

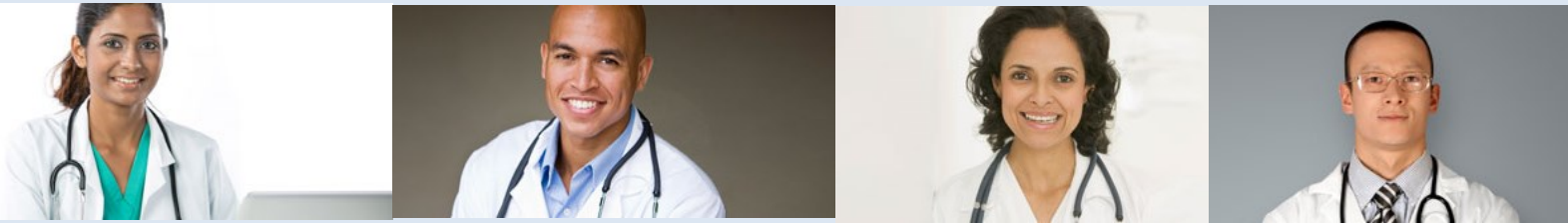
Financial Planning for Physicians

Successfully navigate through your many financial options

The Baystate Financial Medical Division (Baystate Financial MD) was created to specifically address the unique challenges that face physicians and medical practitioners in today's financial environment. We help medical practitioners, at all stages of their careers, plan for the financial future for themselves, their practice and their families.

Mid Career Practitioners: Breaking Through

Physicians have a distinct disadvantage in meeting mid-life financial demands because of delayed entry into the workforce. Doctors are challenged to pay down hefty student loan debt while making up for the earning-time gap. They need expert financial advice to cover mid-life household expenses and avoid a major shortfall at retirement.



Working with Baystate Financial, mid-career doctors can develop detailed cash-flow plans, formulate strategies to maximize after-tax returns on their investments and monitor their continual progress.

Late Career Practitioners: Meaningful Wealth

Doctors nearing retirement prefer to have a firm grasp of the financial and tax implications of winding down their careers, as well as estate planning and securing adequate resources to enjoy a comfortable retirement. Making realistic assumptions about the future is a key attribute of a quality long-term retirement plan.



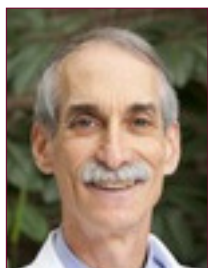
The Team at Baystate Financial MD offers a variety of financial planning and management services specifically geared to the medical professional and can custom tailor a plan to meet your individual needs.

For more information please contact Brian Falconer, Financial Representative
at: **401-432-8836** or **bfalconer@baystatefinancial.com**



**RHODE ISLAND
MEDICAL SOCIETY**

Butler joins efforts of Global Alzheimer's Platform Foundation and Brain Health Registry partner to accelerate Alzheimer's treatment by 2025



PROVIDENCE – Butler Hospital is one of six key institutions supporting the efforts of a new partnership between the Global Alzheimer's Platform Foundation and the Brain Health Registry at the University of California at San Francisco to grow its global registry of potential Alzheimer's clinical trial candidates.

"This is not only an exciting advancement, but an essential endeavor if we hope to achieve the national goal of finding a treatment for Alzheimer's by 2025," said **STEPHEN**

SALLOWAY, MD, MS, director of the Memory and Aging Program at Butler Hospital, and professor of neurology and psychiatry at the Alpert Medical School. Currently enrolling participants in 11 Alzheimer's research studies at Butler Hospital, Dr. Salloway knows firsthand the benefits a robust database could provide both in the form of cost-savings and in accelerating the timelines of the recruitment phase of research.

Other participants include:

- Atlanta: Allan Levey, MD, PhD (Emory University Alzheimer's Disease Research Center) and Marshall L. Nash, MD (Neurostudies.net)
- Boston: Dorene Rentz, PsyD and Gad Marshall, MD (Brigham and Women's Hospital; Massachusetts General Hospital; Harvard Medical School)
- Las Vegas: Jeffrey Cummings, MD (Cleveland Clinic's Lou Ruvo Center for Brain Health)
- San Francisco: Michael Weiner, MD (UCSF)
- South Florida: Mark Brody, MD (Brain Matters Research)

Global Alzheimer's Platform, headquartered in Washington, D.C., was launched in 2014 by UsAgainstAlzheimer's and the Global CEO Initiative on Alzheimer's disease. The organization's goal is to reduce the duration (by up to two years), the cost and the risk of Alzheimer's disease clinical trials, and turn Alzheimer's Disease sufferers into survivors. Brain Health Registry is a free web-based effort led by researchers at UCSF designed to more quickly identify appropriate clinical trial candidates and speed the path to cures for Alzheimer's disease and other brain disorders. ❖

South County Hospital opens inpatient palliative care program

WAKEFIELD – On Monday, January 18, South County Hospital launched an inpatient palliative care program. The initiative was led by South County Hospital's Palliative Care Task Force, headed by **RUSS CORCORAN, MD**, in collaboration with Home & Hospice Care of Rhode Island.

The hospital is partnering with two board-certified palliative care specialists from Home & Hospice Care of Rhode Island: **AMY CHARRON, NP**, and **MERCEDES PACHECO, MD**. Hospital Case Manager **HOLLY FUSCALDO** will act as a full-time, on-site palliative care social worker. The Hospital is also employing a chaplain to support the psychosocial needs of patients receiving palliative care.

All physicians and nurses within the South County Medical Group practices—part of the South County Health system – are being trained in palliative care. To date, 60- to 70-percent of them have completed the training. ❖

Hasbro specialty clinics offer new outpatient services

Cardiology, hematology and urology among services added to Fall River and East Greenwich sites

PROVIDENCE – Hasbro Children's Hospital has expanded clinical offerings at its Fall River Multispecialty Clinic and East Greenwich Specialty Clinic, providing a wider range of services conveniently located in those communities and closer to the families the clinics serve.

"Last year, we opened these outpatient clinic locations to better reach the children and families in our community who need our specialized care," said Tracey Wallace, vice president of pediatric services at Lifespan. "Based on the needs of our patients, we've now streamlined our outpatient services to best maximize what we can offer to communities through our partnerships."

Hasbro Children's Specialty Practice opened its Fall River Multispecialty Clinic to expand Hasbro Children's Hospital's offerings in the region, which already included a partnership with Saint Anne's Hospital, where Hasbro Children's Hospital specialists care for patients at the Fernandes Center for Children & Families.

Hasbro Children's Specialty Practice services offered at the Fall River Multispecialty Clinic, include:

- Gastrointestinal medicine
- Cardiology
- Endocrinology
- Nephrology
- Pulmonology
- Urology, genetics and hematology services will also be added this year.

Additionally, the East Greenwich Specialty Clinic, now provides:

- Gastrointestinal medicine
- Child and adolescent eating disorders
- Endocrinology
- Rehabilitation services
- Nephrology
- Pulmonology
- Cardiology
- Psychiatry

In 2016, both clinic locations will also start offering Saturday services, for the added convenience of patients. ❖



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Peter Kriz, MD, study shows that less physically adolescent ice hockey players have prolonged concussion symptoms

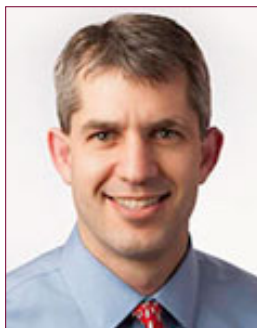
Players should be discouraged from 'playing up' in youth and high school sports leagues

PROVIDENCE – A study led by a Hasbro Children's Hospital sports medicine physician **PETER KRIZ, MD**, found that male student ice hockey players in earlier pubertal stages had a significantly increased risk of prolonged symptoms from concussion compared with advanced pubertal and postpubescent players.

Research by Dr. Kriz found that less physically mature players took on average 54 days – 21 days or nearly 40 percent longer – to recover compared to more physically mature players. Dr. Kriz said the findings further highlight the need for student athletes in collision sports to compete with similar-aged players and that there is risk in having younger, more talented athletes “play up” on varsity teams.

“Unlike other contact-collision scholastic sports with a high incidence of concussion, high school ice hockey lacks stratification by age grouping, largely because of prohibitive costs associated with equipment, transportation and ice time incurred with fielding varsity, junior varsity and freshman teams,” he said. “Consequently, it's not uncommon at the varsity level for younger, less physically mature players to oppose older players with increased strength, power and speed.”

The study, currently published online in the *Journal of Pediatrics*, assessed disparities in age, size, and physical maturity level among concussed adolescent ice hockey players 13 to 18 years of age, and was performed at Hasbro Children's Hospital, Boston Children's Hospital, and South Shore Hospital, in Weymouth, Mass. Additionally, the study also found that lighter weight among males and heavier weight among females increased the probability of experiencing prolonged concussion.



Concussion has been reported to be the most common youth ice hockey injury, representing more than 15 percent of all injuries in nine to 16-year-old players and nearly 25 percent of injuries among male high school players.

The study's results challenge recent opinion, which has suggested that collision sport participation be postponed until freshman year or 14 years of age. “Sixty-five percent of freshman male ice hockey players in our study were in early stages of pubertal development and none were postpubertal,” said Kriz.

The findings also support concerns within the youth athletic community that adolescents might have longer recoveries from concussions than adults.

“Our findings have important implications for policy decisions related to grouping for high school ice hockey players,” explained Dr. Kriz. “While economic considerations often dictate whether a school fields ice hockey teams other than varsity, we support, at the very least, the establishment of junior varsity ice hockey by state interscholastic leagues for the purposes of player development and improved safety for undersized, peripubertal male players.”

Additionally, policies pertaining to high school football and boys' lacrosse – two other collision sports which commonly permit underclassmen to “play up” on varsity teams – may ultimately be impacted by these findings, as lighter, less physically mature players may be at risk of prolonged concussion symptoms.

Dr. Kriz recommends that, until further studies determine valid physical maturity indicators, arbitrary age and grade cutoffs should not be used to determine when adolescent athletes are ready to participate in collision sports.

“Until such studies are available, collision-sport high school athletes should play in leagues grouped by relative age,” he said. “Highly-skilled, peripubertal collision sport athletes should also be discouraged from ‘playing up’ at the varsity level with post-pubertal competitors three to four years their senior.”

In accordance with recommendations from the American Academy of Pediatrics, Dr. Kriz encourages youth hockey organizations to provide the option of non-checking divisions for players who remain in earlier stages of pubertal development, players who are undersized, players who have significant concussion histories precluding them from participating in collision sport participation or for players 13 years old or younger seeking safer alternatives to body checking leagues.

This study was funded in part by the National Federation of State High School Associations Foundation and the Rhode Island Foundation. ♦



**Lifespan
Physician Group, Inc.**

PART-TIME PHYSICIAN – The Weight Management Program at The Miriam Hospital has openings for a part-time physician, 15–20 hours weekly, and a per diem physician. Shifts available include: Tuesday, Wednesday, Saturday 8–11:30am, and Monday, Thursday 2:30–6:30pm. The physician will provide outpatient medical evaluation and follow up for patients undergoing weight management treatment. With more than a 25-year history, the comprehensive program relies on a multi-disciplinary team. Physician must be licensed to practice internal medical in the State of Rhode Island and be on the staff of The Miriam Hospital. Apply on line to: www.lifespanceers.org
req# LPG5444 (part-time)
req# LPG7386 (per diem)



Sandra J. Pattie, BankNewport president and CEO; William Marcello, BankNewport vice president and Coventry branch manager; Michael Dacey, MD, MS, FACP, president and chief operating officer, Kent Hospital; Lorraine Fowler, Rehab Aide; Meghan Seyboth, PT; Aaron Guckian, BankNewport vice president and East Greenwich branch manager; Danielle Keough, PTA; Carl Oliveira, PTA

BankNewport Awards Rehabilitation Grant to Kent

WARWICK – BankNewport recently presented a grant in the amount of \$16,000 to Kent Hospital to purchase new equipment for the hospital's Acute Rehabilitation Unit.

The BankNewport grant was awarded to purchase LiteGait® an innovative, partial weight-bearing harness to help patients with standing, weight-bearing and walking. This new equipment will continue to enhance the unit's capabilities of care and increase patients level of function to perform tasks and return home.

"We are honored to receive this grant from BankNewport. We appreciate their commitment and dedication to enhance our services and care for the patients of Kent Hospital," said **MICHAEL DACEY, MD, MS, FACP**, president and chief operating officer at Kent Hospital. "Kent's Acute Rehab patients will benefit greatly from their generosity." ❖

Bradley enrolling adolescents with OCD, anxiety disorders for study

Research aims to improve available treatment for families

EAST PROVIDENCE – The Pediatric Anxiety Research Center at Bradley Hospital is enrolling children and teens with obsessive-compulsive disorder (OCD) or anxiety for a study focused on exposure-based cognitive behavioral therapy (CBT). The researchers' goal is to identify the best methods to help clinicians improve treatment for this pediatric population.

CBT is a form of psychotherapy that addresses a patient's anxious thoughts and then works toward changing his or her behavior in response to those thoughts. The study will specifically look at a form of CBT called exposure-based therapy. "Through exposure therapy, therapists work together with patients and families to bring them gradually closer to the things or

situations that are anxiety-provoking," said **KRISTEN BENITO, PhD**, co-principal investigator.

The study team hopes to find the most effective ways to train community therapists in the treatment of pediatric anxiety and OCD by improving their delivery of CBT, which is the treatment method that previous research has shown to be most effective. The team will examine which therapist, child, and parent behaviors during therapy lead to better treatment outcomes.

"This study will help to optimize treatment for those suffering from pediatric anxiety and/or OCD," said **JENNIFER FREEMAN, PhD**, co-principal investigator. "There are currently very few providers who offer evidence-based

treatment for adolescents with anxiety or OCD, meaning that effective training approaches may increase access to care and improve the quality of resources available."

The study is currently enrolling children five to 17 years old who display symptoms of obsessive-compulsive disorder, social anxiety, separation anxiety, panic disorder or a specific phobia. Participants will be asked to:

- Complete a pre-screening survey
- Meet with a study therapist and begin CBT treatment
- Complete questionnaires intermittently throughout the study
- Participate in a post-treatment follow-up assessment ❖