

central line

For the employees and clinicians of UC Health / January 2018



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Project administrator brings right people to the table

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New clinic involves patients in care, decisions

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Brain injury survivor back to work

Special "Beat Xavier" blankets were delivered to "Baby Bearcats" born at UC Medical Center and West Chester Hospital in advance of the annual Cross-town Shootout basketball game in December. The UC Bearcat and several UC cheerleaders stopped by UC Medical Center to hand-deliver blankets and show their UC pride.

New Year, New Beginnings



“What we have to offer to the patients we serve is unmatched.”

Colleagues,

For many, the new year brings new beginnings and second chances. For Kourtney Hurst, featured on page five of this edition of *Central Line*, the new year is especially meaningful.

On Jan. 11, Hurst marked the one-year anniversary of an accident that nearly took her life by visiting the team she credits for saving her.

If not for the skill of UC Health’s trauma team and neurosurgeons, Hurst’s story could have been a different one.

I’m reminded daily of the important role we play across our region. What we have to offer to the patients we serve is unmatched. I’m extremely proud of who we are, and especially proud to call each of you a colleague.

I wish you all the very best that 2018 has to offer.

Sincerely,

A handwritten signature in black ink that reads "Richard P. Lofgren".

Richard P. Lofgren, MD
UC Health President & CEO

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OUR PURPOSE

To advance healing and reduce suffering.

OUR MISSION

We are committed to advancing medicine and improving the health of all people—regardless of race, ethnicity, geography or ability to pay—by fostering groundbreaking medical research and education, delivering outstanding primary and specialty care services, and building a diverse workforce.

OUR VISION

To use the *power of academic medicine* to advance the science of discovery and transform the delivery of care.

OUR VALUES

PRIIDE: We will serve our patients, our community and one another by:

Putting PATIENTS and families first.
Showing RESPECT.
Acting with INTEGRITY.
Embracing INCLUSION.
Seeking DISCOVERY.
Offering EMPATHY.

Central Line is a monthly publication for employees and clinicians of UC Health. It is produced by UC Health Marketing & Communications. Send your comments and ideas to central-line@uchealth.com.

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Building Teams

Project administrator brings right people to the table

Polly Elmlinger / Project Administrator / Information Systems and Technology

BY DAMA EWBANK

AFTER NEARLY TWO DECADES as a UC Health team member, it took Polly Elmlinger only three short years away from UC Health to realize she needed to get back to her former colleagues.

"When I left I realized I was missing out on something, and when I had the opportunity to come back I jumped at it," says Elmlinger.

Now project administrator for Information Systems and Technology (IS&T), Elmlinger is charged with bringing operations and technical teams together to ensure projects needing IS&T support are ready to go.

Since her return to UC Health, Elmlinger has led the IS&T project teams for the launch of maternity services at West Chester Hospital, and for the 2017 Epic upgrade. She's now leading the team

"I see every day how dedicated the people are in this organization. They want to do the right thing. I'm proud to be a part of that."

preparing for the opening of the UC Gardner Neuroscience Institute building.

A mother of five, Elmlinger's project management skills come in quite handy at home, and she also puts her team-building skills to the test each year as a captain for one of UC Health's Heart Mini teams.

"It makes me proud to wear that UC Health T-shirt and I enjoy going around and encouraging people to participate," says Elmlinger.

Despite being one-step removed from patient care, Elmlinger understands what a difference she can make for patients and colleagues.

"I see every day how dedicated the people are in this organization and want to do the right thing. I'm proud to be part of that." •



Bonus video at uchealth.com/central-line

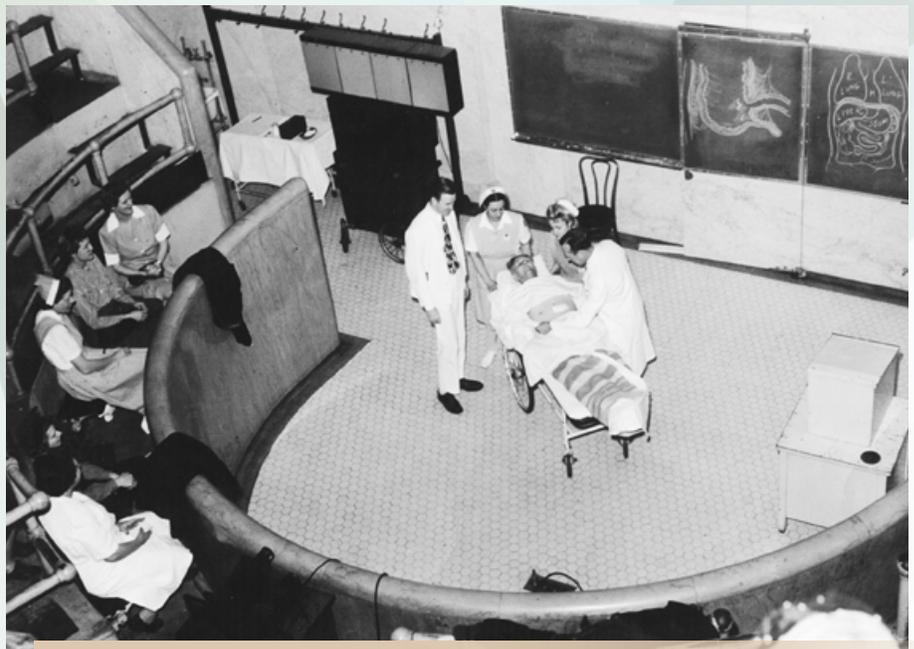
OUR ROOTS

Standing the Test of Time

IN 1915, CHRISTIAN R. HOLMES, MD, dean of UC's College of Medicine, set out to create a Cincinnati medical center based on what was then the new Johns Hopkins University model: a teaching hospital where the university and hospital worked together to serve the community and teach new surgeons.

The result was the Cincinnati General Hospital (now UC Medical Center), a pavilion-style facility that contained four separate surgical wards designed to prevent the spread of disease throughout the hospital. At the pavilion's center—literally and figuratively—was the Surgical Institute, which included four operating rooms and the surgical amphitheater.

Surgical amphitheaters once played a



The Surgical Amphitheater, pictured during its early years of training and education.

key role in the training and education of surgeons. Residents frequently gathered in these naturally-lit rotundas to watch leading surgeons perfect surgical procedures.

UC's surgical amphitheater—among the last to be built in the U.S.—is one of only a handful of surgical amphithe-

aters remaining. In 2005, following a five-year, \$250,000 restoration project, it was re-dedicated. It has since served its traditional role—a space for surgical education. •

Content adapted from a web posting by UC Academic Health Center Public Relations and Communications.

Safe & Well

IMPROVE YOUR FINANCIAL WELLNESS IN 2018

IT'S IMPORTANT TO BE PREPARED for retirement, but you should also feel confident managing your finances while still actively employed.

A recent PricewaterhouseCooper's survey found that:

- **52 percent** of workers are stressed about their finances
- **64 percent** of millennials said they are stressed about their finances
- **46 percent** of workers spend three or more hours during the workweek dealing with or thinking about financial issues
- **Finance-related stress** has increased for 45 percent of respondents over the last 12 months.

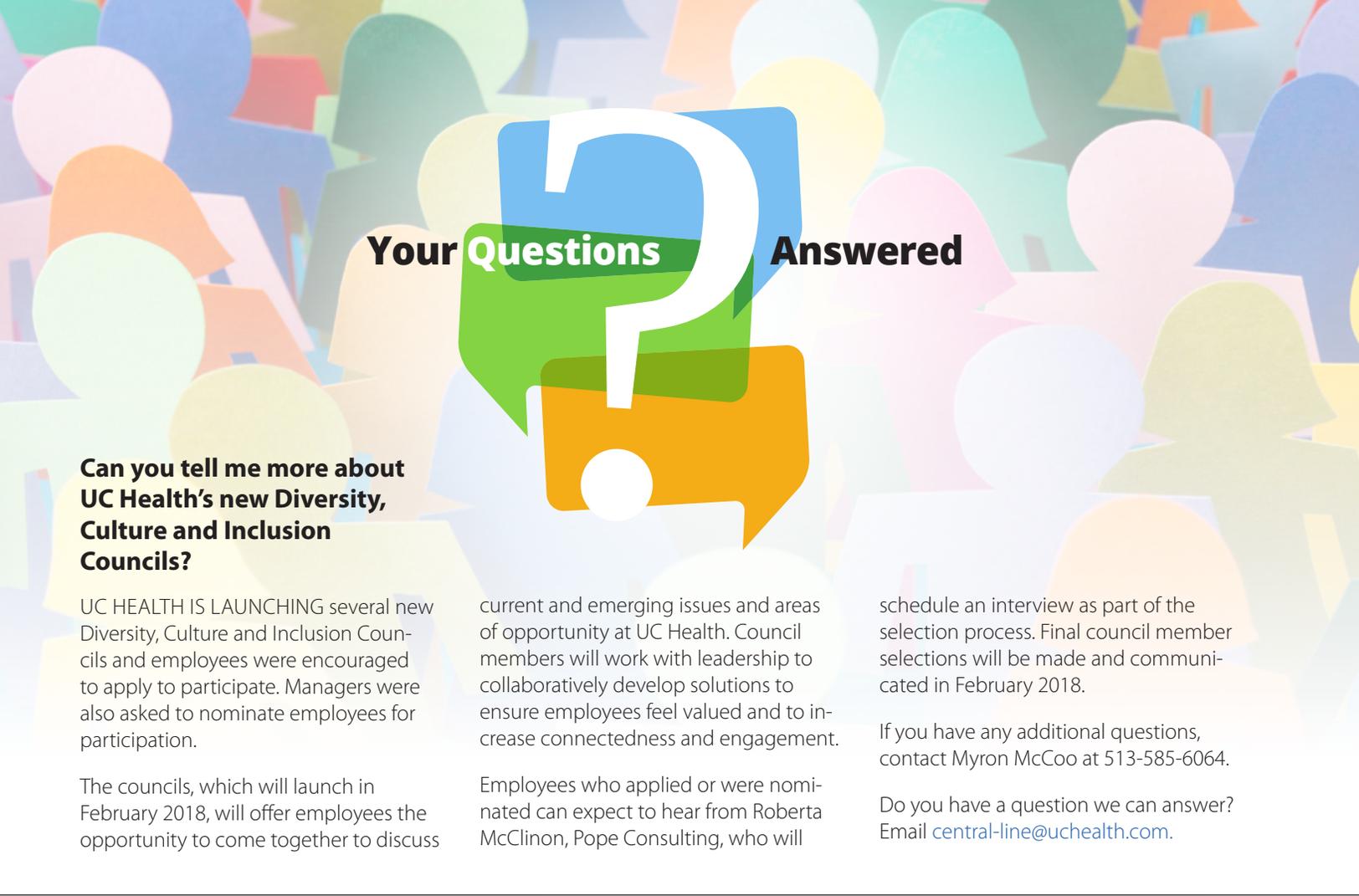


UC Health is committed to providing employees with opportunities to improve financial wellness. Here are just a few things available to you:

- Money-saving **discounts and offers** (Visit the "Discounts" page on the UC Health Intranet)
- Tuition assistance
- Financial **webinars**, hosted monthly by our 401(k) administrator Principal Financial (Visit principal.com/LearnNowOnDemand)
- **Presentations and/or one-on-one meetings** with UBS (financial planning services)

If you are close to retirement age, the Social Security website is also a great resource for information. Visit www.socialsecurity.gov

To learn more about programs available to UC Health employees, contact the UC Health benefits team (513-585-MYHR) to schedule a consultation. •



Your Questions Answered

Can you tell me more about UC Health's new Diversity, Culture and Inclusion Councils?

UC HEALTH IS LAUNCHING several new Diversity, Culture and Inclusion Councils and employees were encouraged to apply to participate. Managers were also asked to nominate employees for participation.

The councils, which will launch in February 2018, will offer employees the opportunity to come together to discuss

current and emerging issues and areas of opportunity at UC Health. Council members will work with leadership to collaboratively develop solutions to ensure employees feel valued and to increase connectedness and engagement.

Employees who applied or were nominated can expect to hear from Roberta McClinton, Pope Consulting, who will

schedule an interview as part of the selection process. Final council member selections will be made and communicated in February 2018.

If you have any additional questions, contact Myron McCoo at 513-585-6064.

Do you have a question we can answer? Email central-line@uchealth.com.

COMPLIANCE CORNER: 2017 Compliance and Ethics Survey Results

THE RESULTS ARE IN from UC Health's 2017 Compliance and Ethics Survey. Nearly 3,800 providers and employees completed the survey. Compared to the 2016 survey, the results for every question saw positive improvement, with the exception of the question regarding personally observing misconduct, which rose by 1 percent to 18 percent. Overall, the results show exciting momentum at UC Health. Some highlights:

Almost 85 percent of respondents either "Agree" or "Strongly Agree" that UC Health is an ethical organization.

80 percent of respondents "Agree" or "Strongly Agree" that their supervisor is ethical.

The survey helps identify opportunities for improvement for the Compliance Department and UC Health. For example, last year approximately 75 percent of respondents "Agreed" or "Strongly Agreed" that they knew how to contact the Compliance Department with compliance or ethics concerns. The Compliance Department wanted to increase this percentage in 2017 and added communications regarding reporting methods. This year, the number increased to over 83 percent. For the remaining 17 percent of respondents, please know that you can report compliance or ethics concerns to your supervisor, any member of management, human resources or by

contacting the Compliance Department directly. Employees can also anonymously call the Compliance HelpLine at 1-866-585-8030 or report anonymously through the Compliance Reporting Form on the UC Health Intranet homepage.

This year 68 percent of respondents "Agree" or "Strongly Agree" they can report a compliance or ethics concern without fear of retaliation. While this is an increase from last year's 63 percent, there is still room for improvement. Please remember that UC Health has a policy prohibiting retaliation against those who report compliance concerns in good faith. If you feel you have been retaliated against for reporting a compliance or ethics issue, please contact human resources or the Compliance Department. The No Retaliation policy can be found on the UC Health Intranet under Policies > Corporate Policies > Human Resources – Employee Relations.

Thank you to everyone who completed the survey. The responses are vitally important to the development and success of the compliance program at UC Health. If you have questions about the survey results, please contact the Compliance Department at 513-585-7224 or compliance@uchealth.com. ●

This article was written by staff within UC Health's Compliance Department.

Choice in Healthcare

Multidisciplinary clinic offers education and options

BY KATIE PENCE

For the most part, having many choices is a good thing. In healthcare, however, “doctor knows best” is oftentimes the accepted standard, limiting choices for patients and their families.

Because of this, a multidisciplinary team has come together to better involve patients in their care. The team—specifically focused on patients with prostate cancer—will help with decision-making about the multiple treatment options often available following a prostate cancer diagnosis.

UC Cancer Institute physicians Abhinav Sidana, MD (urology), Timothy Struve, MD (radiation oncology), and Sadhna Verma, MD (radiology), meet as a team each Friday to review each patient’s case immediately before they are seen in the UC Health Barrett Cancer Center. Sidana and Struve then meet with each patient for an hour, splitting the time to discuss both surgical and radiotherapy options, while also answering questions to help the patient come to a decision about his treatment plan.

Sidana says this model is the first-of-its-kind locally.

“Prostate cancer—while the most common cancer in men in the United States after skin cancer—is a slow-growing cancer,” Sidana says. “Most men with prostate cancer are older than 65 and do not die from the disease; it is not like other cancers where there is an urgency to remove or treat the cancer, and in some cases, active surveillance is all that is needed for an extended amount of time. Since someone could live 20 to 30 years after their diagnosis, we want



Timothy Struve, MD, Sadhna Verma, MD and Abhinav Sidana, MD.

them to be able to weigh all of their options before either jumping into surgery or radiation without realizing that there were other choices available.”

Verma’s expertise, Sidana adds, helps the team to provide patients with a comprehensive look at their cancer and their treatment options.

“Dr. Verma is known internationally as a leader in multi-parametric magnetic resonance imaging scans for cancer detection and MRI as a guidance tool for prostate biopsies,” Sidana adds. “These tools can help physicians decide whether to remove or spare delicate neurovascular bundles that surround the prostate gland. Our team reviews the patient’s clinical history, images and histology to determine the eligibility for certain treatments. We ultimately let the patient make that decision and help them weigh the pros and cons of each option. However, there are clinical trials and other ‘outside of the box’ treatment options

as well—we want them to know about them all.”

Sidana says focal therapy, an emerging treatment for targeted, localized prostate cancer (similar to a lumpectomy in breast cancer), is also being offered as a treatment option.

“We plan to add a pathologist and medical oncologist to our team,” Sidana says. “We are excited to be offering this unique clinic locally to serve as a portal for giving patients control over their care plans and making the best decision for their lifestyles.” ●

APPOINTMENTS AT THE MULTIDISCIPLINARY PROSTATE CANCER CLINIC CAN BE SCHEDULED BY CALLING 513-475-8787.

Top-Notch Care



Top: Kourtney Hurst with neurosurgeon Laura Ngwenya, MD, PhD.

Above: Hurst with Cynthia Willis, health unit coordinator for the Neuroscience Intensive Care Unit (NSICU). Willis would sing to Hurst during her stay in the NSICU.

Young woman celebrates life after accident nearly took hers

BY DAMA EWBANK

KOURTNEY HURST HAD BARELY come down from the high of her October 2016 wedding when a tragic accident robbed her of all memories of the event.

Hurst hit black ice while driving to work the morning of Jan. 11, 2017. When she awoke at UC Medical Center days later, she learned just how severe her injuries were.

Hurst had brain surgery for a subdural hematoma and had a broken neck and clavicle, a leg fracture, multiple facial fractures, punctured lungs and dissected carotid arteries.

Active, hard-working and an avid hunter and fisher, Hurst was now faced with

learning to walk and eat again. She'd also have to learn how to function with a brain injury, which can cause personality and eating disorders.

"We are blessed to wake up every morning."

Determined as ever to overcome, Hurst took her first steps before leaving UC Medical Center, and even made a point after her release to get back into the mangled truck to, as she put it, "show it who was boss."

"Being in the medical profession, I can tell you that I received top-notch care,"

Hurst said. "My nurses and physicians at UC Health were phenomenal."

Six months after the accident that nearly took her life, Hurst went back to work full time, and a year later, she returned to UC Medical Center to thank the staff and clinicians who saved her life.

She and her husband, Brandon, are now expecting their first child.

"Since my accident, I've really learned the value and importance of life, and understand that we are blessed to wake up every morning," Hurst said. ●



Bonus video at uhealth.com/central-line

Clinical Trial Spotlight: Larynx Cancer

Do you have larynx (voice box) cancer? Will you undergo chemotherapy and radiation?

What: The purpose of this research study is to test the safety and the benefit of adding Pembrolizumab to treatment that you will already be getting for your cancer. You will be offered “standard of care” treatment whether you participate in this study or not.

Who: Patients 18 and older who have larynx cancer and are receiving radiation and chemotherapy may be eligible to participate.

Pay: Participants will not be paid for taking part in this study.

Details: For more information, contact the UC Cancer Institute at kastla@ucmail.uc.edu or 513-584-7698.

Awards, Certifications and Recognitions

West Chester Hospital has received certification from The Joint Commission as a **Primary Stroke Center**. This special designation includes The Joint Commission’s Gold Seal of Approval® for Advanced Certification for Primary Stroke Centers. Receiving the Gold Seal of Approval® emphasizes West Chester Hospital’s commitment to providing the greatest level of patient care by adhering to a higher standard of service for stroke patients.

Several from UC Health and the University of Cincinnati are listed as finalists for the *Cincinnati Business Courier’s* 2018 **Health Care Heroes** awards. They include: Amy Bunker, PhD, Dustin Calhoun, MD, David Feldman, MD, PhD, Neil MacKinnon, PhD, Robert Neel, MD, Shimul Shah, MD, and E. Steve Woodle, MD. Winners will be named in February 2018.

The UC Health George L. Strike Bone Marrow Transplant Center has received accreditation from the **Foundation for the Accreditation of Cellular Therapy** (FACT) for both adult autologous and allogenic stem cell therapy. The accreditation is effective for three years and began Dec. 21, 2017. FACT is an internationally recognized accrediting body for hospitals and medical institutions offering therapies that use stem cells for bone marrow transplants and immunotherapy. FACT accreditation signifies that our program has met the most rigorous standards in all aspects of stem cell therapy.

The American College of Surgeons (ACS) Committee on Trauma has re-verified West Chester Hospital as a **Level III Trauma Center**. The re-verification comes after a rigorous on-site review, which was conducted by the ACS Committee in November 2017. West Chester Hospital was first verified as a Level III Trauma Center in 2015.



New Number

UC Health employees with questions about benefits should now call 513-585-MYHR (6947) to speak with a benefits specialists. This new number is now active.



FEATURED POST

THE CINCINNATI OPERA and Young Professional Choral Collective of Cincinnati visited Bridgeway Pointe, UC Health’s assisted living facility, to spread holiday cheer. The groups performed holiday carols for Bridgeway Pointe residents, their families and employees from Bridgeway Pointe and Daniel Drake Center for Post-Acute Care.

Be sure to follow UC Health on Facebook, Twitter and Instagram, where we curate content for you to like and share.

Facebook: UCHealthCincinnati

Twitter: @UC_Health

Instagram: UC_Health

Improving the Health of our Community 'The UC Health Way'

ENGAGING WITH PARTNERS to drive positive change in our community is critical to the success of UC Health's "Community Health" strategy. This winter, we partnered with Upspring, located in Hamilton County, and Big Brothers Big Sisters of Butler County, to collect and distribute new winter apparel. UC Health employees collected and donated nearly 130 winter apparel items, including 79 coats.



New UC Health Physicians



LATOYA BRATHWAITE, MD
Nephrology



SAMEER PATEL, MD
Surgical Oncology
(GI malignancies/Melanoma)



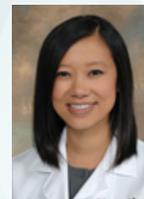
LORI STOLZ, MD
Emergency Medicine
(Ultrasound)



TONYA DIXON, MD
Orthopaedics & Sports
Medicine (Foot & Ankle)



ARTEMIS PETRIDES, MD
Radiology



ALICE TANG, MD
Otolaryngology
(Head & Neck Cancer)



ANISIYA DOYTCHINOVA,
MD, Cardiology
(Cardiac Imaging)



ABHINAV SIDANA, MD
Urology



MARIO ZUCCARELLO, MD
Neurosurgery
(Neurovascular)



ABIGAIL NYE, MD
Primary Care (Family
Medicine)

.....
For more information about each new physician, including practice location and scheduling information, search by last name at uhealth.com.



Targeted Treatment Could Prevent Spread of Pancreatic Cancer, Heart Damage

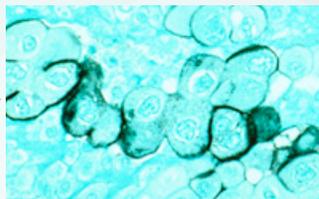
RESEARCHERS AT THE UC COLLEGE OF MEDICINE have shown that a new targeted treatment could benefit patients with certain pancreatic tumors by preventing spread of the cancer and protecting their hearts from damage resulting from the tumor.

These findings, reported in the November 2017 issue of *Molecular Cancer Therapeutics*, could lead to another targeted treatment for patients and prevent the onset of additional complications from their cancer.

Higher levels of serotonin, among other tumor secretions, can cause injury to the valves of the heart over time, leading to cardiac impairment—a condition referred to as cardiac carcinoid disease—in these patients.

“Pancreatic neuroendocrine tumors—pancreatic NETs, pNETs or islet cell tumors—are tumors that form from the abnormal growth of neuroendocrine cells in the pancreas,” says lead author Hala Elnakat Thomas, PhD, research assistant professor in the UC Division of Hematology Oncology, Department of Internal Medicine, and member of the Cincinnati Cancer Center and UC Cancer Institute. “Most pancreatic NETs are functional, meaning they produce hormones. The overproduction of certain hormones results in a number of symptoms termed carcinoid disease which may impact the patients’ quality of life if not managed appropriately.”

She says mutations in key players of the mTOR pathway, a molecular pathway present and active in several types of cancer, have been identified in pNETs.



Pancreatic cancer cells.

“Inhibiting mTOR signaling using everolimus, a targeted therapy known as a rapalog, for patients with lung and gastroenteropancreatic NETs, has been approved by the FDA. A rapalog inhibits the mTOR protein by preventing it from activating some signals,” she says. “However, patients eventually experience progression of cancer on this treatment, highlighting the need for additional therapies. In this study, we focused on pancreatic NETs (pNETs) and thought that treatment of these tumors upon progression on rapalog therapy, with an mTOR kinase inhibitor (mTORKi), could overcome a number of resistance mechanisms in tumors and delay cardiac carcinoid disease.”

Elnakat Thomas’ team partnered with UC Heart, Lung and Vascular Institute researchers to perform preclinical studies to determine tumor progression and cardiac function in those treated with a rapalog alone or switched to the mTORKi (CC-223) when cancer progression was noticed.

They found that it is possible to reduce disease progression when switching to an mTORKi and that the mTORKi also may lead to additional cardiac benefit, results that warrant further study.

Content provided by UC Academic Health Center Public Relations and Communications.

JOIN THE HEART MINI 2018

TEAMS ARE STILL FORMING for the March 18, 2018, American Heart Association Heart Mini. Join UC Health and the University of Cincinnati in our effort to raise funds and awareness to fight heart disease and stroke.

Visit heartmini.org and search for UC Health or University of Cincinnati in the company listing to join a team. You can also register using payroll deduction at surveymonkey.com/r/UCHEALTHREG18.



Locally Sponsored by



Mark your calendars:

Remaining Fleet Feet Shoe Sales

Cash, credit and payroll deduction accepted. Ten percent of all proceeds benefit our campaign.

Jan. 23, West Chester Hospital (Cafeteria)

Jan. 25, Business Center (Lobby)

Bunco Night Fundraiser

Purchase tickets (\$25 each) in the West Chester Hospital Gift Shop.

6 to 9 p.m., Friday, Jan. 19, West Chester Hospital Plaza Conf. Room (A Level)

On-site Registration Event at Findlay Market Pop-up

11 a.m. to 1 p.m., Thursday, Jan. 25
UC CARE/Crawley Building Atrium

Campaign Fundraiser at Kendra Scott

Twenty percent of proceeds benefit our campaign.

5 to 8 p.m., Thursday, Feb. 1, Kendra Scott jewelry shop at Kenwood Town Centre

Heart Month Kickoff and Wear Red Day Events

Thursday, Feb. 1, and Friday, Feb. 2
To the extent our uniform policies allow, wear red and watch out for opportunities for site/team photos.

Deadlines

Feb. 14: Deadline to register to receive race packet at UC Health work location

Feb. 23: Deadline to register before prices increase

SNAPSHOT

UC Health Giving Back

UC Health is an active supporter of a number of events and community health initiatives across the region, and many of our employees step up as volunteers to help out, share information and provide health screenings. And sometimes our community partners and legislators come to us! Here's a peek at some recent activity.

WOULD YOU LIKE TO BECOME A UC HEALTH VOLUNTEER AMBASSADOR

and learn about opportunities for representing UC Health in the communities we serve? Email Dan Maxwell at ambassador@uchealth.com.

COMING UP

Mobile Mammography Screening

Wednesday, Jan 24

UC Health Primary Care—Milford

For appointments or financial assistance, call 513-584-PINK (7465).

Quarterly Leadership Meeting

Thursday, Feb. 8, 8 a.m. and 1 p.m.

Sharonville Convention Center

Heart Mini 2018

Sunday, March 18

Multiple events. Register at heartmini.org



Santa Claus arrived by helicopter in December to spread holiday cheer to babies, families and staff at the UC Medical Center Neonatal Intensive Care Unit (NICU). Photos courtesy of JayKnip Photography Studios.

central line

For the employees and clinicians of UC Health / January 2018

Discounts and Offers >>

UC Health is the official healthcare partner of the Cincinnati Cyclones, providing medical support to the team's athletes. UC Health employees can take advantage of discounted tickets for all remaining Cyclones games.

Visit uc-health.usbankarena.com to view the schedule of games, see special events and purchase tickets at up to 20 percent off regular prices.

