Popular women’s wellness conference returns for 5th year

Each year UK HealthCare, in collaboration with the Center for the Advancement of Women’s Health, presents Women, It’s About You, a half-day wellness event designed specifically to address health concerns facing women of all ages. This year’s conference is scheduled for Saturday, June 1 at the Embassy Suites in Lexington. More than 300 are expected to attend.

“We survey our attendees each year after the conference and get wonderful feedback on how much they enjoyed a particular speaker or how they learned something from a presentation that helped improve their health,” said Geoffrey Blair, community engagement manager. “Ninety percent of respondents tell us they share the information they learn with family and friends and 87 percent say they are more likely to see a UK HealthCare physician as a result of attending the conference. It is extremely well received.”

During the conference, participants may attend any three sessions of their choice from a total of 15 presentations given by expert speakers from UK HealthCare and UK. This year’s topics and speakers are:

- Menopause (Kathy Dillon, MD)
- Memory and Aging (Gregory Jicha, MD)
- Women’s Heart Health (Susan Smyth, MD)
- Eye Health (Eric Higgins, MD)
- Physical Fitness (Richard Watson)
- Gynecologic Cancer (Lauren Baldwin, MD)
- Financial Abuse of Women (Pam Teaster, PhD)
- Allergy (Beth Miller, MD)
- Weight Loss (Stephanie Rose, MD)
- Skin Care and Cosmetic Procedures (Amit Patel, MD)
- Stroke (Lisa Bellamy, RN)
- Diabetes (Sherri Legg, RD, CDE, and Beth Holden, RN, MSN, CDE)
- Nutrition (Rachel Miller, MD)
- Mammography (Margaret Szabunio, MD)
- Pelvic Prolapse (Rudy Tovar, MD, and Mark Hoffman, MD)

In addition to presentations, participants may elect to receive a variety of health screenings, such as blood pressure and stroke risk assessment, visual acuity, facial skin analysis and others.

Focusing on women

Since 2008 when the first conference was held, women have been the focus of the event. “As women, we are so busy with our work, our families and all of our diverse responsibilities that we often neglect ourselves and our own health,” said Wendy Hansen, MD, chair of obstetrics & gynecology and emcee for this year’s event. “This conference gives women the opportunity to enjoy an educational day focused entirely on their wellbeing.”

Fun and relaxation

Women, It’s About You gives women a one-stop opportunity to learn important information for their health in a fun, relaxed setting. For the nominal $10 registration fee, participants receive continental breakfast, a delicious luncheon with entertainment, giveaways and an exhibitor fair featuring a variety of products and services for women from businesses and organizations throughout Central Kentucky. Free valet parking is offered.

Deadline for registration is May 17. Registration and details are available at ukhealthcare.uky.edu/women.

New orofacial pain clinic opens

The new Orofacial Pain Clinic opened on April 1 in the Kentucky Clinic, Wing C, second floor. The clinic’s new space is three times larger than its previous location and includes eight private treatment rooms.

The orofacial pain program was founded at the UK College of Dentistry in 1977 to provide care to those suffering with various temporomandibular (TMD) disorders and orofacial pains. The UK program is one of the first orofacial pain programs in the U.S. and the clinic takes a multi-disciplinary approach involving dentists, psychologists and physical therapists.

Patients come to the clinic for consultation from across the nation and around the world. The average patient travels more than 100 miles to be seen in the clinic.
12-week weight management class offered

A new session of the weight management program at the Barnstable Brown Diabetes and Obesity Center (BBDOC) begins April 30 and runs for 12 weeks. The program is medically supervised and teaches how to live more healthfully and with realistic goals and expectations.

The program is based on the National Diabetes Prevention Program and the National Weight Control Registry. It is open to members of the public, both with and without diabetes. Participants with diabetes will be monitored to ensure good glucose control.

“We focus on replacing old unhealthy habits with new, healthy ones,” says Sheri Setser-Legg, BBDOC diabetes educator. “We also teach realistic expectations. We want participants to leave with habits that will last a lifetime. Research shows that individuals who lose weight slowly, at a rate of one to two pounds per week, are more likely to keep that weight off long-term.”

Participants can expect interactive classes with topics such as developing healthy meal plans, changing cooking habits, managing stress and emotional eating, portion control, understanding food labels, knowing the difference between “good fats” and “bad fats,” making healthy choices in restaurants, and how to get motivated (and stay motivated) to exercise.

Kentucky is among the states with the highest rates of Type 2 diabetes, obesity and a sedentary lifestyle. Weight management is key to controlling diabetes, as well as many common chronic diseases, including high blood pressure and cardiovascular disease.

Classes will be held at 5 p.m. every Tuesday in the Medicine Clinic conference room on the second floor of the Kentucky Clinic. The cost is $10 per session, or $90 for the entire 12 weeks if paid in advance. To register, please call 859-323-2232.

Electronic health records in UK outpatient clinics

UK HealthCare is continuing a rolling schedule of clinics going live in the new Ambulatory Electronic Health Record (AEHR) system. All clinics are expected to be on the AEHR system by February 2015. This month the following clinics will go live:

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Contact Kristen Brown, ambulatory clinical operations director, Bryan Rone, MD, AEHR medical director, or Karla Southworth, IT, for more information.

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Contact Kristen Brown, ambulatory clinical operations director, Bryan Rone, MD, AEHR medical director, or Karla Southworth, IT, for more information.
Leadership succession planning is an integral function for all leaders. However, it is often overlooked or given less attention than it needs by busy people who always have more to do than time available. As a result, organizations are forced to either recruit outside their walls or select an unprepared internal candidate, thereby impairing productivity, or worse, setting the new leader up for failure.

Over the last few years, senior nursing leadership at UK HealthCare first addressed the need to provide appropriate onboarding for nurse managers and directors. Next, they put in place a series of educational programs for experienced leaders. Now they have turned their attention to leadership succession planning.

In the summer of 2012, patient care managers and directors were encouraged to identify at least one member of their staff who exhibited leadership propensities. BSN staff nurses with five years of nursing experience were encouraged to communicate their interest to their respective leaders. Fifteen nurses submitted portfolios to the Professional Development Council, which selected six candidates for the first Leaders in Training (LIT) program.

The six-month program is comprised of formal classes, experiential learning and the establishment of a mentoring/coaching relationship. Each LIT participant is assigned a patient care manager as a coach and is granted paid release time to attend class and meetings, as well as spend time with their coach.

On April 30, the following nurses became the first graduates of the LIT program:

- Nikki Curtis, Trauma Intensive Care, Chandler – Coach: Gayle Plank
- Maricon Dans, Medical Surgical Nursing, Good Samaritan – Coach: Nina Barnes
- Rita Dunn, Perioperative Services, Chandler – Coach: Matt Proud
- Allisa Garland, Perioperative Services, Chandler – Coach: Jennifer Forman
- Heather Morton, Trauma & Acute Care Surgery, Chandler – Coach: Jane Hammons
- Kenneth Parker, Emergency Services, Chandler – Coach: DeeDee McCallie

Graduation indicates these nurses possess beginning leadership competencies and technical management skills required to function in middle management roles, serving as a pool of prepared candidates for future leadership positions.

Some of the comments received from this first class indicate the LIT program is definitely serving a need: “I am so sad this class is ending,” was heard often. “We are like sponges soaking up everything we can in here,” was another comment the class made to Karen Sexton, PhD, RN, FACHE, and Diana Weaver, RN, PhD, FAAN, faculty for the LIT program. The program will be formally evaluated by means of pre- and post-program individual competency testing, promotion rates, committee participation and ongoing participant retention.

“The LIT program was a very enlightening experience,” said Rita Dunn. “Through the coaching and preceptorship, I have truly learned many management skills that I will be able to utilize.” And Maricon Dans wrote, “The mentors have been very passionate about leaving a legacy. They have molded us, inculcated the right attitudes and values within us, and have been instrumental in my growth professionally and personally.”

A second LIT class will begin in September. Information regarding application will be available in June. Those who have questions may contact either Karen Sexton or Diana Weaver.

The Leaders in Training program
Our next generation of nurse leaders already work here

Nursing resources center now at Good Samaritan

The UK Nursing Career Resource Center has expanded to Good Samaritan Hospital and is now open in room B152. The Good Samaritan center offers the same career services for RNs and nursing care technicians as offered in the center at Chandler Hospital, including:

- Confidential career coaching
- Resume critiques
- Mock/practice interviews
- Job search assistance
- Educational options, including RN to BSN programs, MSN, DNP and PhD programs

The center also offers a career resource area stocked with plenty of free handouts and brochures.

A nurse career consultant is available at Good Samaritan Hospital two days a month for free, confidential appointments. Please contact Sue H. Strup, MS, MS, RN, UK nurse career consultant, sue.strup@uky.edu, or call 859-323-3169 for an appointment.
Scottie Day, MD, director of the Kentucky Children’s Hospital Transport and Outreach Program and assistant professor of pediatric critical care, has been appointed to a national 21-member Expert Work Group charged with developing pediatric quality metrics for the pediatric intensive care units (PICU) that will be proposed for national endorsement.

This pediatric-focused project is a broad collaborative effort and the pediatric critical care unit is one of three targeted areas for this second year of the multiyear project, which has a long-term goal of advancing and improving children’s health care quality. The group’s work will follow the AMA-Physicians Consortium for Performance Improvement Roadmap in collaboration with key project personnel from eight major national organizations.
Birdwhistell promoted to VP

Mark D. Birdwhistell

In this expanded role – which reports to Michael Karpf, MD, executive vice president for health affairs – Birdwhistell will provide executive leadership in administration and strategic direction across the clinical enterprise, collaborating with physicians and other UK HealthCare leadership.

In addition, Birdwhistell is responsible for clinical outreach and development, providing direction and oversight to marketing and public relations and representing UK HealthCare at the local, state and national levels. During the last four years, he has supported several strategic initiatives:

- Development of external clinical relationships, such as with Norton Healthcare and West Virginia’s Public Employees Insurance Agency (PEIA);
- Helped prepare UK HealthCare for changes resulting from the federal Affordable Care Act;
- Led the effort to assume management of the new Eastern State Hospital facility on UK’s Coldstream property – a tremendous opportunity for UK HealthCare to serve Kentuckians.

Birdwhistell previously served as Secretary of the Kentucky Cabinet for Health and Family Services (2004 - 2007) and chief executive officer of CHA Health (1998 - 2004). He has more than 30 years of experience in health care, serving in various health care roles at UK since 1994.

Birdwhistell has been recognized for his role in Kentucky’s progressive Medicaid modernization agenda. He has also championed social worker safety reform and promoted efforts to improve services for Kentucky’s aging population.

Birdwhistell earned a master’s degree in public administration from the UK Martin School for Public Policy and has an undergraduate degree from Georgetown College.

McCallie named manager of clinical excellence

DeeDee McCallie

DeeDee McCallie has been selected for the newly created position of manager of clinical excellence. McCallie began her new role in April as part of the Office of Nursing Professional Practice, directed by Robyn Cheung, PhD, RN.

When she began her career at UK HealthCare as a nursing care technician, McCallie has gained a rich nursing background in roles as patient care manager for 4 North, 6 South, 6 East and 7 East; hospital operations administrator; a Rapid Response nurse; and a critical care nurse working in the Neurosurgical ICU and the per diem pool.

McCallie earned an associate’s degree from Midway College, a bachelor’s degree in nursing from Eastern Kentucky University and is currently pursuing a Doctorate of Nursing Practice at UK. In 2007, she received the AACN Circle of Excellence Award. In 2012, she was inducted into Sigma Tau International Honor Society of Nursing and was an A. Paul Nestor Award nominee. In addition, she has chaired numerous nursing councils and committees.

Radiation safety officer appointed

Gerald Schlenker

Effective Jan. 14, Gerald L. Schlenker, CHP, NRRPT, was appointed radiation safety officer (RSO) for all radiation-producing devices owned and/or operated by UK HealthCare. In addition, he is currently designated the RSO for all radioactive materials licenses at the University of Kentucky.

Schlenker is responsible for ensuring UK HealthCare radiation safety compliance with 902 KAR Chapter 100 and the terms and conditions of all licenses and registrations issued by the Kentucky Cabinet for Health and Family Services – including ensuring safe use of all sources of radiation, identifying and resolving safety issues, stopping unsafe activities, and advising management on radiation safety compliance and best practices.

Schlenker may be contacted by phone at 859-323-6308 or 859-699-6084 or by email at Gerald.Schlenker@uky.edu.

Sawaya steps into CCTS interim role

Peter Sawaya, MD, has agreed to step into an interim role at the UK Center for Clinical and Translational Science (CCTS) as the clinical services core director, replacing Leslie Crofford, MD, who is assuming a new position at Vanderbilt University School of Medicine. Sawaya is a CCTS regular as course director for “Introduction to Clinical Research” and as director of the CCTS Professional Student Mentored Research Fellowship. This director position reports to Philip A. Kern, MD, CCTS director.

- Effective March 28, Mark D. Sawaya steps into an interim role at the CCTS.
- Mark D. Birdwhistell promoted to VP of UK HealthCare’s commercial insurance contracts;
- Developed strong relationships with the Governor’s administration and Kentucky’s federal delegation;
- Served on the board of the federally qualified health center in Hazard (North Fork Valley Community Health Center) and helped UK acquire the Family Care Center from the city of Lexington; and
- Led the effort to assume management of the new Eastern State Hospital facility on UK’s Coldstream property – a tremendous opportunity for UK HealthCare to serve Kentuckians.
- Birdwhistell previously served as Secretary of the Kentucky Cabinet for Health and Family Services (2004 - 2007) and chief executive officer of CHA Health (1998 - 2004). He has more than 30 years of experience in health care, serving in various health care roles at UK since 1994.
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Service helps families, staff cope with grief

On May 19 Kentucky Children’s Hospital staff members are hosting the first joint Pediatric and Neonatal Remembrance Service.

While an annual remembrance service for babies – including those who had died in the Neonatal ICU, Mother Baby Nursery or through miscarriage or stillbirth – has been held for some time, last year was the first time a service was held specifically for parents and families of children ages 0-18 who had passed away either in the hospital or as an outpatient. This year, the two services have been combined into one.

“A remembrance service provides an outlet for bereaved parents to connect with one another,” said Krystle Pleitz, a social worker in the Kentucky Children’s Hospital Congenital Heart Center. “It allows both staff and bereaved families to come together in a meaningful way, and gives us a way of formally recognizing the important role each child has held in our KCH family.”

Although the service is directed toward patient families, members of patient care teams are encouraged to participate.

“The service of remembrance was created to provide ongoing support to staff and families. The event includes a memory table, a formal service and a reception. Each family is invited to bring a photo or special memento to be placed on a table for those in attendance to see – allowing for connection between a child’s family and others in attendance. Employees Julie and Jon Futch will provide music and Horacio Zaglul, MD, pediatric palliative care, will share how providing care to children at the end of life has impacted the care he provides. A white bird release and reception will occur immediately following the service.

“It is important for our UK HealthCare colleagues to see the impact we are having on families both in and out of the hospital,” added Pleitz, “and that our care extends to bereaved families.”

Saha and Whayne visit Oman

Left to right, UK physicians Sibu Saha, MD, and Thomas Whayne, MD, pose with representatives of the Sultan Qaboos University Hospital in Oman. The two were there to talk about global health care, lung cancer and heart disease.

CT surgeon Sibu P. Saha, MD, and cardiologist Thomas F. Whayne, MD, PhD, both of the UK Gill Heart Institute, recently visited the Sultan Qaboos University Hospital in Oman to participate in discussions with university physicians on global health care, lung cancer and heart disease. The UK physicians spoke at a symposium organized by the Oman Society of Lipid and Atherosclerosis and Sultan Qaboos University.

Saha, a professor of surgery and chair of the directors council for the Gill Heart Institute, discussed the challenges of health care for developing nations and the current obstacles in the global health care system.

“Poverty, inadequate health care infrastructure, economic disparity, shortage of health care providers, and the rise of noncommunicable diseases such as obesity, diabetes, cardiovascular disease and trauma pose big obstacles to global health care,” Saha said. Saha also discussed the importance of the evidence-based practice of medicine in order to provide quality health care at a reduced cost.

Whayne, a UK professor of cardiology, discussed the prevention of heart disease with the group, stressing the importance of advanced screenings and was impressed with the both the country and the hospital.

“I would say they are in step with the United States as far as their facility is concerned,” he said.

Heart disease is becoming more prominent in Oman and other Middle Eastern countries, Whayne added, possibly contributed to by the introduction of a Western diet into their culture.
COM graduates celebrate Match Day

Match Day. For thousands of graduating medical students across the United States – including 125 at the UK College of Medicine – the day means their future written inside an envelope.

On Friday, March 15, UK’s fourth-year medical students gathered with family and friends at the Keeneland Entertainment Center. At exactly noon, students began their way one by one to center stage – to the tune of their predetermined theme song – to open their envelope and reveal where they “matched” and will be spending the next few years completing their medical training.

More than two-thirds of students participated in the annual ceremony to publicly open their envelope while others opted to open them more privately with the opportunity to come to the stage at the end of the ceremony to share their destination.

In the end, students matched in a range of specialties including radiation-oncology, plastic surgery, psychiatry and ophthalmology as well as primary care, family medicine, internal medicine and pediatrics in locations across the U.S. and one in Newfoundland, Canada. Twenty-seven students will continue residency training at UK.

The National Resident Matching Program (NRMP), designed to keep the match fair and objective, pairs the wishes of the students with the needs of hospitals’ residency programs.

Prior to Match Day, students complete paperwork and interviews with hospitals and then provide a ranked list of top choices. Hospitals submit a similar list indicating openings, preferred students, and specialty or generalist preferences. Each applicant is matched via computer algorithm to the hospital residency program that is highest on the applicant’s list and has offered the applicant a position.

Gold Plus Quality Achievement Award for Stroke

At the 2013 International Stroke Conference held in Honolulu, Hawaii, members of the UK Stroke Center were notified that UK HealthCare has once again been selected by the American Heart Association/American Stroke Association to receive the Get With the Guidelines’ Gold Plus Award.

Pharmacy students promote heart health during spring break

Twenty-nine pharmacy students, six pharmacy residents from Chandler Hospital and four College of Pharmacy (COP) faculty members volunteered during their spring break to help with Hearts for Kentucky, a large health fair held in Hazard, Ky. The event, organized by Operation Heart (a COP patient care committee) collaborating with the Gill Heart Institute, was spread across three sites in Hazard.

At each site, people were screened for high blood pressure, blood sugar and cholesterol. Those found to have high levels of any of the three would be asked to return to one of the sites the next day, see their primary care physician or seek immediate medical attention. During the weeklong event, 350 people were screened, 75 cholesterol tests were performed, 50 were asked to return the next day and 30 were referred to their primary care physician.

BSN residents take first place at national poster contest

For the third year in a row, UK Bachelor of Science in Nursing (BSN) residents placed first for evidence-based practice project posters at the University Health Systems Consortium/American Association of Colleges of Nursing Nurse Residency Program annual conference. UK nurse residents Rebecca Stauber, Brittany Kellum and Kelli Curry placed first for their poster titled “Disposable Penlights in Neuroscience Intensive Care Units: Implications for Nosocomial Infections.” At the conference, UK nurse resident Shannon Turbeville gave a presentation titled “The Impact of Palliative Care Education on End of Life Nursing Care.”
When is a shuttle not just a ride but a real experience?

Parking employee Flo Fitzhugh doesn't just ferry passengers between the parking garage and Chandler Hospital Pavilion A. She makes the ride a real event. Looks like people have noticed.

The Kentucky Children’s Hospital Facebook page posted this great photo of Flo with her Easter bonnet driving the decorated cart. Several posts indicated that her efforts to make the ride a pleasant one are greatly appreciated.