

MAY 2014



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Coordination Key in Surgical Planning Center for Perioperative Care ready to assist

A successful surgery—whether a minor outpatient visit or a complex procedure—requires the coordination of many moving parts. This is especially true for patients with more medical problems.

The UC Health Center for Perioperative Care (CPC) is a key part of that process, providing pre-surgical evaluation, access to perioperative medical expertise, coordination of care and education to patients at University of Cincinnati Medical Center.

“From healthy patients undergoing minor surgery to patients with very complex medical histories undergoing major surgery, the CPC tailors perioperative care to the individual needs of patients,” says Sean Josephs, MD, CPC medical director.

Prior to the day of surgery the CPC staff also reconcile medications, perform nursing histories and complete mandatory perioperative documentation, thus saving valuable time on the day of surgery. Each CPC patient

receives an individualized care plan with information on preventing or minimizing complications and reducing postoperative pain—both of which can lead to a faster recovery.

“By teaching patients what to expect before, during and after surgery, we can help reduce any anxiety and stress that they may have,” says Rowena David, RN, director of operative services at UC Health.

“Our goal at the CPC is to make our patients’ surgical experience as smooth as possible,” says Josephs. “By completing the evaluation and documentation process prior to the day of surgery, we have been able to prevent delays, cancellations, and most importantly, perioperative complications.”

Providers referring a patient to the CPC can request from several types of visits or screenings, including a phone screening, RN evaluation, history and physical by a nurse practitioner or physician’s assistant, or anesthesiology consult by a nurse practitioner or physician’s assistant. •

“Our goal ... is to make our patients’ surgical experience as smooth as possible.”

*Sean Josephs, MD
Medical Director,
UC Health Center for
Perioperative Care*

>> APPOINTMENTS & REFERRALS

To refer a patient for a CPC pre-surgical evaluation, call 513-584-3094.

Comprehensive perioperative care management includes:

- Review of current medications and patient education regarding use before and after surgery.
- Completion of all necessary lab work prior to surgery.
- Completion of all necessary perioperative documentation prior to surgery.
- Consultation and education about anesthesia during surgery.
- Medical evaluation, history and physical, and assessment of medical stability and/or risk.
- Determination of the need for any additional tests that need to be completed prior to surgery.
- Coordination of care, including scheduling and follow-up testing and subspecialty consultations.



Nurses Should Take Time to Reflect on Their Impact

COLLEAGUES,
Health care is an ever-evolving landscape that we cannot let ourselves get lost in, and we especially cannot lose



sight of the most important reasons we come to work every day: Our Patients.

The month of May is a very special time of year for all of us to reflect on all the great care that we provide to our community. Care that University of Cincinnati Medical Center has provided since 1823.

May 6 began a national week-long celebration of nurses. This special week, promoted by the American Nurses Association since 1896, was created to highlight the countless contributions that nurses make to the sick and injured.

National Nurses Week ends each year on May 12—commemorating the

birthdate of nurse Florence Nightingale. And it just so happens that May 11 marks the start of National Hospital Week, which, through the American Hospital Association, celebrates the “history, technology and dedicated professionals that make our facilities beacons of confidence and care.”

For me, both Nurses Week and Hospital Week represent a time to reflect upon the reasons why I chose a career in nursing. But this year, I would challenge each of you to take it one step further and spend some time reflecting on your own impact.

Take time this month to appreciate the care that you provide, even though it may often go unnoticed with little to no thanks from those who benefit. Please also take some time to appreciate your fellow associates ... those who work side-by-side with you to meet the mission of UC Health to provide life-changing, patient-centered care.

Hospital Week and Nurses Week are ideal times to recognize the professionalism and enduring compassion that each of you bring to work everyday.

UC Health and all of its service sites will continue to grow and adapt to changing times and the needs of our community. Tomorrow may be unlike today, but our associates—strong, caring and confident—will remain a continual source of pride for me and for those who receive our care.

I offer my heartfelt appreciation for the wonderful services that all of you provide each day. I wish you happy and well-deserved Hospital and Nurses weeks.

JENNIFER JACKSON
Chief Nursing Officer and
Vice President of Patient
Care Services
University of Cincinnati
Medical Center

Jennifer Jackson

Connected

Connected is a monthly publication for clinicians and associates of UC Health. Send your comments and ideas to CorporatePR & Marketing @uhealth.com.

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UC HEALTH MISSION

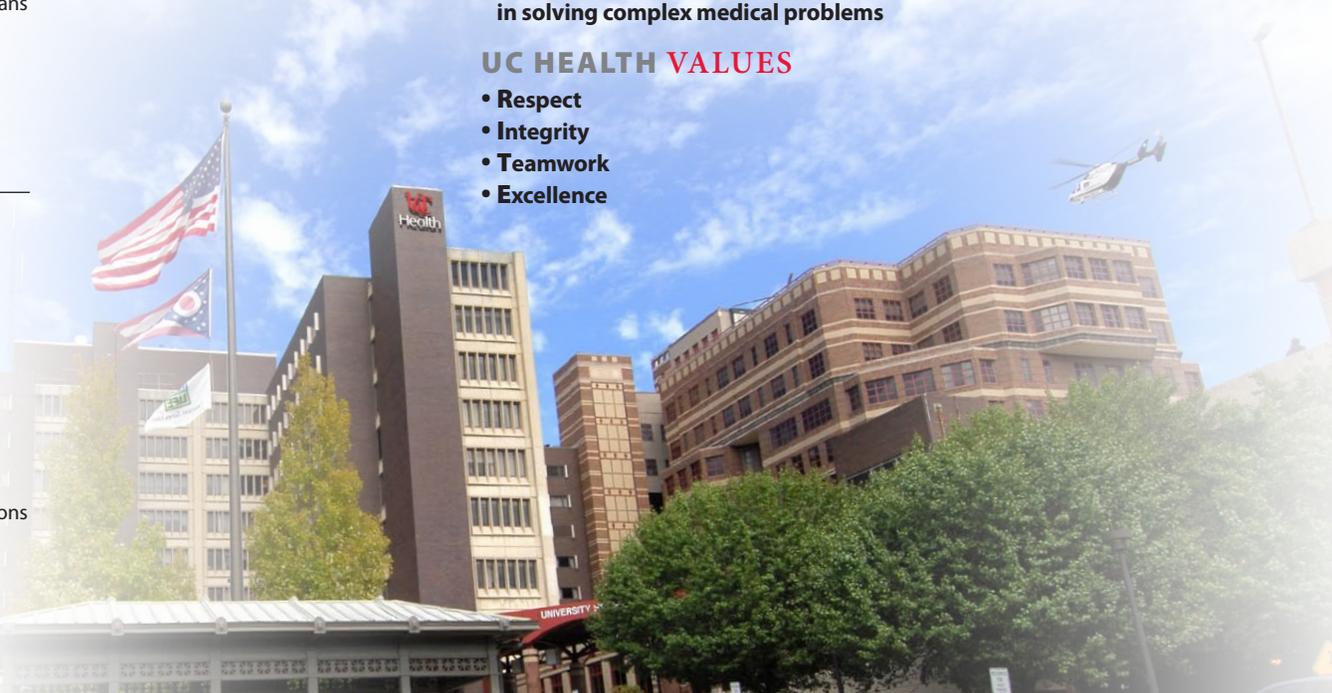
- Provide life changing, patient-centered medical care
- Drive innovation through groundbreaking research
- Educate and inspire the next generation of health care professionals

UC HEALTH VISION

- To be the region's quality health care partner and a national leader in solving complex medical problems

UC HEALTH VALUES

- Respect
- Integrity
- Teamwork
- Excellence



UC Health Celebrates Women's Health in May

Month-long campaign focuses on being a 'well woman'

Women's health is top of mind in May and UC Health will be communicating with you all month long to encourage empowered, healthful decision making.

Weekly e-blasts will offer specific tips on topics, including heart disease, cancer, weight loss, and diabetes. Emails will also provide details about scheduled events at University of Cincinnati Medical Center and other ways you can get involved in promoting women's health.

Look for the following throughout the remainder of May:

Recipe Contest

All month long

Submit your favorite healthy recipe to UCMCwomenshealth@uhealth.com.

The winning recipe will be selected as the featured healthy meal on Friday, June 13, in the UC Medical Center cafeteria, and the winner will enjoy lunch June 20 with UC Medical Center Vice President and Chief Operating Officer Nancy Barone.

The winner will also receive a \$50 Kroger gift card.

Recipes must be submitted by May 31.



Barone

Health Awareness Fair

May 14, 11 a.m. to 2 p.m. , UC Medical Center Courtyard

Join your colleagues for this health fair and visit the table dedicated solely to women's health.

Walking for the Health of It

May 15, noon , Around Campus



Liska

Walk with your UC Medical Center women leaders! Meet UC Medical Center President and CEO Lee Ann Liska at the flagpole near the main entrance to UC Medical Center and get a mid-day boost through exercise. The first 25 walkers will receive a swag bag and a yoga mat. ●

In Case You Missed It

UC Health maternal-fetal medicine specialist Emily DeFranco, MD, teamed up with March of Dimes May 12 to present *Healthy Babies Healthy Business*, a forum to reach all employees in their childbearing years, and for those who are caretakers, a chance to make better health decisions, care for and have healthier babies.



DeFranco

Through the Affordable Care Act, your yearly well check is considered a preventive service and must be covered by most health plans at no cost. During your well visit, you can receive many screenings free of charge, such as screenings for blood pressure, cholesterol, cervical cancer and more.

Ten Tests Women Should Receive Yearly

- Skin Examination
- Blood Pressure Screening
- Pap Smears and Pelvic Exams
- Cholesterol Check
- Colon Cancer Screening (beginning at age 50)
- Dental Check-Up
- Body Mass Index
- Mammograms (beginning at age 40) and Breast Exams
- Bone Density Screen (beginning at age 65)
- Blood Glucose Tests



With Sunshine Comes Sunscreen

Melanoma experts issue reminder about protecting face and neck

Always be on the lookout for changes to moles, and also to all lumps and bumps on the skin.

As the sun (finally) begins to shine again, activities shift outdoors where hats, shades and SPF are required to avoid the pain and damage caused by sunburn.

University of Cincinnati Cancer Institute melanoma experts remind you during Melanoma Awareness Month that it's important to pay attention to all areas of your body when slathering on sunscreen, including your face and neck.

"The face, head and neck are very common areas for melanoma to appear, although melanoma can form on



Sussman

any part of the body," says UC Cancer Institute's Jeffrey Sussman, MD, UC Health surgical oncologist and professor and surgical oncology division chief at the UC College of Medicine.

He says these areas are most readily exposed to sunlight and can be forgotten or overlooked when applying sunscreen.

"Melanoma, the most deadly form of skin cancer, is the fifth most common type of new cancer diagnosis in American men and the sixth most common type in American women, although cases are increasing in young women because of tanning bed and recreational sun exposure," Sussman says. "It's important to remember that people of all races can develop melanoma, and even though some makeup has sunblock in it, it's usually not enough to stop burning or sun damage if you're going to be outside for long periods of time."

Sussman says to also be sure to wear hats to avoid sun damage to your scalp and to always be on the lookout for changes to moles, and also to all lumps and bumps on the skin.

"It is true that, most commonly, melanoma presents as a dark, irregular, uneven or changing mole," says UC Cancer Institute expert Adam Ingraffea, MD, UC Health dermatologist and clinical



Ingraffea

assistant professor and associate program director in UC's department of dermatology. "However, there are rare cases when it has the same color as the skin and the only clues may be the fact that it is a new or growing bump on the skin. Sometimes, it will be itchy or painful. These melanomas which are called amelanotic, meaning they have no dark pigment in them, are the most difficult for patients and clinicians to identify."

Sussman adds that while prevention is your best bet in avoiding melanoma, early treatment is better than waiting. "If you do notice a change in a skin lesion or mole or just notice a suspicious area on the skin, please schedule an appointment with a dermatologist to have it examined," he says, adding that it's not a bad idea to get yearly skin checks so that an expert can inspect any possible pre-cancerous areas. "Although there are other risk factors for melanoma, including a family history, exposure to ultraviolet rays are high on the list. Be sure to get in the habit of applying sunscreen to all parts of your body—including your face, ears and neck—for better outcomes." ●

>> APPOINTMENTS & REFERRALS

To make a referral or schedule an appointment at UC Health Surgical Oncology, call 513-584-8900.

For UC Health Dermatology, call 513-475-7921.

Be Smart About Protecting Your Skin

Melanoma can form on any part of the body, and people of all races are susceptible. Family history is a risk factor, but so is exposure to ultraviolet rays.

- Apply **sunscreen** to all areas of your body, including your face, ears and neck.
- Wear **hats** to avoid sun damage to your scalp.
- Be on the **lookout for changes** to moles, lumps and bumps on the skin.
- Get **yearly skin checks**.
- Prevention is best for avoiding melanoma, but early treatment is better than waiting. **See a dermatologist right away if you notice skin changes** or suspicious areas on the skin.

HOW WE MAKE A DIFFERENCE

Patient Calls Acupuncture Treatments ‘Life-Changing’

Integrative medicine services offered in West Chester, Clifton

David Childress, 41, says he has dealt with back pain his entire adult life.

“From the time I was 18, I experienced back pain and muscle spasms,” he says, adding that it was a genetic problem endured by his dad and his aunt as well. “I underwent two spinal fusions as well as several smaller surgeries and even had a spinal cord stimulator implanted to try to alleviate the pain, but these were insufficient.

“With a profession in medical device sales, I do a lot of driving and stand all day. Back problems make things much tougher.”

It all changed when Childress scheduled an appointment to see his UC Health family physician, Manoj Singh, MD.



Singh

“During that appointment I found out about integrative medicine services being offered in West Chester, and specifically, I found out about Martyn’s acupuncture,” he says. “It was my last hope at relief.”

Martyn Thomas is a licensed acupuncturist who sees patients at the UC Health Physicians Office South in West Chester and the Barrett Center in Clifton.

Childress says that in just one session with Thomas, he felt a tremendous difference.

“Martyn focuses mostly on my legs, as I have a lot of pain in that area,” he says. “Before the first session, I walked in hunched over and limping—my back was tight and knotted. I walked out after that session upright and thanking

Martyn for helping me.”

Childress says he began going for acupuncture every week, but treat-

ments were so effective that visits were reduced to every two weeks, and now he sees Martyn once a month.

“I was a skeptic,” he admits, “but I was proven wrong. Acupuncture was the last thing on my list, and I wish it had been the first. It was life-changing.”

Now, Childress says he’s able to do things he wasn’t able to do before—exercise, yard work and most importantly spending active time with his family—without worrying about his back locking up.

“My advice for others who are experiencing back problems: Don’t wait as long as I did,” he says. “It’s worth investigating. It’s important to find someone who has expertise and knowledge in acupuncture like Martyn does. He knows what he’s doing, and he’s good at what he does. He made a believer out of me.” ●

>> APPOINTMENTS & REFERRALS

To schedule an acupuncture appointment at UC Health Integrative Medicine, call 513-475-9567.

David Childress



“I was a skeptic, but I was proven wrong. Acupuncture was the last thing on my list, and I wish it had been the first.”

UC Health patient David Childress

Martyn Thomas



in brief

Medlin Named Hematologic Malignancies Interim Director

Stephen Medlin, DO, UC Health physician and UC associate professor of medicine, division of hematology oncology, has been named interim director of the Hematologic Malignancies and Bone Marrow Transplant Program within the UC Cancer Institute.



Medlin

Medlin received his medical degree from the Des Moines University College of Osteopathic Medicine and specializes in hematology and stem cell transplantation.

The UC Cancer Institute Hematologic Malignancies and BMT team includes hematology oncology specialists who focus exclusively on blood cancers as well as dedicated multidisciplinary care teams and quality management teams. Inpatient care is offered in a dedicated bone marrow transplant unit located on the UC Medical Center's eighth floor. All aspects of outpatient care and testing occur on one floor at the George L. Strike Bone Marrow Transplant Center in the Hoxworth Building.

'Lungs on the Run' Benefits Cincinnati Cancer Center

The Lungs on the Run event honors those who battle or have battled lung cancer. The 5k and 1-mile events begin at West Chester Hospital at 8:30 a.m., Saturday, June 14. Early registration is \$25. Race-day registration is \$30. Registration includes a T-shirt (while supplies last) and post-race refreshments. Awards will be given to top finishers in each category. Visit uhealth.com/events/lungs-on-the-run/ for more information.

West Chester Hospital Receives Outstanding Patient Experience Award

West Chester Hospital received a 2014 Outstanding Patient Experience Award from Healthgrades, an organization that helps consumers research, evaluate and compare physicians and hospitals. The award provides recognition for outstanding performance in the delivery of positive experiences for patients during their hospital stay or visit.

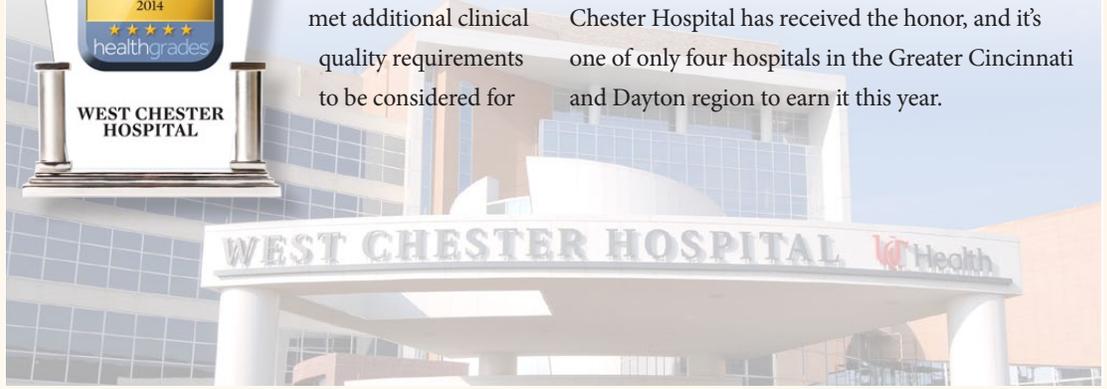
To determine recipients, Healthgrades evaluated 3,582 hospitals that submitted patient surveys to the Centers for Medicare and Medicaid Services (CMS), covering admissions from March 2012 to April 2013. Of these, 3,000 hospitals met additional clinical quality requirements to be considered for

this Healthgrades distinction.

The top 15 percent of this group, only 447 hospitals, achieved the award. This means that West Chester Hospital ranks among the top 10 percent in the nation for patient experience.

Healthgrades evaluated West Chester Hospital's performance as assessed by the hospital's patients across 27 different questions relating to 10 distinct measures. Ranging from cleanliness and noise levels in a patient room to factors such as pain management and responsiveness to patient's needs, the measures also include whether a patient would recommend this hospital to friends or family.

This is the third consecutive year that West Chester Hospital has received the honor, and it's one of only four hospitals in the Greater Cincinnati and Dayton region to earn it this year.



'LESSONS FROM THE TRENCHES' SPOTLIGHTS WORLD WAR I

Working with partners to bring together music, poetry and a panel discussion for a unique evening

UC Health, the University of Cincinnati College of Medicine Department of Surgery and the UC Institute for Military Medicine will partner with the Cincinnati Opera in May for a World War I panel discussion titled "Lessons From the Trenches." The event, **Thursday May 22**, in Kresge Auditorium on UC's medical campus, will feature World War I poetry and music by the Cincinnati Opera and a discussion led by UC Health's Michael Edwards, MD, and John Tew Jr., MD.

Reservations can be made by calling 513-768-5511.



Edwards



Tew



UC Medical Center Receives Award for Care of Stroke Patients

University of Cincinnati Medical Center has received the Get With The Guidelines–Stroke Gold-Plus Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association/American Stroke Association for the treatment of stroke patients.

Get With The Guidelines–Stroke is a quality improvement program that helps hospital teams provide the most up-to-date, research-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Gold is the highest of three levels of achievement awards; Gold-Plus is an optional advanced

level of recognition acknowledging hospitals for consistent compliance with quality measures.

UC Medical Center earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include aggressive use of medications and risk-reduction therapies aimed at reducing death and

disability and improving the lives of stroke patients.

UC Medical Center also received the association's Target: Stroke Honor Roll designation for meeting stroke quality measures that reduce the time between hospital arrival and treatment with the clot-buster tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. People who suffer a stroke who receive the drug within three hours of the onset of symptoms may recover quicker and are less likely to suffer severe disability. Stroke researchers at UC and UC Health played a leading role in developing and testing tPA.

In 2013, UC Medical Center was certified by the Joint Commission as an Advanced Comprehensive Stroke Center, a new level of certification reserved for institutions with specific abilities to receive and treat the most complex stroke cases. There is no higher stroke certification.



Annual Ride Cincinnati Cycling Event June 8

The 2014 Ride Cincinnati cycling event is scheduled for June 8, 2014, at Sawyer Point in downtown Cincinnati. More than 2,000 people participated in the 2013 event, which raised more than \$285,000 for local breast cancer research at the UC Cancer Institute and its affiliated adult cancer care facility, the UC Health Barrett Center. Learn more about Ride Cincinnati at ridecincinnati.org and consider joining the UC Health team through the registration page.

Football Clinic Benefits Breast Cancer Research



The University of Cincinnati will host the 9th Annual Women's Football Clinic from 5 to 7 p.m., Wednesday, June 4, in the Richard E. Lindner Center on UC's campus. The night will include dinner provided by Panera Bread as well as live music, an open bar, photo opportunities with Coach Tommy Tuberville, a Q&A with the coach and his staff and a lesson on catching, throwing and tackling like a Bearcat. All proceeds benefit the UC Cancer Institute's Comprehensive Breast Cancer Center. Tickets are \$75 in advance and \$100 at the door. The deadline to RSVP is May 28. To RSVP, visit gobearcats.com or call 1-877-CATS-TIX; for more information, call 513-556-0838. •

CLINICAL TRIAL SPOTLIGHT:

Asthma Medication

WHAT: This is a research study to test the safety of a type of asthma medication called formoterol, a component of Symbicort, when it is taken in combination with inhaled corticosteroids.



Researchers want to know if the addition of an inhaled corticosteroid, such as budesonide, reduces the increased risk of asthma-related hospitalizations and death from formoterol.

WHO: Adolescents and adults 12 years and older who have been diagnosed with asthma may be eligible for participation.

PAY: Participants will receive compensation for their study-related time and travel.

DETAILS: For more information, contact the research coordinator at 513-558-5795 or 513-558-0924.

We're all UC Health

Jenifer Brodsky

Trauma Manager
West Chester Hospital

KNOWN AS THE FOUNDER of modern nursing, Florence Nightingale (1820-1910) was an advocate for improved health care for all members of society.

Jenifer Brodsky, a bachelor's trained registered nurse, has also dedicated her career to improving the lives of others through her work as a critical care nurse, clinical educator and now trauma program manager for West Chester Hospital.

"Nursing has always been a passion and my life work," says Brodsky. "It's the way I could make a difference in the world, one patient at time."

This attitude is why she was presented in April with a 2014 Florence Nightingale Award for Excellence in Nursing from the University of Cincinnati College of Nursing.

Those who nominated Brodsky praised her poise, energy and constant willingness to go above and beyond the call of duty for her patients.

"Her selfless efforts have led to the growth and development of West Chester Hospital's emergency medicine department, as well as advances throughout the hospital," states the nomination.

An associate since 2009, Brodsky has become a vital part of the hospital's new trauma program, leading and preparing the hospital for Level III Trauma Center verification. Her duties include overseeing trauma care quality and efficiently coordinating care from the moment a patient enters the door to the moment they are discharged.

Under her guidance, West Chester Hospital opened its outpatient trauma clinic where Brodsky continues to provide care and patient education.

Brodsky's cool head and quick actions have served the entire staff well as she led teams during a crisis in West Chester, organizing patient care and arranging out-of-state medical treatment for numerous victims.

In addition, when West Chester Hospital had its first organ procurement case, Brodsky was the nurse who made the call to LifeCenter, which began the process of providing the gift of life to four individuals. She also provided care and comfort to the donor and his family.

Tracey Szewczyk, director of the hospital's emergency department, says, "We are truly proud having such a dynamic nurse on our team touching the lives of so many."

"Nursing ... [is] the way I could make a difference in the world, one patient at time."

Jenifer Brodsky



uchealth.com

Inpatient and outpatient services available in the following communities:

OHIO

- ADAMS COUNTY
- ANDERSON
- BROWN COUNTY
- CLIFTON
- DOWNTOWN
- FAIRFIELD
- HARPER'S POINT
- HARTWELL
- KENWOOD
- KETTERING
- LIMA
- MASON
- MONTGOMERY
- MT. AUBURN
- RED BANK
- TRENTON
- TRI-COUNTY
- WEST CHESTER
- WESTERN HILLS
- WHITE OAK
- WILMINGTON
- WYOMING

KENTUCKY

- FLORENCE
- LEXINGTON
- MAYSVILLE
- SOUTHGATE

INDIANA

- AURORA
- BATESVILLE
- GREENSBURG
- MADISON
- NORTH VERNON
- RUSHVILLE



Jenifer Brodsky