

MAKING ROUNDS

BOCA RATON REGIONAL HOSPITAL

WINTER 2018



The Marcus Neuroscience Institute: A New Paradigm of Care

PAGE 8



Also in this issue:

Mammograms
Just Got More
Comfortable

PAGE 4

Philanthropic Gifts
Support Hospital
Initiative

PAGE 7

Boca Regional Offers
MRI-Guided Prostate
Biopsies

PAGE 14



Letter from the President

JERRY J. FEDELE

Welcome to our latest edition of *Making Rounds*. In it you will gain insight into the continuing evolution and expansion of our programs, facilities and technology, as well as the quality of care we provide.

Our cover story details the material growth of Boca Regional's Marcus Neuroscience Institute. With the addition of a host of the region's leading specialists in the neurosciences, the advent of a robust research and clinical trials program and a focus on patient-centric care, the Marcus Neuroscience Institute continues to cement its position as the premier nexus of care in South Florida for patients experiencing neurological disease or injury.

You will also read about our dramatic advances in the diagnosis and treatment of prostate cancer as well as a new method to map irregular heart rhythms non-invasively.

Other stories include a look at our new, \$14 million, 37,500 square-foot Gloria Drummond Physical Rehabilitation Institute and the introduction of the next-generation 3D digital mammography — the first in the country.

As always, we provide you with a useful guide to our outpatient facilities and our network of primary care physicians and specialists.

In 2018, Boca Raton Regional Hospital began its second 50 years of service to those who turn to us in time of medical need. Out of our humble beginnings a half century ago, we now provide the most sophisticated and advanced care available in medicine today. Evidence to that claim can be found in the pages that follow.

Sincerely,

Jerry J. Fedele
President & CEO

Boca Regional's Diabetes Education Program Receives American Diabetes Association® Recognition

The Outpatient Diabetes Self-Management Education Program at the Gloria Drummond Physical Rehabilitation Institute has been awarded continued recognition from the American Diabetes Association. The program was first awarded and accredited in 1999.

The staff is dedicated to providing the most comprehensive diabetes program to empower people with diabetes and their families with support and education. Program participants are taught self-care skills that promote better management from knowledgeable health professionals.

"Our Outpatient Diabetes Self-Management Education Program focuses on high-quality education for patient self-care," said Nancy Talio, RN, BSN, CDE, CPT, Director of the Program. "Through the support of our team and increased knowledge and awareness, the patient can assume part of their disease management responsibility. We are proud to have earned this recognition once again."

For more information, call 561.955.2100.



Boca Regional Opens New Physical Rehabilitation Institute

The new, \$14 million Gloria Drummond Physical Rehabilitation Institute has opened at Boca Regional. The 37,500 square-foot facility was created out of a lead gift from Elaine J. Wold and other philanthropic support, and is named after the Hospital's founder, Gloria Drummond. It replaces what was formerly Davis Therapy Centers.

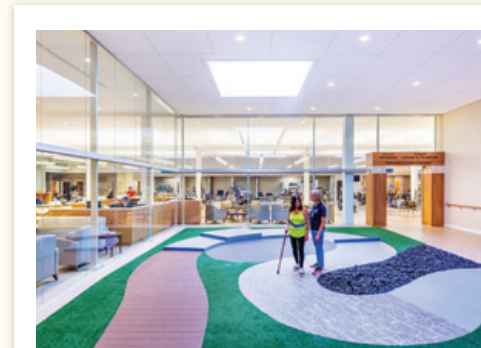
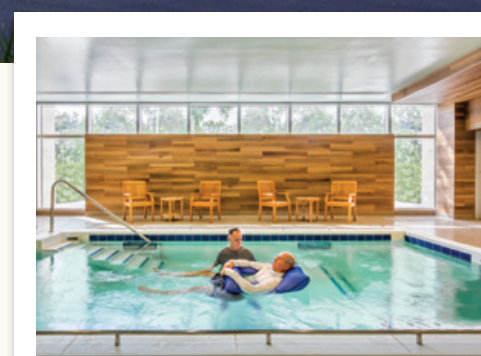
The Institute offers an impressive spectrum of services that includes wound care with three hyperbaric oxygen therapy chambers; an accredited diabetes education and nutrition program; an ostomy care clinic; musculoskeletal physical and occupational therapy; cardiac and pulmonary rehabilitation and, in conjunction with the Hospital's Marcus Neuroscience Institute, a robust neurological rehabilitation program.

The Institute is an important component of Boca Regional's Sports

Medicine Program, which also provides care to athletes at Florida Atlantic and Lynn Universities.

The latest and most advanced physical rehabilitation technology is a strong suit of the Gloria Drummond Physical Rehabilitation Institute. The Institute also now offers an aquatic therapy pool, an anti-gravity treadmill, a computerized speech lab and movement training with functional electrical stimulation.

"Our goal is to return individuals who have been affected by injury or illness to the highest level of well-being and independent function as possible," said Genie Lieberman, Director of the Institute. "Considering the caliber of our staff, equipment and environment, we have the utmost confidence in achieving just that for those who turn to us for care."



For more information on the Gloria Drummond Physical Rehabilitation Institute, call 561.955.2100.



Mammograms Just Got More Comfortable

GE Healthcare has collaborated with Boca Regional to bring a more comfortable mammography system, the Senographe Pristina™, to patients with next-generation 3D digital mammography technology. Boca Raton Regional Hospital is the first installation of Senographe Pristina in the U.S.

"Pristina offers patients a reinvented mammography experience, one that had not significantly changed for the last 40 years," said Kathy Schilling, MD, Medical Director at the Christine E. Lynn Women's Health & Wellness Institute. "After having a mammogram on Pristina, women immediately recognize a pleasant difference: it's a faster and quieter exam with greater comfort and less pain during compression."

Senographe Pristina was designed to completely revolutionize the patient experience to make it more comfortable. The gentle, rounded corners of the image detector help reduce patient discomfort under the

arms. New, comfortable armrests replace conventional handgrips which may cause tensing of the pectoral muscles, making it hard to properly position the tissue. In addition, the redesigned armrest allows women to gently support their arm during the exam in a relaxed position making the exam more appealing.

But what really makes Pristina different, according to Dr. Schilling, is that it allows a woman to actively participate in the level of compression applied to her breasts during the exam. "That's a real game changer," she said.

Additionally, improper positioning has been found to be the cause of poor image quality that can then

require a rescans, and the lack of proper positioning may decrease mammography sensitivity. By improving patient comfort, the technologists can focus on providing the highest quality exam for the radiologist to interpret.

"At GE Healthcare, we are committed to helping bring screening and diagnostic technology to more women," said Agnes Berzsenyi, President and CEO of Women's Health at GE Healthcare. "We know that the key reason women don't go for mammograms is fear of pain. We designed Senographe Pristina to make the experience more comfortable and to lower women's anxiety. Our hope is that a more comfortable experience will help more women get a screening exam and find cancer early when it is most treatable."



For more information or to schedule an appointment, call 561.955.4HER (955.4437).

New Technology to Map Irregular Heart Rhythms Non-Invasively

Boca Regional is the first in Florida and one of only five centers nationally to non-invasively map irregular heartbeats in patients with chronic atrial fibrillation and other arrhythmias who have not responded adequately to medication or prior ablation procedures. The Medtronic CardiInsight™ Noninvasive 3D Mapping System was introduced at Boca Regional by Murray Rosenbaum, MD, Director of Electrophysiology at the Hospital's Christine E. Lynn Heart & Vascular Institute.

The system uses a 252-electrode sensor vest that is worn by the patient to match body surface electrical data with heart anatomy. The non-invasive technology creates 3D electro-anatomic maps of the heart by collecting electrocardiogram (ECG) signals from the chest, and combining these signals with data from a computed tomography (CT) scan of the heart. The vest technology contours to the patient's body and allows for continuous and simultaneous panoramic mapping of both atria or both ventricles non-invasively prior to the procedure. The 3D maps can be created by capturing a single heartbeat and enable rapid mapping of these heart rhythms.

"This non-invasive mapping system has streamlined the clinical planning process for specialists like myself and has made it easy for patients to receive exquisite mapping results right at the bedside," said Dr. Rosenbaum. "The technology allows mapping of certain arrhythmias with high accuracy prior to entering the cath lab so that the entire procedure can be planned before touching the patient."

The Medtronic CardiInsight Noninvasive 3D Mapping System at Boca Regional was made possible through a generous philanthropic gift by Ronald H. and JoAnne Willens.



For more information, call 561.95.LEARN (955.3276).



Boca Regional Offers "Rapid Recovery" Joint Replacement Surgery

Orthopedic surgeons at Boca Raton Regional Hospital are now performing what is termed "rapid recovery" hip and knee joint replacement for select patients. The procedure itself and pre-and post-operative protocols provide significant patient benefits when compared to conventional joint replacement.



JONATHAN COURTNEY, MD

"Rapid recovery joint replacement was developed to facilitate faster recovery and less pain for patients," said Jonathan Courtney, MD, who specializes in joint replacement and sports medicine at Boca Regional. "It really has proven to be extremely beneficial in making us more effective and efficient in the restoration of function following surgery."

According to Dr. Courtney, rapid recovery joint replacement places a premium on a team approach to patient-centered care. "We begin with a pre-operative education class for the patient that informs them of what is ahead and the important role they and their family play throughout the continuum of care."

Rapid recovery joint replacement also features new, multi-modal pain management protocols that utilize local anesthetics, anti-inflammatory medication and both narcotic and non-narcotic therapeutics. "We've found this approach, which is maintained prior to surgery, during the procedure and in recovery, to be quite beneficial in pain management for the patient," said Dr. Courtney.

The procedure itself is minimally invasive and muscle sparing, noted Dr. Courtney; which also lends itself to less post-operative pain and faster recovery.

Another feature of rapid recovery joint replacement is having the patient begin mobilization and physical therapy immediately after surgery. This is followed in most cases by discharge from the Hospital to the comfort of home on post-operative day one or two, supported by home health nursing and additional physical therapy.

"With rapid recovery, patients can often return to normal activities more quickly and with less pain than traditional joint replacement surgery," commented Dr. Courtney. "We're also seeing fewer complications, improved outcomes and importantly, increased patient satisfaction."

For more information or to schedule an appointment, call 561.95.LEARN (955.3276).

Florida Atlantic University Owls Visit Boca Raton Regional Hospital



As part of this year's festivities surrounding the Cheribundi Tart Cherry Boca Raton Bowl, players from Florida Atlantic University visited Boca Raton Regional Hospital's Toppel Family Place. There they met our new moms and dads, saw newborns in the nursery and learned about the maternity unit from our doctors, nurses and staff. Everyone enjoyed our time with the Owls...and 2017 Boca Raton Bowl champs.



\$35 Million in Philanthropic Gifts Support Boca Raton Regional Hospital Initiative

Boca Raton Regional Hospital is poised on the doorstep of a transformative \$260 million capital project and three of its most passionate supporters made historic philanthropic gifts to demonstrate their commitment.

Long-time Boca Regional supporters and donors Stanley and Marilyn Barry, Christine E. Lynn, and Richard and Barbara Schmidt and the Schmidt Family Foundation stepped forward recently with \$35 million in gifts, one of the most profound displays of philanthropy in one day in the 50-year history of the Hospital. The Barrys are gifting \$10 million, Ms. Lynn's gift totals \$15 million, and the Schmidts are making a \$10 million gift.

"These donors are among our most cherished community partners and intimate members of the Boca Regional family, who lead through their commitment of time and expertise as well as philanthropy," said Jerry Fedele, President and CEO of Boca Regional. "They set the pace for others to ensure outstanding, best-in-class healthcare in Boca Raton. We owe them a huge debt of gratitude."

These remarkable expressions of generosity pre-date and herald a major capital campaign set to launch later in 2018 aimed at one of the Hospital's largest initiatives. The planned investments include a new 278,000 square foot addition to the

Hospital, comprised of a seven-story patient tower, an expanded and renovated Surgical Suite, an enhanced and expanded Surgical Intensive Care Unit and Medical Intensive Care Unit, a new Cardiovascular Intensive Care and Stepdown Unit, expanded private patient rooms, a new and inviting patient lobby, as well as a new parking garage and other amenities.

For more information on the Boca Raton Regional Hospital Foundation, call 561.955.4142.

The Whole is greater than the Sum of its parts.

When the Marcus Neuroscience Institute (MNI) at Boca Raton Regional Hospital first opened its doors in October of 2015, it marked the beginning of a major transformation in the manner patients experiencing neurological disease or injury receive treatment in South Florida.

Now, over two years later, the Institute continues to create a new paradigm of care for these individuals through an impressive amalgam of clinical expertise, research, technology and patient-centric care.

Continued on page 11





“Bernie & Billi Marcus and the

Marcus Foundation had high aspirations when they made their lead gift that made the facility possible,” said Frank Vrionis, MD, MPH, PhD, Director of the Institute. “Their vision, as well as that of other supporters, is now being realized in material ways.”

Leading the way is a cadre of 11 specialists in the neurosciences who were recruited to join the faculty of MNI. “We now have three neurosurgeons and eight neurologists who have trained or been on staff at some of the most prestigious institutions in the country such as the Harvard Medical School and Barrow Neurological Institute,” said Dr. Vrionis, who himself joined MNI after serving as Chief of Neurosurgery at the renowned Moffitt Cancer Center.

“This group of physicians brings impeccable credentials, outstanding

experience and superb clinical skills to the Institute and represents exponential growth in the quality and depth of our staff.”

Another area of emphasis at MNI is a burgeoning clinical research initiative between Boca Raton Regional Hospital and Florida Atlantic University’s Charles E. Schmidt College of Medicine and other leading research programs such as those found at Duke University.

A prime example of this is a clinical trial begun in the spring of 2017 that is examining the possible therapeutic role of the immunotoxin MDNA55 in the treatment of recurrent malignant brain tumors. Representing one of 10 collaborative brain tumor studies presently underway at MNI and the Hospital’s Eugene M. & Christine E. Lynn Cancer Institute, MNI serves as the only site in the southeastern United States to be conducting this specific study.

Having the gold standard in neurologic and neurosurgical technology is another hallmark of the Marcus Neuroscience Institute. The facility houses four dedicated operating rooms; one with intraoperative MRI and two with intraoperative CT. Also included are a Flash CT scanner and a Biplane Angiography Suite. Each of these technologies provide for greater precision during surgery, reduced surgical time and enhanced patient safety.

Beneath all these capabilities is an unflagging commitment to make the patient and family experience at MNI the best possible. “It’s not just what you do, but how you do it that makes your services distinctive to those who turn to you in time of great need,” said Dr. Vrionis. “We have a robust series of initiatives through our patient liaison, nurse navigator and nursing staff that are designed to facilitate the care process from first appointment to discharge in a highly effective and efficient manner.”



The facility houses four dedicated operating rooms; one with intraoperative MRI (pictured above) and two with intraoperative CT.

Even the patient rooms at MNI are designed with those thoughts in mind. Each private room is equipped with special monitoring capabilities that provide vital information on both a patient's neurological and cardiovascular function. Additionally, they feature an abundance of natural light and an antechamber where family members can stay during a loved one's hospitalization.

"I'm proud to be leading a team of professionals who are truly dedicated to working together in securing the best medical outcomes and doing it in a manner that treats our patients as a person, not a procedure," commented Dr. Vrionis. "I truly believe we personify the maxim that the whole is greater than the sum of its parts."

For more information on the Marcus Neuroscience Institute or to schedule an appointment, call 561.955.4600.

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- » Center for Neurology
- » Center for Neurorestorative Surgery
- » Harvey Sandler Center for Neurosurgery
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- » Toby & Leon Cooperman Center for Memory Disorders & Alzheimer's Disease

Providing the Gold Standard

Pictured: Shelley and Jeffrey Schachter

While the Marcus Neuroscience Institute places the highest premium on physician expertise, technology and design of the facility, it distinguishes itself by maintaining a similar focus on providing truly patient-centric care.

Jeffrey Schachter and his wife, Shelley, residents of Delray Beach, offer strong testimony to that emphasis.

"During a family vacation to North Carolina my husband began showing strange neurological signs," said Shelley, a speech pathologist by training. "He was having an inability to find words; I thought he had a stroke."

A subsequent brain scan revealed that Jeffrey had three melanomas on the left side of his brain affecting his language function. He was referred to the Marcus Neuroscience Institute for further evaluation. Led by Dr. Frank

Vrionis, Director of the Institute, a team of specialists from the Institute completely removed all three tumors and he is enjoying normal speech function a year later.

"The care I received throughout my entire stay was amazing. From pre-op to the Intensive Care Unit to the Stepdown Unit and beyond, every person I encountered made me feel comforted and cared for," commented Jeffrey. "Dr. Vrionis, along with the nursing team and support staff, were spectacular. The Marcus Neuroscience Institute saved my life."

Having witnessed the physician skill and high level of care offered to her husband, Shelley, who ironically was experiencing difficulties from a herniated disc, decided to seek treatment at the Institute herself.

"Pain management protocols and chiropractor visits were not enough to alleviate the symptoms I was suffering from," said Shelley. "I thought to myself, if Dr. Vrionis could care for my husband in the manner in which he did, then I have the utmost trust in this man to operate on me."

Both husband and wife have made full recoveries.

"At the end of the day, when you go to a hospital you expect good care," said Jeffrey. "What we found at the Marcus Neuroscience Institute was beyond that. We found excellent physicians, outstanding nurses and superb treatment right here in our own community."

Boca Raton Regional Hospital Offers MRI-Guided Prostate Biopsies

The Eugene M. & Christine E. Lynn Cancer Institute is now offering a new method to biopsy suspected prostate tumors by fusing MRI images of the gland with information derived through transrectal ultrasound (TRUS). The procedure provides for a much more efficient and effective manner to localize and determine clinically significant, high-grade tumors in the prostate.

“Specific lesions of the prostate, especially very small ones, cannot always be captured by ultrasound due to its poor resolution,” said David Taub, MD, MBA, FACS, a urologist at the Lynn Cancer Institute who specializes in the treatment of malignancies of the prostate, kidney and bladder.


“Moreover, ultrasound targets the peripheral areas of the gland and can miss a material percentage of cancers located in the front, midline and top portions of it.”

With the MRI/TRUS fusion technique, a patient who has been identified as having elevated PSA (Prostate Specific Antigen) values first undergoes an MRI scan of the prostate, which is much more effective in revealing details in soft tissue. Then, A.J. Lewis, MD, radiologist at Boca Regional who specializes in prostate MRI reviews the scans and identifies suspicious areas.

Later, in an outpatient procedure, as an ultrasound probe is used to examine the prostate, special software

is employed to overlay the MRI images, which in turn provides detailed, 3D views of the gland. These fused images guide the placement of biopsy needles with exquisite precision.

“In the final analysis, MRI/TRUS fusion biopsy is better than conventional approaches in finding tumors we need to treat and allows us to pass on areas that we should not have to worry about,” said Dr. Taub. “This major improvement in our ability to detect and differentiate is what makes this procedure effective.”

 For more information or to schedule an appointment, call **561.95.LEARN (955.3276)**.



Boca Regional Honors Those Who Served on Veterans Day



Boca Regional paid tribute to our employees, volunteers, physicians and friends who are veterans of the U.S. Armed Services at the fifth annual Veterans Day ceremony held on November 10, 2017. Hospital members, community and veterans' group leaders were in attendance to show their gratitude and respect to our honored veterans.




When It Comes to Treating Prostate Cancer, This is a Time Machine

It's the Accuray CyberKnife® M6™ System. And for men with prostate cancer, it's a time machine. That's because it can reduce the amount of time needed for radiation therapy of the prostate from nine weeks to one.

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The CyberKnife M6. It's surgery without a knife...a game changer in radiation therapy. There are less than 20 in the entire country. One of them is at the Lynn Cancer Institute at Boca Raton Regional Hospital.

 For more information or to schedule an appointment, call **561.955.4000**.



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Cheryl Moss-Mellman, MD
Breast Health

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BocaCare® – Specialty Care is composed of only the highest-qualified physician specialists in their fields. These physicians support the Hospital’s Centers of Excellence, along with other key areas of medicine important to our patient population.

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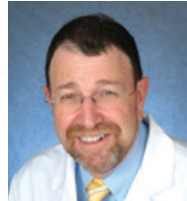
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CANCER GENETICS

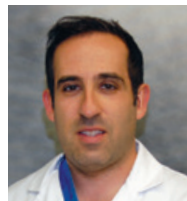


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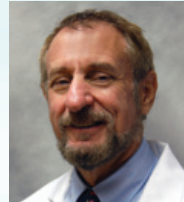
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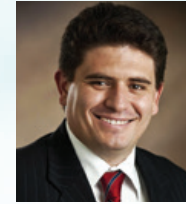
NEUROSCIENCES



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UROLOGY



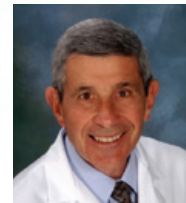
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VASCULAR & ENDOVASCULAR SURGERY









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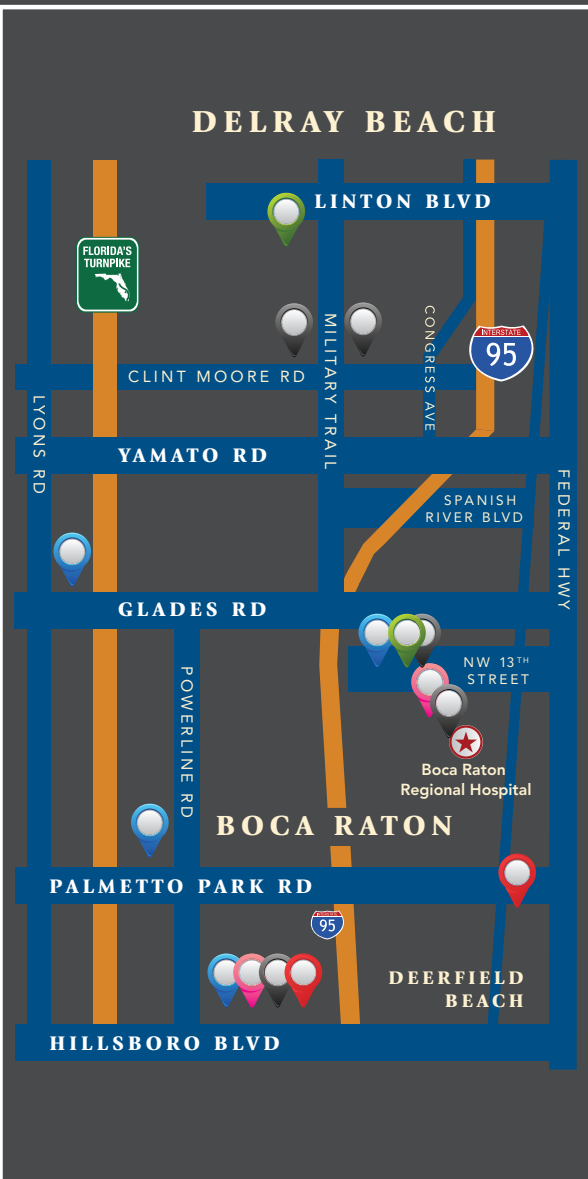


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Orthopedic Institute

AT BOCA RATON REGIONAL HOSPITAL

Boca Raton Regional Hospital's Orthopedic Institute offers the most sophisticated and innovative care in a variety of sub-specialties, including arthritis treatment, hip and knee replacement, spinal surgery, shoulder surgery and sports medicine. The dedicated team of physicians, nurses, physical therapists and other healthcare professionals is focused on improving the lives of patients by alleviating pain, promoting speedy recoveries and returning patients to a state of independence.

The Orthopedic Institute provides state-of-the-art total knee replacement and minimally invasive surgical techniques like anterior hip replacement, which provides patients with a faster recovery,

less pain and enhanced mobility. The Institute specializes in hip arthroscopy, a surgical procedure that gives doctors a clear view of the inside of a hip joint to better diagnose and treat hip problems.

Its advanced preoperative navigation system gives surgeons added precision in the operating room. Pain management protocols and a team approach to care are considered best practices in the field. All in an orthopedic unit that features private rooms with patient amenities such as flat-screen TVs and WiFi.

 For additional information, visit brrh.com/orthopedics.



Deerfield Outpatient Center and Urgent Care Centers

Access to the high quality of medical care synonymous with Boca Raton Regional Hospital just got easier for residents of Broward County. At Boca Regional's Outpatient Center – Deerfield, patients receive specialized treatment in orthopedics, primary care, women's health, imaging and urgent care.

The beautiful 25,000 square-foot facility is located at 3313 W Hillsboro Boulevard in Deerfield Beach, convenient to residents of Deerfield and Parkland. In addition to all of the onsite services available, the Center also links patients to the nationally-

recognized programs at Boca Regional should they have a condition that requires hospital-based care.


When non-emergency medical attention is required, the Urgent Care center located inside the facility is prepared to handle everything from coughs, colds and other minor ailments to laceration repair/stitches, wound care and partial casting/splinting.

"Our Hospital is enthused about the opportunity to extend our services to the residents of north Broward County in this manner," said Jerry Fedele, President and CEO of Boca Raton Regional Hospital.




"We are most confident they will find the Outpatient and Urgent Care Center an attractive setting in which to receive the finest care possible."

Boca Raton Regional Hospital has also expanded its urgent care services to downtown Boca Raton, located at 10 E Palmetto Park Road, Boca Raton, FL 33432.

 For additional information on Boca Raton Regional Hospital's Urgent Care visit BRRH.com/urgentcare or call **833.5URGENT (833.587.4368)**.

Access to Premier Imaging Services

	 BOCA RATON REGIONAL HOSPITAL IMAGING SERVICES	Boca Raton Regional Hospital 800 Meadows Road Boca Raton	Boca Clinic 1601 Clint Moore Rd. Suite 140, Boca Raton	Clint Moore 1905 Clint Moore Rd. Suite 114, Boca Raton	Boca Raton Regional Hospital Outpatient Center – Deerfield 3313 W Hillsboro Blvd. Deerfield Beach	Lynn Cancer Institute Sandler Pavilion 701 NW 13th Street Boca Raton	Lynn Women's Health & Wellness Institute The Schmidt Family Center for Breast Care 690 Meadows Road Boca Raton
CT	✓	✓	✓	✓	✓	✓	
Flash CT	✓						
64-Slice CT	✓		✓				
MRI	✓	✓	✓	✓	✓	✓	✓
3T MRI	✓					✓	✓
SPECT/CT						✓	
Nuclear Medicine	✓					✓	
PET/CT Scan						✓	
Ultrasound	✓	✓	✓	✓	✓	✓	✓
Digital X-ray	✓	✓	✓	✓	✓	✓	✓
Interventional Radiology	✓						✓
Breast MRI/PEM							✓
Digital Mammography				✓	✓		✓
Molecular Breast Imaging							✓
Tomosynthesis (3D)					✓		✓
Senographe Pristina™					✓		✓
Bone Densitometry					✓		✓
Contrast Enhanced Spectral Mammography (CESM)							✓
Lab Services	✓	✓	✓	✓			

To schedule an exam, call 561.955.4700.

MAKING ROUNDS

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TO:

 LIKE US   @BOCAREGIONAL

Boca Regional Again Garneres Top-Ranked Regional Hospital Award

Boca Raton Regional Hospital has again been cited as a top-ranked regional hospital in *U.S. News & World Report's* 2017–2018 annual review of its Best Hospitals. The Hospital is currently ranked 16th out of approximately 300 hospitals in Florida and 6th in the Miami-Fort Lauderdale metro area, making it the highest ranked hospital in Palm Beach County.

U.S. News & World Report also rated Boca Regional a high-performing hospital in chronic obstructive pulmonary disease (COPD), colon cancer surgery, heart failure and lung cancer surgery.



For a complete list of our accolades visit brrh.com/accolades.