Gill Heart Institute
The Commonwealth’s most comprehensive heart center

Kentucky has one of the highest rates of cardiovascular disease, ranking 8th in the nation in cardiovascular disease death rates, according to the Kentucky Cabinet for Health and Family Services. Most of us know someone who has been diagnosed with heart disease or has suffered from a stroke.

“A growing number of people throughout the Commonwealth are coming to understand the Gill Heart Institute is the only facility in the state that can provide the full spectrum of heart and vascular services,” said Michael Karpf, MD, executive vice president for health affairs, “from basic diagnostics to mechanical hearts and transplants.”

“Our goal is to provide the most comprehensive and appropriate care in a safe and compassionate environment.”

– Susan Smyth, MD, PhD, chief of cardiovascular medicine

Many Gill heart patients are given less invasive options because the institute employs the most up-to-date medical evidence and technology to offer the most appropriate tests and treatments based on a patient’s specific needs.

Clinicians in the Linda and Jack Gill Heart Institute take a wide-ranging approach to heart health, from promoting cardiovascular wellness to treating life-threatening complications. The institute was founded on the principle of uniting high-quality clinical heart care with leading-edge heart-health research.

“As a nationally recognized leader in clinical care and biomedical research, the Gill Heart Institute is focused on solving the problem of heart disease in Kentucky and the nation,” said Susan Smyth, MD, PhD, Jeff Gill professor and chief of cardiovascular medicine. “Our goal is to provide the most comprehensive and appropriate care in a safe and compassionate environment. By participating in clinical trials, we also offer novel therapies that would not otherwise be available in Kentucky.”

Employees seeking heart care for themselves or family members should know the Gill Heart Institute offers everything from standard heart diagnostic and treatment services – including echocardiograms, stress testing and cardiovascular imaging – to the most advanced imaging and treatment found anywhere in the region.

- A team of cardiologists and cardiothoracic surgeons now perform minimally invasive replacement of aortic valves in one of the country’s largest hybrid operating rooms, the first of its kind in the region.

Life’s Simple 7™
Steps to a Healthy Heart*
• Avoid tobacco smoke
• Manage high blood pressure
• Eat food low in cholesterol, saturated fats and sodium
• Control cholesterol
• Be physically active
• Maintain a healthy weight
• Reduce blood sugar

*Source: American Heart Association

- A new MRI scanner installed in May 2012 enables Gill physicians to offer quicker, more accurate scans.
- For patients who require more than standard medical and surgical therapy, mechanical heart pumps, total artificial hearts and heart transplantation are all available.

Focused not only on providing the most complete care in the region, the Gill team is also dedicated to preventing cardiovascular disease. The Gill Cardiac Rehabilitation Program, located on Maxwell Street across from UK Good Samaritan Hospital, offers an Optimal Health program open to anyone who wants to improve his or her cardiovascular wellness. Office appointments are also available for individuals who want personalized guidance on risk factors and diagnostic test recommendations.

Delivering cardiac options no one else can.
That’s why we’re here.

Charles Campbell, MD
Cardiologist

Get answers here → 257-1000

UK HealthCare’s “That’s Why We’re Here” campaign is continuing in February and March, with more physicians featured and a cardiac patient profiled. The art above will be featured on billboards at Nicholasville and Winchester roads.
In celebration of the talents of faculty and staff, UK HealthCare has established employee art galleries. The two-dimensional works of 16 employees have been installed in new employee galleries in Pavilion H and UK Good Samaritan Hospital. The pieces were selected by an independent, external juror.

**Winners**

Paula Bargo, medical staff affairs manager, Medical Staff Office  
*Simplistic Beauty*, 2010 (photography)

Arianna Paterson, credentialing specialist, Medical Staff Office  
*Above Cumberland Falls*, 2012 (photography)

Joe Omielan, research scientist, Plant & Soil Sciences  
*Goat’s Beard Seed Head*, 2011 (photography)

Kam Jackson, clinical services technician, Internal Medicine  
*Serenity*, 2012 (photography)

Jennifer Lackey, clinical manager, General Surgery  
*Living Color*, 2012 (photography)

Bruce Robert Frank, senior graphic designer, Communications & Advertising  
*Lotus in Light*, 2011 and *Metamorphosis*, 2011 (photographic art)

Jennifer Christmann, assistant director, Facilities Planning & Development  
*Summer Splash*, 2012 and *A Perfect “Time Out,”* 2011 (photography)

Michael Dobbs, MD, vice chair, Neurology  
*Serenity*, 2012 (photography)

Bruce Robert Frank, senior graphic designer, Communications & Advertising  
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Michael Dobbs, MD, vice chair, Neurology  
*Serenity*, 2012 (photography)
UK physician in national health care policy leadership role

A UK physician plans to help lead a national charge to improve health care policy and medical education in 2013.

Ardis Hoven, MD, director of UK HealthCare's Bluegrass Care Clinic, an infectious disease and HIV/AIDS clinic, will become president of the American Medical Association at the group's June meeting. In a recent speech to the Kentucky Society for Healthcare Human Resources Administration, Dr. Hoven said working with federal policymakers to improve health care reform legislation will be a key goal.

"The AMA supported the Affordable Care Act," Hoven said. "We did not believe it was perfect by a long shot. But we thought it was a good start. Since then, we have been working hard to see that the reality of the legislation matches the promise for doctors and patients."

The AMA also hopes to find ways to improve health outcomes and reduce costs at the same time. In her speech, Hoven noted the United States spends two to three times what other Western nations spend on health care on a per capita basis, but we also rank close to last in many health indicators.

"It's not that we don't have the capability," she said. "We continue to employ the most advanced medicine and the foremost physicians in the world .... But we have to work with communities at the grassroots level to promote healthy living. It has to start right here at home."

Hoven also pointed to some positive results in Kentucky as a result of federal health care reform. For example, about 48,000 young people gained insurance coverage through their parents’ policies, 732,000 people gained coverage for preventive services.

"There have been some real gains for America's health," she said. "But we still are not anywhere near where we need to be going forward."

Because the nation is facing a physician shortage, Hoven said the AMA also plans to propose changes to medical education. For example, she said the AMA supports relief for medical-education debt, which averages $161,000 per student after four years of medical school. She said improving payment systems will also help, because medical students won't necessarily gravitate toward higher-paying specialties and might instead become family doctors.

"When I came out of internal medicine training, there was a sense that if you weren't a specialist, you weren't important," Hoven said. "The most important people in the system should be primary care physicians. They have the toughest job."

What are YOU doing to improve patient satisfaction?

In November Vital Signs asked how you – or co-workers – are contributing to the patient satisfaction momentum? The first to respond to the question was promised a goodies-filled UK HealthCare bag. Two responses came in at about the same time, so we are sharing both.

From Paula Bargo, manager of medical staff affairs:

"When we see someone in the hallway who is trying to find their way, we stop and ask them if we can be of assistance. If we do not know where they are going, we will take them to the information desk. If we know where they are going, we will walk them to their destination. Another is that we always try to walk with a smile on our face so patients feel we are approachable. It is amazing how many of our colleagues and patients actually smile back. We may not have direct patient care in the hospitals or clinics but everyone in UK HealthCare, even administrative, CAN make a difference in helping our patients have a great experience and our colleagues have a great day. Sometimes, it is the little things."

From Renee Broaddus, RN, Kentucky Children's Hospital Neonatal ICU

"We make sure we introduce ourselves to our parents every time they visit and update them on plans for care with their babies. We work very hard the week before discharge to make certain each parent feels comfortable with their infant’s care and have the tools to care for them at home. Our social workers are great about giving our parents help with a place to stay, food vouchers or other things they may need to enable them to stay near the hospital for the duration of their infant’s stay. I wanted to let you know how hard our staff works to make our families our 1st priority and to make such a difficult time in their lives a little easier."

Thanks Paula and Renee, this makes all of us feel proud.

Mural butterfly identified

Congratulations to Elizabeth Dick, RN, cardiac cath lab recovery employee, for correctly identifying the butterfly painted on the new Kentucky Children’s Hospital lobby mural, featured in last month’s Vital Signs. Elizabeth received a basket of UK HealthCare-branded goodies for her knowledge of the Cupido comyntas, commonly known as an Eastern-tailed blue butterfly.
Marla Thomas named inaugural recipient, Amy R. Wilson Award for Exemplary Performance

Marla Thomas, a 25-year employee and Capacity Command Center program manager, has been named recipient of the inaugural Amy R. Wilson Award for Exemplary Performance. She was nominated by her supervisor, Brandy Mathews, MSN, MHA, RN, NE-BC, nursing operations administrator and director, Capacity Command Center.

Marc Randall, MD, chief of ambulatory services and a former colleague of Amy Wilson, made special note of Thomas’ quarter-century tenure with UK HealthCare.

John VanNagell, MD, presented Thomas with a framed certificate. The award also included a $500 honorarium.

The Amy R. Wilson Award was established to honor the “extraordinary contributions” of Amy R. Wilson, administrative director of oncology from 1979 until her death last year from breast cancer. The award is made possible through memorial gifts donated by patients, faculty, former residents and fellows, colleagues, friends, and family. It will be presented annually to a staff member who exemplifies UK HealthCare’s core values and the professional qualities and compassionate service that characterized Amy Wilson’s career.

Music therapy has proven benefits

Research authored by Lori Gooding, PhD, MT-BC; Shane Swezey, BM, MT-BC; and Joseph Zwischenberger, MD, was published in the Southern Medical Journal. Titled “Using Music Interventions in Perioperative Care,” the UK researchers found that music can be beneficial to patients before, during and after a procedure and may reduce pain and recovery time. The data also suggest researcher-selected music is most effective.

Gooding is director of music therapy and a professor of music. Swezey is a music therapist, and Zwischenberger is surgeon-in-chief and chair of surgery.

Markey raises more than $18,000 for Light the Night

The Markey Cancer Center Light the Night team recently raised $18,489.93 for the Leukemia and Lymphoma Society. The 2012 Light the Night walk took place at Whitaker Bank ballpark in Lexington. Markey’s 105-member team included eight employees and 97 “friends” of Markey, including patients and family members. This year’s grand total is the largest amount of money raised by a Markey team since they began participating in Light the Night.
Henry C. Vasconez has been elected president of the American Society of Maxillofacial Surgeons.

Mark Kleinman, MD, has been named recipient of the Ronald Michels Foundation Fellowship Award.

The College of Medicine’s Carol Elam, EdD, was named recipient of the Merrel Flair Award in Medical Education.

Brandon Fornwalt, MD, was awarded the National Institutes of Health Director’s Early Independence Award for the study of pediatric dysynchrony, a condition that causes the heart to beat with uncoordinated contractions. Fornwalt’s research is credited with attracting almost $2 million in research funding over the next five years.

Mudita Arora has been named director of food and nutrition at UK Good Samaritan Hospital. She previously served as assistant food services director and patient services manager and clinical nutrition manager, all at Good Samaritan.


Nancy Garth, BSN, RN, CLNC, FCN, Polk-Dalton Clinic health education coordinator, earned the American Diabetes Association’s Lawrence T. Smith Leadership Award in November for outstanding service to the community and the cause of diabetes.

Rachel Miller, MS, RD, LD, is the new registered dietitian for Markey Cancer Center outpatient services. Originally from Cincinnati, she earned a degree in dietetics from Miami University of Ohio and came to UK to complete an internship and master’s degree. She is experienced in long-term and transitional care involving diverse nutritional needs. She is author of the Markey Menu Blog (ukhealthcare.uky.edu/markey/blog-welcome/).

A Chicago-based physician-leader has been named chair of gastroenterology. Terrence Barrett, MD, will join UK HealthCare June 1. Dr. Barrett earned his medical degree from the University of Illinois – Chicago. He is a professor at Northwestern University’s Feinberg School of Medicine, teaching medicine-gastroenterology and hepatology, microbiology-immunology and surgery-organ transplantation.

Lon Hays, MD, chair of psychiatry, has been elected a fellow of the American College of Psychiatry. Hays, a member of the college since 2002, will be inducted as a fellow at the group’s annual meeting this month. UK Psychiatry is the only academic psychiatry department in the country to have twice been awarded the American College of Psychiatry’s Creativity in Education Award.

Jennifer Bradley, a licensed practitioner of Jin Shin Jyutsu (JSJ), has received a $25,000 grant from the Lexington Cancer Foundation to continue the touch therapy program at the UK Markey Cancer Center in 2013. Bradley originally began offering free JSJ sessions to patients as a Markey volunteer in 2009.

In 2010, she received a $49,000 initial grant from the Lexington Cancer Foundation to provide the therapy to cancer patients 20 hours weekly. Jin Shin Jyutsu (JSJ) is an ancient form of touch therapy similar to acupuncture in philosophy utilizing light touch rather than needles. Since 2010, Bradley has offered up to five sessions to Markey patients at no charge. At Markey Research Day in May 2012, Bradley presented a study that found that in each JSJ session, patients experienced significant improvement in the areas of pain, stress and nausea with the first visit and in subsequent visits as well. More on this study can be found at the Markey website.
Residents of the Month

Drs. Lori Kral and Melanie Witte, both of Anesthesiology, were selected to share honors in December as resident of the month, representing the College of Medicine. According to nominators, both doctors “came up with the idea, then organized and directed the Double Lungs for Life Golf Scramble, silent auction and dinner that raised a large sum of money to support a fellow resident and his struggle with CF/lung transplantation. This is an example of professionalism, empathy, and leadership.”

ED residents flaunt their ‘Gangnam Style’

Mimicking the YouTube sensation, “Gangnam Style,” Emergency Department residents shot a video to communicate why their residency program is “The Best in Emergency Medicine.”

NCT Excellence Award winners

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<td>Gina Kemp</td>
<td>Mary Abney</td>
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<td>2 Medical ICU</td>
<td>Center for Adv. Surgery</td>
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<td>December</td>
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Kelly Fisher
2 Medical ICU
December

Cheryl Bidwell
5 East
December

Kayla Stump
5 East Medicine/Surgery
Good Samaritan
December

Emily Columbia
4 West Telemetry
Good Samaritan
December

Did you know?

UK HealthCare’s main core clinical laboratory in Chandler Hospital processes 3,000 - 5,000 test tubes daily, providing 2 - 3 million individual test results per year.
Many patients who visit a neurologist never need to see a neurosurgeon. The same may be said for neurosurgery patients. In fact, only about 30 percent of neurosurgery patients at the Kentucky Neuroscience Institute need to visit a neurologist, said neurosurgeon Justin Fraser. But for some patients – like Kimberly Simpson of Laurel County – the interaction between the two can mean the difference between life and death.

Simpson, now 35, experienced a fairly severe headache in November 2011. She got few answers as to the cause following a CT scan at a hospital in Corbin. Early tests performed at Chandler Hospital, where she had been transferred, revealed no major problems.

But when Michael Dobbs, MD, director of the UK Comprehensive Stroke Program, was called about Simpson's case, he immediately became concerned. After a few simple clinical tests, Dobbs wanted a neurosurgery consult. He contacted Fraser, with whom he had shared clinic hours. Dobbs had an idea about what needed to be done in Simpson's case and hoped Fraser agreed. He did.

While Simpson's diagnosis was fairly common – she had a venous sinus thrombosis, where the veins from her brain were blocked and the blood couldn't drain – the severity, and the treatment, were not. Fraser removed both sides of Simpson's skull, and Simpson received blood thinners to deal with the clots blocking her veins. After she recovered, Fraser put her skull back together.

Dobbs said the relationship he and Fraser have built in working with the patients who need to see both specialties was critical in resolving Simpson's case. He said things could have gone seriously wrong in coming up with the diagnosis and treatment plan for Simpson if she hadn't been carefully examined, if the neurologist hadn't trusted that exam, and if the neurosurgeon wasn't willing to listen and talk about the case.

“Building relationships that are respectful and considerate of each other makes a big difference,” Dobbs said.

Michael Karpf, MD, executive vice president for health affairs, agrees. “Collaboration between our hospitals, clinics and clinical professionals is consistently effective. Sometimes, this effectiveness goes beyond ‘effective.’ It’s a powerful collaboration, frankly, that is possible only at a leading regional health care entity such as what UK HealthCare employees come together and provide.”

Specific to clinical neurosciences, Fraser said UK has developed cerebral vascular teams.

“The idea is we get each other involved on the earlier side and provide a service for our patients,” he said. “We’re all cerebral vascular care providers and each of us has a role to play.”

While the majority of neurosurgery patients experience problems such as degenerative spine cases, spinal disease or herniated discs and aren’t seen by a neurologist, Fraser said the relationship between the physicians is important. Dobbs agreed.

“You’ve got to spend time with people if you want to have a meaningful work experience and relationship,” he said. “We think that’s important for the care of the patients we know, and we trust each other, providing a system of checks and balances.”

Patient Kimberly Simpson’s story appears in the 2012 UK HealthCare Annual Report. Look in racks around our facilities for a copy, or call Marketing at 323-2887 to request a copy.

Tuesdays @ Noon makes music accessible to all

UK Arts in HealthCare, in collaboration with the Kentucky Arts Council, has kicked off the winter Tuesdays @ Noon series, which is designed to foster a healing environment through the performing arts. Performing at noon in February in the atrium lobby of Chandler Hospital Pavilion A will be:

- Raison D’Etret, Feb. 5
- Hong Shao, Feb. 12
- Mitch Barrett, Feb. 19
- Stirfry Musette, Feb. 26

For more information about the Arts in HealthCare Program, visit ukhealthcare.uky.edu/arts/.
Pediatric hematology and oncology clinic
gets a new name

DanceBlue, a UK student-run philanthropy, made a $1 million pledge over the next four years to the pediatric hematology and oncology clinic at Kentucky Children's Hospital. In recognition of the support, the clinic has been renamed the DanceBlue Kentucky Children's Hospital Hematology/Oncology Clinic.

Top: The big reveal at the 2012 DanceBlue dance marathon. Bottom: Carmel Wallace, MD, physician-in-chief of Kentucky Children’s Hospital and chair of pediatrics thanked the DanceBlue students for their support at the announcement of the clinic’s new name in December.