The Shoulder Issue

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Recent NEBH Awards and Recognition

Guardian of Excellence Award® For the eighth year in a row, NEBH has been awarded the prestigious Press Ganey Guardian of Excellence Award. The national award recognizes exceptional hospitals that sustain the highest level of performance, ranking in the 95th percentile or greater in patient satisfaction for at least three consecutive years.

Top Women-led Businesses NEBH, led by President and CEO Trish Hannon, was ranked 7th by The Boston Globe Magazine in their annual “Top 100 Women-led Businesses in Massachusetts” list of organizations recognized for an impressive record in innovation and workplace diversity. NEBH was also listed as one of only 18 companies in Massachusetts with a workforce comprised of at least 75 percent women.

U.S. News & World Report Ranks NEBH #10 Nationally for Orthopedics NEBH is again named one of the best hospitals in the country for Orthopedics in 2015-16 by U.S. News & World Report. The annual rankings, now in their 26th year, recognize hospitals that excel in treating the most challenging patients. NEBH also received the top rating of “High Performing” for both Hip and Knee Replacement.

Becker’s Hospital Review “Top Hospital” Becker’s Hospital Review named NEBH among the top hospitals nationally with outstanding orthopedics programs for 2015.

Joint Commission’s Top Performer on Key Quality Measures NEBH has been recognized by the Joint Commission for exceeding national expectations on evidence-based interventions in 2014.

Healthgrades: 2015 Patient Safety Excellence Award and Outstanding Patient Experience Award NEBH has been ranked by Healthgrades in the top five percent of hospitals in the nation for patient safety and among the top 10 percent of hospitals in the nation for patient experience.

Dear Friends,

Every year, new treatment options emerge for patients with a wide range of musculoskeletal problems. At New England Baptist Hospital, our caregivers are dedicated to incorporating the very best approaches—from total joint replacement, to spine surgery, to physical rehabilitation and sports medicine—into daily practice, so that each of our patients receives state-of-the-art care that is infused with the personal attention and compassion for which we are known.

This issue of Advances highlights some of the leading-edge therapeutic options available for NEBH patients, particularly those with shoulder injury—and some of the grateful patients who, thanks to their care at NEBH, have been returned to health, wellness, motion, and function.

Boston’s favorite newscaster, Natalie Jacobson, shares the story of her battle with a shoulder injury that sidelined her from the game she loved. One of NEBH’s renowned physical therapists, Scott Taylor, describes the importance of staying ahead of the rehabilitation field. We also highlight innovative research conducted by several of our shoulder specialists that is shaping the future of care.

And we encourage all of our readers to consider becoming more engaged with the Baptist through philanthropy, whether you attend an educational event or celebration, make a gift in honor of a caregiver, or participate in an athletic endeavor, like our 2015 Falmouth Road Race team members, to raise critical funds for New England Baptist programs.

We are grateful for your support as a member of the New England Baptist community and for the opportunity to provide outstanding musculoskeletal care for each and every patient. I hope you enjoy reading this issue of Advances and that your holiday season is filled with joy, health, and motion.

Sincerely,

Morgan Herman
Vice President, Philanthropy

Make a Moving Gesture and Celebrate the Baptist

Moving Gestures is a program that celebrates the Baptist by giving patients, family members, and employees a platform to honor their caregiver or coworker, serve as an ambassador, volunteer, or make a gift. Be part of our success and help to secure our place among the nation’s top hospitals.

Visit nebh.org/movinggestures for more information and to make a gift today.
Natalie Jacobson: Back in the swing of things

How shoulder surgery at New England Baptist Hospital helped Boston’s beloved newscaster remain on course with her favorite pastime

“Golf is the ultimate challenge—it’s a humbling game,” says Natalie Jacobson from her home on Nantucket, near Surfside Beach. “A wonderful thing about golf is spending time outdoors, which is, of course, where I love to be out here on the island.”

Jacobson is one of greater Boston’s most beloved and recognized TV newscasters whose warm smile and authentic reporting style charmed audiences for nearly four decades. Retired from her news anchor role since 2007, Jacobson now spends the warmer months on Nantucket, and much of that season playing golf on the island’s breathtaking courses, like Miacomet and Sankaty Head.

Several years ago, though, her golf game took a back seat when Jacobson experienced devastating shoulder pain.

“My shoulder sort of fell apart—it was a complete tear of the rotator cuff; I had to lift the arm with my other arm. I’m not sure how it happened because I didn’t have an accident or any traumatic injury,” says Jacobson.

Two complex surgeries at other area hospitals failed to relieve her pain, and Jacobson says a full year after her second surgery she was still feeling an impingement in the shoulder when she swung her golf club. “That’s when I went to see Dr. Curtis at New England Baptist Hospital.”

“At New England Baptist Hospital, almost all of the surgeons are super-specialized within our fields,” says Dr. Alan Curtis, one of the Baptist’s nationally renowned shoulder experts. “Many of my patients have had prior surgery before I see them and are still in pain. So at the Baptist, we have become very good at revision and other complex surgery—the techniques we use are the latest in the field; we don’t do things the quick and easy way.”

Dr. Curtis used a state-of-the-art arthroscopic (or minimally invasive) surgical technique to revise the rotator cuff repair in Jacobson’s shoulder, leaving her with full motion, no pain, less scar tissue, and a shorter recovery time than the traditional open procedures she had undergone at other hospitals previously.

“It’s exciting to work with Dr. Curtis because he’s optimistic, but he’s realistic; it’s clear he knows his stuff.”

— Natalie Jacobson

“A lot of times, surgeons start off trying to fix something arthroscopically and then, if that doesn’t work, they open up the shoulder to do the procedure,” says Dr. Curtis. “At NEBH, we believe less is better so with more complex patients, we start and stay minimally invasive. There is very little unnecessary surgery at NEBH. In Natalie’s case, her revision got her back to golf.”

Continued on page 4
NEBH Shoulder Research: Improving shoulder care for patients through discovery

Many of New England Baptist Hospital’s renowned shoulder physicians and surgeons who provide outstanding care for their patients also conduct leading-edge research investigations. All of their projects are designed to improve outcomes for patients with shoulder injury while advancing the field by identifying best practices, developing new techniques, and improving implant design. Highlighted here are several recent shoulder research efforts at NEBH.

**Dr. Alan Curtis’s** research delves into rotator cuff repair procedures and methods to improve outcomes and reduce complications using minimally invasive surgical techniques.

**Dr. Thomas Gill’s** research explores the outcomes of surgery to repair the rotator cuff, labrum, and biceps with the goal of improving surgical technique, patient satisfaction, and recovery. He has authored more than 160 peer-reviewed articles and a text book on avoiding complications of shoulder surgery.

**Dr. Andrew Jawa’s** research focuses on improving care for shoulder replacement patients. Recently published studies examined the effects of factors like gender and type of insurance on surgical results. He also explored methods to prevent nerve damage in at-risk patients and whether an educational video improves patient interest in at-risk patients and whether an educational video improves patient interest.

**Dr. Suzanne Miller’s** research seeks to identify differences in outcomes of total shoulder replacements between men and women, which may lead to improvements in future shoulder implant design and surgical techniques. Dr. Miller now focuses her shoulder work primarily on rotator cuff repair and acromioclavicular (AC joint) separation surgery for injuries where the clavicle and scapula separate.

**Dr. Michael Mason’s** research explores improvements in implant design and instrumentation for the increasingly common reverse total shoulder replacement procedure. These advancements are leading to increased success in improving range of motion and function while reducing pain and complication rates.

**Dr. Glen Ross’s** research delves into the outcomes for short stem, less-invasive total shoulder replacement which preserves more of the patients’ own bone, with a special focus on younger and middle-aged patients such as former athletes, weight lifters, and those with chronic arthritis from wear and tear. Studies over four years at NEBH show that with this approach, patients experience exceptional outcomes and less pain and require shorter rehabilitation.

**Dr. Brian McKeon** participates in clinical trials and funded studies related to articular cartilage and synovitis. His primary interests lie in sports medicine and the treatment of sports-related injuries, with an emphasis on performing minimally invasive surgery on shoulders as well as knees, elbows, and ankles.

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“Now I have full use of my shoulder and arm, thanks to Dr. Curtis, and I can’t say enough about him,” says Jacobson. “It’s exciting to work with Dr. Curtis because he’s optimistic, but he’s realistic; it’s clear he knows his stuff. And he explains things in a way a non-medical person can understand, describing all of the options and what to expect after surgery.”

Jacobson says she was equally thrilled with her experience with the Baptist’s nurses, other clinicians, and non-clinical staff, before, during, and after surgery.

“It’s comforting for a patient with an orthopedic problem to go to a specialist at a specializing hospital,” she says.

“The Baptist deals only with orthopedic issues, the physicians are at the top of their field, and everyone works together as a team. I also appreciate that surgery wasn’t the first thing that was recommended; if it’s not necessary, the doctors at the Baptist will work with you to find the best course of action.”

Jacobson appreciates her experience at New England Baptist Hospital so much, in fact, that she recommends the hospital to friends and even her daughter, who recently had knee surgery with NEBH physician Dr. Brian McKeon.

“Thanks to Dr. Curtis and the Baptist, I’m playing the game I love as much as possible,” says Jacobson. “Every time you hit a bad shot in golf, you wonder why you play this game. But, a few minutes after your bad shot, you have another chance to hit a great one.”

If you would like to support shoulder research and care at NEBH, please contact Sally Mooney, Senior Director of Major and Planned Gifts, at 617-754-6640 or smooney@nebh.org.
A conversation with Scott Taylor, PT
NEBH Clinical Supervisor for Outpatient Rehabilitation, on the importance of continuing education

What does the Outpatient Rehab team do?
I oversee our Dedham practice, but I spend most of my time with patients. Our team is made up of exercise physiologists, athletic trainers, physical therapy assistants, and physical therapists. We don’t focus on one type of care; we treat everything from your neck to your ankle. The majority of our patients are non-surgical, although some are ‘pre-surgical,’ in that their ultimate outcome might be surgery; however, we work with them to avoid that if at all possible. And we are often successful. That’s always the goal of every New England Baptist clinician—to avoid surgery—but when there’s no avoiding it, we have the best surgeons who can fix a problem.

How do you ensure that the NEBH rehab team remains ahead of the curve?
Our differentiator at the Baptist, our asset, is that we are able to provide better and more personalized care because of a deep knowledge of anatomy, physiology, and rehab practice and protocols. We have to maintain that asset. That’s why we created the Outpatient Rehab Professional Development Fund, which provides scholarships for our therapists to pursue the educational opportunities and trainings that will keep them on the leading edge of the field, from novel diagnosis and treatment techniques to research updates and new best practices. Continuing education contributes to the quality of care that is being offered at the clinic and also helps us to recruit and retain the most talented staff. And our therapists bring their new knowledge back to the clinic and train the rest of the staff to put it into practice.

Does rehab hurt?
Rehab is never designed to hurt— Injuries hurt. We may, however, encourage patients to work hard in order to restore some function in the presence of discomfort, and sometimes the only way to get from point A to point B is straight up the middle! However, knowing when that is the case, and when there are other methods that can be used to achieve the same goal, is part of the practice of physical therapy. Our goal is always to restore our patients to comfort, flexibility, strength, and function outside of the clinic. We need to be aware of all methods that are effective and provide the best result in the most efficient way possible to do that. That requires a constant study of outcomes and practice patterns. By continuing to refine our skills and add to our knowledge, we will do an even better job of helping our patients regain and enjoy the many benefits of functional restoration, allowing them to confidently and comfortably engage in an active life.

How is NEBH rehab different?
Our patients often comment on the level of attention they receive here at NEBH compared to other rehab clinics. We see fewer patients per hour than a lot of our counterparts in private practice—so our attentions aren’t as divided; we go for quality versus quantity. We want to make sure every visit is worth the trip and worth the effort. A patient should feel that their time here is valuable because we were able to make a difference in their lives, particularly with regard to the restoration of the quality of their function.

Scott Taylor, PT, and his team stay ahead of the field

Investing in the Future of the Baptist

Creating a Charitable Gift Annuity (CGA) is an easy way to support the Baptist’s mission while creating income for yourself or another beneficiary.

If you would like to learn more about how a CGA can help you meet your philanthropic objectives, please contact Nat Chamberlin, Senior Major and Planned Gifts Officer, at 617-754-6621 or nchamber@nebh.org.

If you would like to support the Outpatient Rehab Staff Development Fund, please contact Melanie Saunders, Annual Fund Director, at msaunders@nebh.org or 617-754-5661.

Sample Charitable Gift Annuity (CGA) Rates*

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*single life beneficiary
New England Baptist Hospital’s 2015 *Unlimit Yourself* Gala was held on May 1, 2015 at the InterContinental Boston, where friends and supporters of the hospital gathered to celebrate the Baptist’s dedication to and passion for removing patients’ limits and helping them to live in motion.

The evening included a performance by dancers of the Boston Conservatory displaying the power and beauty of movement. Board of Trustees Chair Richard Maloney opened the program, encouraging guests to enjoy the evening’s theme of motion, and Board of Trustees Member Jeffrey Libert highlighted the important role of movement and activity in our daily lives and the passion at NEBH for helping patients maintain function. NEBH President and CEO Trish Hannon closed the evening by thanking the Baptist’s grateful patients, physicians, and partners for their generous support of the Baptist’s leading-edge research and clinical programs, critical capital improvements, and exceptional medical education. The evening continued with even more dancing by our sponsors and guests to the upbeat music of the Blake Band of New York, a fitting celebration of motion and of the work of NEBH caregivers and staff, who restore movement for each of our patients. Thank you again to all of our partners and supporters—we hope everyone had a great time!
Team NEBH Finishes Strong at the 2015 Falmouth Road Race
On August 16, seven members of the New England Baptist Hospital community joined the hospital’s inaugural team running in the 43rd annual 2015 Falmouth Road Race. The team of Baptist friends and employees—Kelsey Anspach, Lauren Callahan, Conor Lyons, Caitlin Johnson, Scott Siegel, Dr. Vivek Shah, and Kim Vanyo—together raised more than $7,000 to support the Baptist’s renowned clinical, research, and educational programs. The challenging seven-mile race along the Cape Cod coast is beloved by the running community and sells out every year. “I found the whole experience to be awesome, especially the amazing support and encouragement from the NEBH community,” says Kim Vanyo of the NEBH Department of Radiology. “Although it was hot and humid and hilly, I look forward to running for the Baptist again next year!” Contact the Office of Philanthropy at 617-754-6880 or philanthropy@nebh.org if you’re interested in joining Team NEBH in 2016!

June 2015 Research Roundtable
On June 3, business leaders and friends of New England Baptist Hospital gathered at the Four Seasons Hotel in Boston for an educational event highlighting the research of Glen Ross, MD, and Brian McKeon, MD, two leading orthopedic surgeons. The roundtable breakfast gathering, hosted by NEBH Board members (Chair-elect) Sam Samsel and Jim Rubenstein, featured the latest research efforts and novel treatments for knee and shoulder pain. Dr. Carl Talmo, the Baptist’s Vice Chair of Orthopedic Research, also spoke about the importance of research in advancing the field and described how collaborative physician-researchers like Drs. Ross and McKeon are helping to advance the Baptist’s research program and drive innovation in the musculoskeletal field. If you are interested in learning more about supporting NEBH’s research efforts please contact Sally Mooney, Senior Director of Major and Planned Gifts, at 617-754-6640 or smooney@nebh.org.

Become a member of the Rose Society with your year-end gift
To make a gift or learn more about the Rose Society, contact Melanie Saunders, Annual Fund Director, at msaunders@nebh.org or 617-754-5661.

| Rose Society Membership Levels | 
|------------------------------|-----------------|
| President’s Circle           | $25,000+        |
| Benefactor                  | $10,000 – $24,999|
| Founder                     | $5,000 – $9,999  |
| Cornerstone                 | $2,500 – $4,999  |
| Patron                       | $1,000 – $2,499  |
advances is a newsletter of New England Baptist Hospital’s Office of Philanthropy. If you have any questions or are interested in supporting the Hospital, please contact the Office of Philanthropy at philanthropy@nebh.org or 617-754-6880. If you do not wish to receive future fundraising communications, please send an e-mail to NEBHPhilanthropyOptOut@nebh.org, call us toll-free at 844-275-1581, or send a letter to the Office of Philanthropy, New England Baptist Hospital, 125 Parker Hill Avenue, Boston, MA 02120. Please allow 10 business days for processing.

www.nebh.org/donateonline
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Save the Date!

New England Baptist Hospital’s Annual Gala

Friday, April 29, 2016
Westin Copley Place Hotel, Boston

6:00 pm - cocktail reception
7:30 pm - dinner and program
9:00 pm - dancing and dessert

www.nebh.org/gala
617-754-6880

Featuring
The Blake Band of New York City

Celebrate movement through dance!

New England Baptist Hospital Gala hosts its annual event to benefit the exceptional clinical care the Baptist provides and the legendary way the care is delivered. Sponsorship opportunities are available.

Please contact the Office of Philanthropy to learn more about sponsoring or attending the Gala.

Call 617-754-6880, email philanthropy@nebh.org, or visit www.nebh.org/gala.