Reviving a Beloved Tradition at The Family Birthplace

New Collaboration Leverages Obstetric and Midwifery Expertise

Fairview Hospital in collaboration with Community Health Programs (CHP) is expanding choices for women’s healthcare with the addition of an obstetrician/gynecologist and two certified nurse midwives. These highly-skilled professionals represent both the medical and midwifery models of care, offering women more options for childbirth, as well as lifelong gynecological care.

Andrew Beckwith, MD, a board-certified obstetrician/gynecologist, has moved his Pittsfield practice to CHP Barrington OB/GYN. In addition, Certified Nurse Midwives Lisa Fraine and Susan Greenberg-Yarmush now practice there, as well. The three caregivers have joined Antoine El Khoury, MD, at the 780 South Main Street office to provide collaborative obstetrician/nurse midwifery care for women in the area.

“Having a shared model of care is continued on page 2

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the best of both worlds,” said Doreen Hutchinson, Vice President of Patient Care at Fairview Hospital. “While it may be new to many communities, our team is actually re-establishing a tradition that we’ve missed since the retirement of nurse midwife Linda Baxter in 2014. Many women in our area want the services of a midwife, and they also want to give birth in a hospital. This collaboration preserves the holistic approach to childbirth that a nurse midwife offers, as well as immediate access to technology and the clinical skills of an obstetrician if needed.”

Nurse midwives bring experience and advanced competencies with a holistic approach. In a collaborative practice like Barrington OB/GYN, they leverage the knowledge of their medical partners. National data concludes that the shared obstetrician/nurse-midwifery model results in improved quality and access to cost effective care.

Fairview’s Executive Vice President Anthony Rinaldi emphasized the importance of investing in women’s health. “Women are the caregivers in our community,” he said. “We are addressing a vitally important need which will encourage a relationship of care that enhances the health of women, and in doing so, supports our entire community.”

Currently, the hospital delivers approximately 140 babies each year, but expects to see the number of births rise with the addition of new services and providers that offer a choice of care. “Fairview Hospital already receives high marks for the personal attention, homelike environment, private rooms and individualized care plans for each patient,” Mr. Rinaldi said. “Our partnership with CHP and this new model expands the appeal and scope of our maternity services. This will be a very positive chapter for women’s care in the Berkshires.”

To make an appointment, please call CHP at 413-528-1470. To take a tour of The Family Birthplace or learn about childbirth classes, please call 413-854-9980. *

Women’s Choice Awards

ing people to report on their recent experiences with inpatient care, to rate the hospital after they have left and in the privacy of their own homes, and to indicate their willingness to recommend Fairview Hospital gives us valuable insight into the quality of service we provide our community,” he said. “We will continue to aim high, giving every patient an outstanding experience when they come to us for care.”

The America’s Best Hospitals for Patient Experience is based on the following criteria:

- Effective communication with nurses and doctors
- Responsiveness to requests for help
- Pain management
- Explanation about medications before being administered
- Bathroom and room cleanliness
- Patient recommendation rating

Criteria used to select America’s Best Hospitals for Obstetrics distinction include:

- Baby-Friendly USA designation, a World Health Organization (WHO)/United Nations Children’s Fund (UNICEF) initiative to support best practices for breast feeding education and counseling

For more information on the America’s Best Hospitals for Obstetrics, visit www.womenschoiceaward.com/awarded/healthcare/.

For more information on America’s 100 Best Hospitals for Patient Experience, please visit www.womenschoiceaward.com/best-hospitals/ *

Babies with members of the maternity ward.
Stronger Families from the Start

**Strengthening the Early Bond** between parents and their infant is the goal of the Newborn Behavioral Observations System (NBO) now offered at Fairview Hospital in collaboration with the Discovering Your Baby Project of the Austen Riggs Center’s Human Development Strategic Initiative.

The NBO, developed out of the work of renowned pediatrician T. Berry Brazelton, offers the opportunity for parents to learn about their newborn’s unique qualities and ways of communicating. The NBO consists of 18 neurobehavioral observations that are incorporated into routine nursing care. The NBO is not a test. There is no score. It simply preserves time to listen to parents and their baby together.

The program is led by local pediatrician Claudia Gold, MD, an author and member of the Austen Riggs Center. Fairview Hospital’s maternity nurses have been trained to participate in the NBO, and a research study is underway to examine the impact of this new intervention.

“I can easily recognize the unique qualities of each baby, but new parents often lack confidence,” said Dee Ann Lyle, RN, a maternity nurse with over thirty years of experience. “The kit helps us demonstrate this knowledge to the parents and shows them how their baby is responding and communicating. Parents learn to recognize the signals through these exercises and their relationship is strengthened through the process.”

Jennifer Dallmeyer, RN, echoes the transformation she sees in the parent-baby relationship, noting that parents feel more confident when they leave the hospital. “Parents go home with an understanding that the baby sends messages and has routines that are comforting, which builds a stronger relationship.”

Ultimately, said Dr. Gold, “The goal of the Discovering Your Baby Project is making our parents feel like they are the experts.”

In May, Dr. Gold will travel to Italy where she has been invited to present her work with the Fairview nurses and families at an international NBO conference in Florence, and at the World Association for Infant Mental Health Conference in Rome.

Promoting positive sibling relationships is an important part of strong family bonding.
Andrew Beckwith, MD
Dr. Andrew Beckwith, an experienced physician specializing in obstetrics and gynecology, is now offering these services to women at CHP Barrington OB/GYN. Certified in obstetrics and gynecology, Dr. Beckwith received his medical education at Jefferson Medical College in Philadelphia, where he was a member of the Alpha Omega Alpha Honor Medical Society. He completed a Combined Integrated Residency Program in Obstetrics and Gynecology at Brigham and Women’s Hospital. Dr. Beckwith’s practice is located at 780 South Main Street, Great Barrington. For an appointment, please call 413-528-1470.

Lisa Fraine, CNM
Lisa Fraine, CNM, earned a Bachelor of Science degree in nursing from Misericordia University and received a certificate in nurse-midwifery from the University of Medicine and Dentistry of New Jersey. She went on to earn her undergraduate degree from Vassar College. Susan has been a staff midwife at Mount Sinai Hospital in New York and has also worked in a private Ob/Gyn practice affiliated with Emerson Hospital in Concord, MA. For an appointment, please call 413-528-1470.

Jacques J. Reichling, MD
Dr. Jacques Reichling, who is board certified in gastroenterology and internal medicine, received his medical education at Université Louis Pasteur de Strasbourg, France, and completed his residency in internal medicine at Mount Sinai Hospital, NY. He completed a fellowship in gastroenterology at Tufts Medical Center in Boston. In addition to his Pittsfield office, Dr. Reichling sees patients at his office at 27 Lewis Avenue, Great Barrington. He accepts most insurance plans. For an appointment, please call 413-499-8580.

Susan Greenberg-Yarmush, CNM
Susan Greenberg-Yarmush earned a master’s degree in midwifery from SUNY Downstate College of Nursing in Brooklyn and completed a Bachelor of Science degree in nursing from Columbia University Nursing School in New York. She earned her undergraduate degree from Vassar College. Susan has been a staff midwife at Mount Sinai Hospital in New York and has also worked in a private Ob/Gyn practice affiliated with Emerson Hospital in Concord, MA. For an appointment, please call 413-528-1470.

Jeffrey St. John, MD
Dr. Jeffrey St. John, who is board certified in internal medicine, provides gastroenterology services and is expanding his Pittsfield-based practice to Great Barrington and Fairview Hospital. Dr. St. John received his medical education at Boston University School of Medicine and completed his residency at Dartmouth Hitchcock Medical Center. He received fellowship training at Albany Medical Center. In addition to his Pittsfield office, Dr. St. John sees patients at his office at 27 Lewis Avenue, Great Barrington. He accepts most insurance plans. For an appointment, please call 413-499-8580.
Deborah Buccino, MD

Dr. Deborah Buccino, who created a collaborative care team to help address a growing incidence of emotional disabilities at a local school, has been selected as the Berkshire County District Medical Society’s 2018 Community Clinician of the Year. This award recognizes a local physician’s professionalism and contributions to the community.

Dr. Buccino’s special interests include emotional development of children and families, adolescent medicine and gynecology, international medicine, post-concussion care, and healthcare technology. She completed the REACH mini-fellowship in Patient-Centered Mental Health for Pediatric Primary Care and is a credentialed IMPACT© concussion specialist.

In 2015, Dr. Buccino became aware of growing problems in Berkshire County associated with increasing poverty, substance misuse, and household dysfunction—the so-called Adverse Childhood Experiences (ACEs) associated with later medical and psychological disability.

Existing resources could not keep up with the dramatic increase in emotional disabilities seen at the local elementary school. In response, and often by volunteering her time, Dr. Buccino partnered with the local elementary school to create a “collaborative care team.”

Such teams are nationally recognized as a state-of-the-art approach to addressing population-wide problems associated with medical and psychological dysfunction.

The South County Collaborative Care Team that Dr. Buccino spearheaded improved the links among South County pediatricians, the school system and community resources, connecting more than 200 families with needed services.

A board-certified pediatrician and fellow of the American Academy of Pediatrics, Dr. Buccino practices general pediatrics at MÁCONY Pediatric and Adolescent Medicine and is a member of the Fairview Hospital Medical Staff. She is a graduate of Yale University and Harvard Medical School and completed her residency in pediatrics at Boston Children’s Hospital in 1996.

Thanks to community support for the Fairview Hospital Golf Classic and Gala in 2017, Fairview Hospital has expanded Cardiopulmonary Rehabilitation Programs, and Diagnostic Imaging is now 100% digitized with the addition of the GE Optima XR646.
Parkinson’s Exercise and Support Classes Increase Strength

Parkinson’s disease, which is caused by nerve damage to areas of the brain that control muscle tension and movement, can be treated with medication - but not cured. Health professionals believe that exercise is an effective method to minimize the symptoms and help an individual achieve and maintain the best quality of life.

Fairview Hospital’s Parkinson’s Exercise Program, led weekly by a licensed rehabilitation professional, is designed to guide Parkinson’s patients through a series of strengthening and stretching exercises in a supportive environment that improves functioning.

The goal is to help Parkinson’s patients live life to the fullest through improved muscular strength and balance, improved ability to tolerate daily activities, increased independence and decreased physical limitation.

Mondays 1-2 PM
Parkinson’s Exercise and Support Classes
SBVA Garage Fairview Hospital Campus
Medical referral required
Cost: $5 per class
For information and pre-registration, please call 413-854-9740

According to the U.S. Centers for Disease Control, each year, more than 1.7 million people get infections while they are in the hospital. Fortunately there are things your health care team — your doctor, nurses, medical aides and others — can do to prevent them.

At Fairview Hospital, Director of Infection Prevention and Control Donna Wichman, RN, CIC, is certified in infection control and leads ongoing initiatives and staff training to prevent the spread of infections at the facility. Fairview Hospital has consistently acquired infection rates below the national average.

“At Fairview, we have a team approach to prevention. Without the commitment of nurses, environmental services staff, physicians and other members of our healthcare team, we wouldn’t be able to accomplish the low infection rates we have here at Fairview,” said Ms. Wichman.

Save the Dates
Golf Classic
Thursday, September 6
2018
Fairview Gala
Saturday, September 22

FAST FACT

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Donna Wichman, RN, CIC, (right) meets with nurses on Fairview’s Med-Surg Unit, where every member of the staff is responsible for infection prevention.
CPR Doesn’t Have to be Perfect to be Lifesaving!

If you do CPR within two minutes of a cardiac arrest, you can make the difference between life and death, before paramedics arrive!

**STEP 1 Call 9-1-1**

The first step is calling 9-1-1. What you do next might double the person’s odds of survival...

**STEP 2 Start Compressions**

Begin chest compressions at 100 times per minute over the center of their breastbone. If you compress to the Bee Gees’ 1977 hit song “Staying Alive,” you’ll be doing it right!

CPR CLASSES and other life safety and first aid programs are always available at Fairview Hospital, please call the CPR Plus Program at 413-528-2663 ext. 23

“Having the courage to act gives us the opportunity to save!”

— Adrian Elliot, MD
Chief, Emergency Services
Fairview Hospital
## Live Your Best Life

**Health Education Programs**

*presented at no charge to our neighbors*

4:00 PM in the Conference Room at Fairview
Please RSVP by calling 413-854-9609

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<th>Date</th>
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<td>Tuesday 7/10</td>
<td>Avoid the Middle-Age Knee</td>
<td>Pier Boutin, M.D. Orthopaedics and Sports Medicine</td>
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<td>Tuesday 7/24</td>
<td>Managing Pain in Hardworking Hands, Wrists &amp; Elbows</td>
<td>Betsy Curtis, Occupational Therapist</td>
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<td>Thursday 7/26</td>
<td>Diabetes: What's New In Treatment</td>
<td>Brian Phillips, M.D. Endocrinology</td>
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<td>Thursday 8/2</td>
<td>Dry Eyes: Management and Your Options</td>
<td>Marcin Zygawski, M.D. Ophthalmology</td>
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<td>Tuesday 8/14</td>
<td>Five Wishes: Start the Conversation for End of Life Care</td>
<td>HospiceCare in the Berkshires</td>
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<td>Thursday 8/16</td>
<td>Evaluating Consumer Health Information on the Intranet</td>
<td>Helen Prescott, Librarian, BMC Medical Library</td>
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### FREE BLOOD PRESSURE SCREENINGS

*Every Monday morning at Fairview Hospital*

JUNE through SEPTEMBER

MAIN LOBBY, FAIRVIEW HOSPITAL

10:30 a.m.-12:00 noon

No appointment necessary

ROAD SAFETY IS EVERYONE’S RESPONSIBILITY

**AARP Safe Driving Course**

*will be offered twice this summer!*

Thursday, June 21 and Friday, July 13, from 10 a.m. - 2 PM

Conference Room, Fairview Hospital

Taught by Certified AARP Driving instructor, Jay Zeif

Pre-registration is required. Please call (413)561-628-3705