Possibilities...
with Sentara RMH Medical Center
Robert Garwood, MD, general surgeon
Are you interested in becoming affiliated with a community hospital that offers the advanced services of a larger hospital but is located in a beautiful, small-town community, free from the hassles of big-city living?

Consider Sentara RMH Medical Center, a member of the Sentara Healthcare system, located in the beautiful Shenandoah Valley... where the possibilities become reality.

Our state-of-the-art, comprehensive health center, built in 2010, offers the best of both worlds:

- The facilities and technology you need to deliver the best possible medical care;
- A beautiful surrounding area where you and your family can live safely, experience nature and enjoy a relaxed way of life.

Want to know more about doing the work you love and living the life you want? Read on!
The Possibilities... For Doing the Work You Love

Advanced Medical Services in a Small-Town Setting

Sentara Healthcare is a 128 year old not-for-profit system that operates more than 100 sites of care throughout Virginia and North Carolina, including 12 acute care hospitals: seven in Hampton Roads, one in Northern Virginia, two in the Blue Ridge region, one in southern Virginia, and one in North Carolina. For more than 10 years, Modern Healthcare magazine has ranked Sentara Healthcare as one of the nation’s top integrated healthcare systems.

Sentara RMH Medical Center, part of the Sentara Healthcare system, is a community hospital in Harrisonburg, VA. Serving a seven county area with a population of close to 200,000, the 238-bed hospital annually:

- Admits more than 13,000 inpatients
- Delivers more than 1,700 babies
- Performs nearly 21,000 surgical procedures
- Administers more than 18,000 cancer treatments
- Treats more than 75,000 patients in the Emergency Department

- Behavioral Health—inpatient and outpatient
- Breast Care program—offering genetic testing, 3D mammography, breast surgery
- Cancer Center
- Heart and Vascular Center—cardiothoracic and vascular surgery, Heart Valve & Structural Disease Center, interventional cardiology, electrophysiology
- Hospice and Palliative Care
- Hospitalists
- Imaging
- Maternity Services
- Orthopedics and Sports Medicine—joint replacement surgery, spine surgery, hand surgery
- Sleep Medicine
- Therapy Services—physical, occupational, and speech
- Voice and Swallowing Services
- Wellness Center
- Women’s Center
- Wound Care
Recent News and Achievements

• In January 2017, the Hybrid Operating Room construction was completed and the first Transcatheter Aortic Valve Replacement (TAVR) procedure was done.

• In January 2016, the Sentara RMH Orthopedic Center opened. It’s home to Orthopedic & Sports Medicine Specialists, Back & Neck Specialists, Therapy Services and Sports Performance, and Advanced Imaging. In February 2016, the Sentara Timber Way Health Center opened, combining family medicine, lab, and advanced imaging in one state-of-the-art, convenient location for our northern community.

• In December 2014, Sentara RMH Medical Center achieved the Magnet Recognition Program® designation from the American Nurses Credentialing Center (ANCC). Magnet® designation is granted to approximately 7 percent of U.S. hospitals and recognizes sustained excellence in nursing care.

• Sentara RMH Heart and Vascular Center expanded the Vascular Quality Database, which monitors carotid endarterectomy (CEA), endovascular aneurysm repair (EVAR) and open AAA repair, by adding supra bypass, infra bypass and peripheral peripheral vascular intervention.

• The Heart and Vascular Center received the following accolades:
  • GWTG 2015 Platinum Performance Achievement Award (NCDR ACTION Registry) for the third straight year
  • The Echocardiography Lab was accredited in January 2015 by the Intersocietal Accreditation Commission (IAC) in the areas of Adult Transthoracic and Adult Stress.
  • The Society of Thoracic Surgeons (STS) has a comprehensive rating system that allows for comparisons regarding the quality of cardiac surgery among hospitals across the country. The “3 star” rating denotes the highest category of quality. STS has awarded the Sentara RMH Cardiovascular Surgery program with a 3-star rating for isolated AVR, both for reporting period July 1, 2014-June 30, 2015.

• Since 2012, the Sentara RMH stroke care program has received the Advanced Primary Stroke Center certification.
State-of-the-Art Hospital and Health Campus

Sentara RMH has prepared for a second century of service with the building of the new hospital and health campus. This state-of-the-art complex offers the facilities and technology physicians need to deliver the best possible medical care.

- All patient rooms are private
- Computer and medication delivery systems have been moved into patient rooms, bringing the caregiver back to the patient’s bedside.
- An enhanced call bell and alarm system provides a mobile phone to each care provider, reducing response time and noise.
- Identical treatment, procedure and operating rooms, rather than a “mirrored” design, enhance patient safety by reducing variation and eliminating guesswork.
- Core lab automation makes the new Sentara RMH laboratory state of the art, diminishing the risk of specimen contamination and virtually eliminating the need for STAT requests because lab results are consistently timely.
- The operating room suite offers twelve general operating rooms—two equipped with the latest in minimally invasive and monitoring technology for cardiothoracic surgery, and one with digital imaging urology equipment.
- A redesigned cardiac cath lab facility, named Interventional Suites, is within close proximity of the Emergency Department.
- On-site oncology pharmacy in the Sentara RMH Hahn Cancer Center with a dedicated oncology pharmacist.
- A newly constructed Hybrid Operating Room.
- Hospital and all Sentara RMH Medical Group clinics are equipped with an EMR (EPIC).
A Commitment to Building Green: Enhanced Healing and More

Sentara RMH Medical Center, which opened in 2010, was the first inpatient healthcare facility in Virginia to achieve Leadership in Energy and Environmental Design (LEED®) certification from the nonprofit U.S. Green Building Council.

The new 630,000 square-foot facility was one of only seven hospitals in the country to receive LEED Gold certification, according to the U.S. Green Building Council’s website.

In October 2011, the Sentara RMH Hahn Medical Building was awarded the LEED Silver certification by the U.S. Green Building Council.

Research has found that viewing natural scenes or elements fosters recovery by evoking positive feelings. In addition, research has shown that surgical patients with views of nature:

• Had shorter post-operative stays
• Returned fewer negative comments to nurses
• Took less pain medication
• Experienced fewer minor post-operative complications

Employees who work in green buildings are generally healthier, more productive, and more satisfied.

Green features of the new Sentara RMH Medical Center include:

• **Healthy indoor air quality.** Sentara RMH selected plants, furnishings and cleaning supplies that produce few, if any, toxic fumes.
• **Energy efficiency.** Sentara RMH is using methane gas, a byproduct of the county landfill, as one energy source for its boilers.
• **Water efficiency.** Sentara RMH has reduced water flow toilets and low flow public restroom faucets.
• **Wetland preservation.** Sentara RMH created storm water runoff ponds and enhanced the existing wetland area to slow excess water and sediment runoff, thus reducing negative impacts to downstream watersheds.
• **Careful waste management.** During construction, 80% of construction waste was recycled or diverted from the local landfill.
The Possibilities...
For Living the Life You Want
The Shenandoah Valley of Virginia is known for its natural beauty, historic roots and relaxed lifestyle. Offering a moderate climate that allows residents to enjoy the best of both summer and winter, the Valley is an ideal place to call home.

There's no place like home
What are you looking for in a home town? Harrisonburg and the surrounding area offer a wide range of housing options, both rural and urban, for you and your family including:
- Traditional, established neighborhoods
- Planned communities
- Urban condominium living
- Country homes
- Small farms
- Historic properties
- Resort living at nearby Massanutten Resort

Neighboring communities, including historic Staunton, Waynesboro and New Market, offer multiple additional housing opportunities.

- Harrisonburg, Virginia, has an area population of nearly 130,000.
- Easy access to Interstates 81, 64 and 66.
- Within one hour of Charlottesville, Va.; within two hours of Richmond, Va., and Washington, D.C.
- Local Shenandoah Valley Regional Airport offers convenient daily commuter flights to and from Washington-Dulles International Airport.
Fun in the Valley

The Shenandoah Valley is nationally-known for its abundance of outdoor recreational opportunities. The Valley and the surrounding mountains are home to Blue Ridge Parkway and Skyline Drive, parts of the Appalachian Trail, George Washington National Forrest, and numerous campgrounds and resorts, including Massanutten and Wintergreen resorts.

Other area attractions:
- Vineyards, wineries and local breweries
- Civil War battlefields
- Caverns
- Court Square Theater (movies, music and live theatrical productions)
- American Shakespeare Center and Blackfriars Playhouse
- Forbes Center for the Performing Arts at James Madison University
- Frontier Culture Museum
- Virginia Horse Center
- Explore More Discovery Museum
Education in the Valley
The Shenandoah Valley has a rich history of educational excellence. Today, the area boasts:

• 8 colleges and universities within 50 miles (2 of which are within the city of Harrisonburg), including James Madison University, Bridgewater College, Eastern Mennonite University and Mary Baldwin University, providing abundant cultural, arts and educational opportunities.

• Regionally ranked public elementary, middle and high schools, where students consistently score at or above state and national averages on achievement tests.

• Several highly rated regional private school options, some more than 100 years old.
The Possibilities... For Finding the Perfect Fit

In the Shenandoah Valley, you can do the work you love, supported by the advanced medical facilities and technology provided by Sentara RMH Medical Center, while also living the life you love. As a physician, you have the option of working in private practice or working directly for Sentara RMH. So whatever your preference, the right opportunity is here for you.

We continue to grow our medical community. For a list of current openings please visit sentara.com/harrisonburg

For more information about physician opportunities in our community, contact:

Stephanie Hutchens, Physician Recruiter
540-564-7126
sxhutche@sentara.com

Web Sites of Interest

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