating cancer promise new hope—and longer, healthier lives—for cancer patients. Take a look at what’s available now and what’s on the horizon.

44 Taking It in Stride Type 1 diabetes can be a frightening diagnosis, especially when it’s your child. Find out what to do now to restore health and normalcy for your son or daughter.

50 Not Your Granddaddy’s Emergency Department Don’t let the resortlike atmosphere fool you. The Emergency Department at Gwinnett Medical Center – Duluth is designed for healthcare speed—and excellence. Discover how patients here can experience the best of both worlds.

52 Giving More than Good Care Meet two inspiring physician families who’ve donated their time, talent and treasure to make Gwinnett Medical Center a success.

54 Brain Attack! Even if you think you’re prepared for just about any disaster that might strike, chances are you’ve forgotten about one matter of life or death. Find out what you must know to be prepared if a loved one suffers from a severe brain injury.

56 It Takes Two Get acquainted with Carolyn Hill and Tommy Hughes. This powerful pair is teaming up to serve on the Gwinnett Health System board of directors.
Many Americans suffer from pain and even disability caused by aging or injured joints. Thankfully, relief is available. Total joint replacement has become a viable option for many with damage to cartilage in their joints. Total joint replacement is when an arthritic or damaged joint is removed and replaced with an artificial joint.

Your body’s joints are formed at the ends of two or more bones, connected by tissues. The ends of healthy joints are covered with a layer of cartilage. Cartilage has several functions, including covering the bone, thus reducing friction and damage to the joint. However, when the cartilage becomes damaged or diseased by arthritis, the joint becomes painful. The purpose of total joint replacement is to enhance function and relieve pain.

“The most common joints replaced are the hip and knees,” says Thomas R. Cadier, M.D., an orthopedic surgeon at Gwinnett Medical Center. “But the number of patients who have shoulder, elbow, wrist and smaller joints in the hands and feet replaced is increasing.”

Is It Right for You?
Quality of life typically drives patients to choose total joint replacement. “If you have pain in your joints—pain that prevents you from doing things you did three or four years ago—joint replacement might be a realistic solution for you,” says orthopedic surgeon Mary Jo Albert, M.D. "It could open the door to get you back to a fuller, more active lifestyle.”

Charles C. Hays Jr. is one of many Gwinnett residents who experienced this pain from damaged cartilage in both knees. He could hardly walk, and he was extremely bowlegged. Three years ago, Hays began his journey to wellness with total joint replacement. Dr. Albert operated on his right knee in 2004 and on his left knee a year later.

“After total joint replacement at Gwinnett Medical Center, I can mow the lawn again,” Hays says. “My range of motion and flexibility is just amazing. This has been a phenomenal experience.”

A Team Approach
At Gwinnett Medical Center, total joint replacement preparation

Joint Decisions
Patients who are planning total joint replacement surgery are invited to attend a free Joint Class prior to surgery. This class is offered at Gwinnett Medical Center and GMC – Duluth. Families of patients are also welcome.

Research has shown that patients who attend this class feel more confident and comfortable about their surgeries and generally have better outcomes. A team of experts from different specialties will explain each step in the total joint replacement process. You will learn how the surgery is performed and what to expect before, during and after the surgery. Specialists are available to answer questions for you and your family on the following topics:

- basics of surgery
- pain control
- breathing exercises
- exercises during hospitalization and rehabilitation
- physical limitations and precautions following joint replacement
- post-discharge options
- planning a safe return home
starts long before surgery, and personalized care continues until each patient finishes rehabilitation. Highly trained medical professionals work with patients to ensure they are more prepared before, during and after the procedure. This team approach results in a happier, healthier patient.

In addition, GMC offers educational total joint replacement classes for patients and their families before surgery. After surgery, patients are encouraged to work in rehabilitation groups. “This creates a competitive atmosphere for the patient and also allows families of patients to meet other families for support,” says Shari Lewis, a physical therapy assistant at GMC.

Total joint replacement can restore patients to an active lifestyle, allowing greater freedom in the later years of life. “I am 70 years old and am now able to do what I could do as a teenager,” Hays says. “This surgery and Dr. Mary Jo Albert gave me my life back.”

Pick a surgeon carefully. “You want a surgeon who is well-experienced and regularly performs total joint replacements, not one who does just a few a year,” says Gary Levengood, M.D., chief of orthopedic surgery at Gwinnett Medical Center. “You should find a doctor you feel comfortable with.”

Learn from others. Don’t be afraid to ask people who have had total joint replacement.

Have a support system. It is essential after surgery. You will need assistance with daily tasks for at least a week after the procedure.

Complete your rehabilitation. “I had the finest physical therapy team,” says Charles C. Hays Jr., a Gwinnett resident who had knee replacement surgery. “They had me up and moving immediately after surgery. It is so important to do the prescribed therapy in order for your surgery to be a success.”

For more information, consult your physician, or call Julie York at the Center for Orthopedics at (678) 312-6556.
A Tale of Two Towers

Gwinnett’s staggering growth heralds the need for hospital expansion

It’s obvious even to the casual observer that Gwinnett is rapidly changing. Since 2000, the population has grown by more than 22 percent. More than 43,000 new single-family homes have been built. Take a look back to 1984 and the contrast is even stronger. During that year when Gwinnett Medical Center first opened, Gwinnett had only 229,272 residents, compared with 751,693 today.

Although much of the area’s infrastructure has expanded, the capacity of Gwinnett’s hospitals has not kept up with the staggering growth. Now hospitals in Gwinnett are faced with the difficult task of serving the needs of a metropolitan-sized population with inpatient capacity typical of a much smaller community.

A Firm Foundation

Nevertheless, Gwinnett Medical Center’s healthcare performance remains strong. In 2006, GMC ranked in the top 5 percent in the nation for clinical excellence by a major healthcare ranking agency. GMC also offers the only fully accredited continuum of acute stroke care in Georgia, and earned the Gold Seal of Approval (the highest ranking) from The Joint Commission. But GMC must continue to grow to meet the community’s needs.

Fortunately, growth is well under way. In October, Gwinnett Medical Center – Duluth opened its doors. This six-story all-digital hospital features stylish and spacious patient accommodations, expanded surgical suites, a new Center for Orthopedics and an Emergency Department more than twice the size of the one it replaced at Joan Glancy Memorial Hospital.

And that’s just the beginning. Gwinnett Medical Center now is ready to build on this firm foundation.

Private patient rooms will be nearly twice as large as rooms in the existing tower.
Pillars of the Community

Community support forms the backbone of excellent healthcare available to all. In the 1940s, it was community support that made possible Joan Glancy Memorial Hospital, the first hospital in Gwinnett County. As GMC looks toward exciting enhancements, it will be community support that once again ensures the future is bright.

The Gwinnett County Commission recently voted to provide Gwinnett Hospital System with $5 million in capital expansion funding for each of the next five years. But public support must go even further, as evidenced by the more than $2 million donated by individuals and businesses for GMC – Duluth.

For expansion in Lawrenceville, community support will be even more critical. To complete these projects at the quality level patients deserve, while responsibly managing the major costs involved, Gwinnett Medical Center must receive a total of $10 million in community financial support.

Gwinnett has become one of Georgia’s most desirable communities because its citizens always have invested in the community’s future. The same willingness to invest in the future is vital for Gwinnett to remain the special place it has been for generations.

What’s New?
The Georgia Department of Community Health recently approved a certificate of need to build a new patient tower at GMC in Lawrenceville.

With a forward-looking design, the new eight-story tower will create a healing environment, similar to the look and feel of GMC – Duluth. No aspect of this new facility has been neglected—from the latest treatment technology to the way natural light will illuminate its interior spaces.

The new tower will feature 155 spacious private patient rooms, each almost twice as large as rooms in the existing tower. Each floor also will feature:

◆ comfortable and beautifully designed guest retreats
◆ patient/family suites that allow family members to stay in rooms adjacent to patients
◆ family information centers with computer access and educational information focused on the specialty care provided on that floor
◆ wireless Internet service

Even the smallest details were designed to enhance patient recovery. For example, patients often feel stressed or disoriented from anesthesia while in critical care. But in the new tower’s critical care rooms, specially designed ceiling panels will display beautiful scenes and colors that research has shown help calm patients. >
Not New, but Improved

Plans for the new tower make it possible for an extensive renovation of the existing tower. Constructed in the early ‘80s, the tower has served the community well for more than two decades. With the constant advancements in healthcare technology and hospital design, however, a renovated tower will be much better able to meet the community’s needs and expectations.

Tower renovation plans include:

◆ a redesign of the lobby, Berry Patch gift shop and patient admission area
◆ the addition of three new state-of-the-art surgical suites for increased surgical capacity
◆ expansion of the surgical short-stay unit for patients who only need a short time in the hospital
◆ aesthetic enhancements for existing patient rooms to match the design and environment developed in the new tower

Innovations in Renovations

Add these two tower projects and the sum total is a design that is unprecedented for a community hospital. Fifteen individualized treatment units, with each specialty on its own floor, will allow GMC to have “mini-specialty hospitals” within the medical center. Each specialty unit will be staffed by highly trained nurses and supported by the latest technology. Throughout a hospital stay, the same specialty team remains with a patient, ensuring a smooth continuity of care.

Construction will span three phases, with a projected completion date of early 2009. The scope of the project includes 172,338 square feet of new construction and 21,618 square feet of redesign and renovations.

Support GMC

The Gwinnett Medical Center Foundation is helping fund this expansion effort. To inquire about naming opportunities that will make an investment in your healthcare future, call the Foundation at (678) 312-4634.
A Stroke of Brilliance
GMC continues its excellence in research and treatment

Stroke is a serious medical condition that requires immediate action. It’s the No. 3 killer in the U.S. and a leading cause of severe, long-term disability. So it’s good to know that you live in a community that has an award-winning hospital with some major stroke care credentials:

◆ Gwinnett Medical Center is Georgia’s first hospital to have a fully accredited continuum of acute stroke care programs.
◆ In U.S. News & World Report’s Top 100 Hospitals issue, GMC’s stroke care program received recognition for its achievements from the American Heart Association and American Stroke Association.
◆ The Joint Commission has accredited GMC as a primary stroke center. GMC also has earned its five-star rating for stroke care for two years in a row.

Stroke Alert
When the Emergency Department receives a potential stroke victim, the “stroke alert” process begins with triage, diagnosis and treatment to provide eligible patients with tPA, the only FDA-approved clot-buster medicine. With dedicated stroke units at GMC and GMC – Duluth, patients have a double advantage in receiving fast, specialized care. After admission to the hospital, patients begin recovery with ongoing assessment, treatment and rehabilitation, including physical and occupational therapy and speech-language pathology.

Glancy Rehabilitation Center (GRC) in Duluth, home of GMC’s inpatient rehab program, is the next step. GRC offers a full range of therapies and programs and the latest rehab equipment to return stroke victims to the highest possible level of function and independence. In 2006, GRC earned the Stroke Specialty Program Accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). It is the only program with this accreditation in Georgia.

Advances in Stroke Care
GMC’s stroke teams recently developed a new protocol for treatment of intracerebral hemorrhage, which accounts for 10 percent to 30 percent of all stroke hospital admissions and has a six-month mortality rate of 30 percent to 50 percent. The team also has revised the stroke treatment plan to address both transient ischemic attack and intracerebral hemorrhage.

GMC works very hard to prevent and reduce the risk of stroke. As one of the leading U.S. enrollers for stroke research, GMC studies new drug therapies so it can offer more options to patients. GMC also offers community stroke education, including stroke awareness presentations and screenings at area senior centers, churches, assisted-living and long-term-care facilities and businesses. Meanwhile, GMC offers free annual stroke risk screenings to the community that coincide with National Stroke Month in May.

GMC always will be ready to provide the stroke care you or a loved one may need. But your job is to be armed with knowledge of stroke’s signs and symptoms.

Stroke Signals
Stroke is a medical emergency. Call 911 if you observe these warning symptoms:

◆ sudden numbness or weakness of the face, arm or leg, especially on one side of the body
◆ sudden confusion, or trouble speaking or understanding
◆ sudden trouble seeing in one or both eyes
◆ sudden trouble walking or dizziness, or loss of balance or coordination
◆ sudden, severe headache with no known cause
E or illnesses while fully meeting patients’ medical needs.

High-Tech and High-Touch
With 24 spacious treatment rooms, patients receive timely care delivered by a warm, caring staff of emergency professionals. Each treatment room has the latest technology, including cardiac monitoring, electronic documentation and computerized physician order entry for speed and accuracy. Most patient services—including lab, respiratory, ultrasound and cardiac monitoring—can be provided in the treatment room. And because the ER is equipped with its own designated digital imaging technology, including northern...
Atlanta’s only 40-slice computed tomography (CT) scanner, patients don’t have to travel to other areas of the hospital to have X-rays or CT scans performed, saving precious time.

“I am proud to be a part of the new GMC – Duluth ER team,” says Marty Smallwood, R.N., a 10-year emergency services associate. “This is the first new hospital opening I have been a part of. I enjoy coming to work in a new state-of-the-art facility. I love the new processes and equipment. The Duluth community should be very proud of its new hospital.”

Growing Strong
The GMC – Duluth Emergency Department staff has grown from 31 before the closing of Joan Glancy Memorial Hospital to 63 clinical associates and six volunteer staff members with the opening of GMC – Duluth. Physician and clinician coverage has increased as patient volume has grown, and now 40 staff members greet and register patients for the Emergency Department and admission to the hospital.

The plan of care at GMC – Duluth clearly is working. “The movement of patients from lobby through the ER is very efficient,” says Deborah Griffiths, M.D., an emergency physician at GMC – Duluth.

The prevailing attitude of the GMC – Duluth emergency staff is a combination of compassion, sensitivity and teamwork. “It’s comforting to work with people who are caring, approachable and always willing to lend a hand,” says Lakisha Kerr, R.N., a new associate.

By the Numbers
In GMC – Duluth’s first 80 days of operation, the Emergency Department treated:

- **6,700** patients overall
- **1,579** trauma patients
- **981** patients with abdominal pain
- **578** respiratory complaints
- **600** chest pain/cardiovascular complaints
Two physician families have made a remarkable effort to give

Physicians give a tremendous amount of talent, focus and time to caring for their patients. They know that it takes a lot to make a hospital prosper—financially and otherwise. Although many physicians also make generous donations to the Gwinnett Medical Center Foundation, two physician families have taken that extra step and have gone to work.

Keith Carnes, M.D., and Gaston Garcia, M.D., are anesthesiologists with Gwinnett Anesthesia Service PC. Their group offers major financial support to the GMC Foundation. In 2006, it gave $15,000 to the Annual Ball & Auction and served as underwriter for A Night in Monte-Carlo. Gwinnett Anesthesia Service also is a Silver Sponsor for the Foundation’s annual Miles H. Mason Jr. Memorial Golf Tournament, contributing $2,500 last year.

In addition to their group’s generosity, Dr. Garcia and his wife, Michele, and Dr. Carnes and...
his wife, Lori, have made substantial individual contributions to the Foundation. Each couple has donated to the Legacy Campaign, specially designated to help fund Gwinnett Medical Center – Duluth. Their gifts placed the Carnes and Garcia families in the GMC Foundation’s Keystone Society for donors whose cumulative gifts exceed $10,000.

**Having a Ball**

In addition to their financial gifts, Drs. Carnes and Garcia carry the banner for physician involvement in Foundation events. “We weren’t as involved in the early years other than attending the Annual Ball,” Dr. Carnes says. “About five years ago, we became friends with John Riddle, executive director of the GMC Foundation. He helped us realize the importance of supporting the hospital system.”

That involvement started with Lori helping with the Annual Ball & Auction. Soon, Dr. Carnes got involved as well. The Garcias got into the act after realizing the benefits the Foundation provides to the community.

“Over the years we’ve seen firsthand the hard work and service this hospital system has given to Gwinnett and the people who live here,” Dr. Garcia says. “We know that without the Foundation’s help, many of the things that the hospital system does for the people of this county would not be possible.”

For the Carnes and Garcia families, their roles and responsibilities have grown to include being a major force behind the Annual Ball & Silent Auction. After helping with smaller duties for many years, they recently have taken on leadership roles in getting the Ball organized.

On May 5, Havana Nights will mark the 15th year of the fundraiser. Gaston and Michele are co-chairs of the ball, and Keith and Lori are serving as co-vice chairs this year and will be co-chairs of the 2008 Ball & Silent Auction.

**Power Couples**

Lori also serves as the Foundation’s volunteer physician advocate and leads the Physician Spouse brunches. The brunches are special events that provide a forum for spouses to learn about the hospital system and also hear about volunteer opportunities in the hospital and Foundation.

“Our new Duluth facility is a prime example of what a hospital should be in the 21st century. Without hesitation this hospital can be considered the most aesthetically and technologically superior healthcare facility in the greater Atlanta area.”

—Keith Carnes, M.D.

“I feel that as a physician’s spouse, not only can I offer encouragement to my husband to be involved in the hospital system as a whole, but I can also participate directly in the success of our system through the Foundation,” Lori says. “I believe it is important for the spouses and their partners to work together in serving our community in the healthcare field.”

Michele also takes a leadership role in organizing the Physician Spouse brunch, while working as a nurse at GMC. Her favorite part of being active with the Foundation is the people, she says.

“We have been amazed and humbled by the work and service that these people quietly give to this community,” Michele says. “We have also been able to see the results of their work and how important it has been to so many individuals.”

**Leading by Example**

The work of these physician families has yielded tremendous benefits for the Foundation, but, above all else, their example may be the most powerful. They have been instrumental in raising awareness of the Foundation throughout the physician community. Both couples serve as great role models and have helped raise a tremendous amount of money.

In the end, it all comes down to providing the best for our community. Both families know that time invested in the Foundation will secure a healthy tomorrow for Gwinnett. Every dollar generated goes directly to the bottom line, to fund new technology and expansion, such as the new patient tower in Lawrenceville and the recently opened Gwinnett Medical Center – Duluth.

“Our new Duluth facility is a prime example of what a hospital should be in the 21st century,” Dr. Carnes says. “Without hesitation this hospital can be considered the most aesthetically and technologically superior healthcare facility in the greater Atlanta area.

“By taking an active role in the Foundation as a physician,” he continues, “I believe I am demonstrating my interest in providing up-to-date healthcare for Gwinnett for the present generations and generations to come.”

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**Lend a Hand**

Physicians and community members alike can help the GMC Foundation. For volunteer opportunities, call (678) 312-4634.
People like to be prepared. We plan for emergencies. We keep first-aid kits in our homes and cars. We keep extra batteries, water and canned foods around in case of a weather disaster. But the last thing on our minds is what might happen if a loved one suffers a severe brain or nervous system injury or illness.

When the unexpected happens, the Center for Neuroscience at Gwinnett Medical Center is ready. The center is dedicated to caring for patients with strokes, traumatic brain injuries, cerebral aneurysms, brain tumors, spinal cord injuries, seizures and neurological diseases. The center is focused on continuity of care and ensuring that patient and family needs are fully met at a difficult time in their lives.

Nurses and physicians provide patient-focused care in the center, which is a progressive unit. A progressive unit means that patients are cared for according to their level of injury or illness. Patients can progress from intensive to intermediate care within the unit and don’t need to be moved until they are discharged.

Strokes of Genius

The unit operates as a closed staffing unit, meaning that all staff have specialized training in neuroscience, ensuring excellent clinical quality. All of the nurses on staff also are stroke-certified by the National Institutes of Health.

And every staff member makes sure that clinical quality is a priority. Quality assurance starts with the charge nurse, who keeps track of all activities in the unit and is available to help nurses care for individual patients when needed. Her rounds at the beginning and end of her shift mainly are to ensure that patients’ medical and other needs are met. Even as patients come and go from the center, a “flow nurse” works with the staff to minimize the admission and discharge time, reducing hassle and stress for patients and families.
The center also has a full-time clinician, Jackie Maiolo, R.N., CNRN, who acts as a nurse intensivist, teaching, counseling and providing needed direction to the staff for optimum patient care. The clinician leads specialized multidisciplinary types of rounds, held twice weekly to determine plans of care for patients. The clinician’s team consists of a nutritionist, social worker, case manager, rehab professionals, the stroke clinical nurse specialist, the flow nurse, a pharmacist and a chaplain.

**Saving the Stricken Brain**

The Center for Neuroscience is proud to be a certified Primary Stroke Center from The Joint Commission, earning the JC Gold Seal of Approval™. The stroke care team is led by Susan Gaunt, R.N., M.S., CNRN, CCRN, a stroke clinical nurse specialist. One of her major roles is to provide education, both to patients and to the community, on stroke prevention and management.

“We make it a goal to treat our patients like family,” Gaunt says. “You never know if it’s going to be you or your loved ones in that bed. We try to educate each patient about why they’ve had a stroke, talk about modifying risk factors and try to make their time here educational so they can make positive changes in their lifestyle, if needed.”

**Brain Easers**

Patient and family satisfaction are vital to success in any clinical unit, and the Center for Neuroscience makes it a priority to see that patients and families have all of their needs met at a time when they may be anxious and worried.

“Our goal is not just to respond to calls from a patient room quickly, but to prevent the calls,” says Vera Grover, R.N., M.S., CNRN, CCRN, neuroscience nurses are encouraged to continue their education, and having a test site at GMC makes it very convenient for nurses to expand their skills by becoming certified. This also establishes the Center for Neuroscience at Gwinnett Medical Center as an organization that promotes and recognizes the importance of maintaining high quality standards.

**“We make it a goal to treat our patients like family.”**

—Susan Gaunt, R.N., stroke clinical nurse specialist

Learn more about the Center for Neuroscience at gwinnettm阚medicalcenter.org.

Just the Facts

Vera Grover, R.N., (right) quality coordinator for the Center for Neuroscience, talks to Lillie McCoy, a stroke patient who is dressed and ready to go home after a stay in the center.
Carolyn Hill

Hill, a resident of Suwanee, has volunteered her time in many different roles over the past 15 years with Gwinnett Hospital System, most recently serving as president of the Gwinnett Medical Center Foundation Board of Trustees and chair of the TIME MATTERS in the fight against Breast Cancer campaign.

“It’s an honor to be appointed to the GMC Board of Trustees,” Hill says. “I am excited to be a part of the driving force of the hospital system, because I believe that our mission—to provide quality health services to our community—is vital to the well-being of our growing community.”

In addition to volunteering for other organizations and staying busy with her three children and five grandchildren, Hill and her husband, Wayne, also are members of the GMC Foundation Keystone Society and annual sponsors of the Foundation’s Ball & Silent Auction.

Tommy Hughes

A resident of Buford, Hughes has dedicated his time and treasure to improving the community in which he lives and works.

Hughes served as Gwinnett County commissioner for District I from 1993 until 2001. As a committee member for the Board of Regents, he was instrumental in securing a four-year college for Gwinnett County. Hughes also was an ardent supporter of the Gwinnett Center, encouraging its development and expansion.

Hughes’ past civic duties include being a director of the Buford Basketball Association, member of Gwinnett Clean & Beautiful, a graduate of Leadership Gwinnett and the Regional Leadership Institute, and chairman of the Gwinnett Convention and Visitors Bureau. Hughes also serves on the board of First Bank of the South, Gwinnett Convention and Visitors Bureau, Gwinnett Chamber of Commerce and Georgia Gwinnett College.

He and his wife, Gina, have two sons, Joe and Adam.
When every second counts, count on us.

Dedicated ER diagnostics.

The ER at Gwinnett Medical Center – Duluth. Now Open on Howell Ferry Road.

At Gwinnett Medical Center – Duluth, our patient-focused emergency department was designed around our patients’ needs and to lessen the stress of any emergency. Our ER is equipped with its own designated digital imaging technology, including north Atlanta’s only 40-slice CT scanner—which means patients don’t have to travel to other areas of the hospital, saving time when it matters most.

Along with the area’s most advanced technology, at Gwinnett Medical Center – Duluth, you’ll find expert emergency care delivered with the warm, personalized attention you’ve come to expect. The emergency department at Gwinnett Medical Center – Duluth—your first choice when seconds count.