



# THE OUTER BANKS HOSPITAL Health Coach

Allow The Outer Banks Hospital to be your personal health coach.

## Celebrating 20 Years of a Commitment to Excellence!



**Circa 2000, the dream of a hospital became a reality as the land was cleared and made ready for construction. The hospital opened its doors March 19, 2002.**

How far we've come as a community since the era before our hospital. On March 19, 2002, the day The Outer Banks Hospital (TOBH) opened its doors, Dare County residents and visitors had access to healthcare services that they previously had to travel hours to obtain.

As we celebrate the hospital's 20th anniversary, we're grateful for the opportunities to grow and innovate. At the same time, we're keenly aware

of the impact that COVID-19 has had on the community and on our team members.

The pandemic has heightened the housing crisis across the nation and caused a shift in the number of people who choose to work in the healthcare field. These two trends combined have had a significant impact on access to healthcare services, and the Outer Banks is no exception to this reality.

We understand and share the community's frustration. Rest assured we have been working and will continue to work diligently to recruit primary care providers and reimagine ways to increase access to the care that everyone deserves.

Although the pandemic has impacted our momentum, we are committed to regaining ground and growing even stronger.

In fact, just this past February, we completed a rigorous recertification survey with the Joint Commission in order to maintain our *Acute Stroke-Ready Hospital* designation. "Almost everyone is affected in one way or another by stroke, whether personally or through a loved one," said Linda Smith, RN, Emergency Department assistant nurse manager and stroke coordinator. "It's why we have worked so hard to maintain our stroke-ready certification, even throughout the pandemic." Smith, along with the Stroke Committee, established a virtual support group that addresses challenges associated with stroke. These efforts demonstrate TOBH's dedication to providing patient-centric stroke care for the community.

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We're also looking forward to the new Outer Banks Urgent Care and Family Medicine location in Nags Head this spring, followed shortly by the groundbreaking for our world-class cancer center that will house all cancer services under one roof.

Despite the hardships and set backs caused by the pandemic, the past 20 years are proof that The Outer Banks Hospital and Medical Group will continue building healthcare services that allow residents and visitors to focus on healing and staying healthy.

Thank you for your patience and understanding. We hear you and we know it hasn't been easy to watch services retrench, but we're coming back. After all, we're the Outer Banks community and together we will persevere. ■

## Know the signs of a stroke. Save your way of life.

Be fast! Minutes count when stroke symptoms appear. Know the "BE FAST" signs.



*"Knowing that I was having a stroke and immediately asking my husband to call 911 enabled me to quickly receive treatment at The Outer Banks Hospital. I know that it made a huge difference in the rest of my life."* – Dianne Denny, Kill Devil Hills resident



**An Acute Stroke Ready Hospital**

4800 S. Croatan Hwy. | Nags Head | (252) 449-4500 | TheOBH.com



March/April 2022

# Health Coach



## Education, Support, and Community Events

### ■ Support for Cancer Patients and Their Caregivers

A cancer diagnosis can be overwhelming and the journey through treatment and beyond is challenging for everyone. That's why The Outer Banks Hospital offers several free programs and support groups for people affected by cancer.

#### Support Groups

Coping with Cancer Support Group – meets on the 2nd Wednesday of each month from 11:00am-Noon

Breast Cancer Support Group – meets on the 3rd Wednesday of each month from 11:00am-Noon

Caring for the Caregiver – meets on the 4th Wednesday of each month from 11:00am-Noon

For more information or to reserve your spot, please contact Janet Creef, LCSW, at 449-2314 or by email at [Janet.Creef@theobh.com](mailto:Janet.Creef@theobh.com).

#### Look Good, Feel Better

Does cancer treatment have you feeling sluggish and looking a little bit less like yourself? Now being offered virtually, licensed beauty professionals will show you how to use makeup and skincare products to bring back your natural beauty and lift your spirits. For more information or to register for a virtual session, please contact Marie Neilson at 449-5935 or by email at [Marie.Neilson@theobh.com](mailto:Marie.Neilson@theobh.com).

### ■ Stroke Support Network

Tuesday, March 1 | 11:00am-Noon

Tuesday, April 5 | 11:00am-Noon

Virtual Zoom Meeting

A stroke can be an overwhelming diagnosis. The Outer Banks Hospital is offering a free virtual Stroke Support Network for those affected by stroke on the first Tuesday of every month. For more details and information on registration, contact Robin South, RN at 449-4554 or [Robin.South@theobh.com](mailto:Robin.South@theobh.com).

### ■ Advance Care Planning

Wednesday, March 9 | 11:30am-12:30pm

Thursday, April 14 | 9:00am-10:00am

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

Do you know who would get to make medical decisions for you if you have not completed a Healthcare Power of Attorney Advance Directive? Join us for a free session and learn the who, what, when, where, how, and most importantly, the why of advance care planning. For more information, call 475-0905.

### ■ The Blood Connection Blood Drives

Wednesday, March 23 | 8:00am-1:00pm

The Outer Banks Hospital Parking Lot

4800 S. Croatan Hwy, Nags Head

Saturday, April 16 | 10:00am-3:00pm

Outer Banks Family YMCA | 3000 S. Croatan Hwy, Nags Head

The Blood Connection will be hosting a community blood drive on the Outer Banks. All donors will receive a \$20 e-gift card. All donors are asked to make an appointment to best control social distancing. Walk-ins are welcome, however, appointments are highly recommended and take priority. To make an appointment, use the QR code below. For more information, call 449-4529.

TBC DONOR CARD OR PHOTO ID REQUIRED.

Scan to make an appointment!



or visit [donate.thebloodconnection.org](https://donate.thebloodconnection.org)

March Blood Drive

April Blood Drive

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### ■ The Beat Goes On

Friday, March 18 | Noon-1:00pm

Virtual Zoom Meeting

Join our care team from our Cardio Pulmonary Rehab Program to learn about support programs for cardiac and respiratory patients. Please register by calling 449-4529 and a Zoom link will be shared prior to the program.



### ■ Stroke Risk Assessments

Tuesday, April 12 | 9:00am-11:30am

Virginia Tillett Community Center (formerly Dare County Center)

950 Marshall C Collins Drive, Manteo

Thursday, April 28 | 1:00pm-3:30pm

Outer Banks Family YMCA | 3000 S. Croatan Hwy, Nags Head

Do you know if you are at risk for a stroke? The Outer Banks Hospital will be offering free stroke risk assessments to the Outer Banks community. The assessment will include blood pressure, heart rate, cholesterol, blood sugar and body mass index, and health coaching. All ages are encouraged to participate, as a stroke can impact anyone. For more information, call 449-4529.



I N A U G U R A L

## Stroke Awareness Walk

Saturday, May 21 | Registration 9:00am; Walk 9:45am

Dowdy Park | 3005 S. Croatan Hwy., Nags Head

The Outer Banks Hospital invites you to participate in the Inaugural Stroke Awareness Walk!

The walk will celebrate those whose lives have been affected by stroke as well as highlight the services offered by the hospital's Stroke Program.

Our team will be on-hand to provide free Stroke Risk Assessments for anyone interested.

Registration will be at 9:00am and the four-lap (one mile) walk around Dowdy Park will begin at 9:45am.

**For more information, please call 449-4529.**