



beeper

News and information for the Georgia Health Sciences University community

Volume 21 • No. 6 Wednesday, March 23, 2011

MCGHealth partners with Phoebe Putney Memorial

By Deborah Humphrey

MCGHealth Children's Medical Center in Augusta and Phoebe Putney Memorial Hospital announced a partnership March 10 to enhance children's care in the region.

"We are very pleased to enter into an agreement with Phoebe Putney that will provide services to critically ill patients and children requiring specialty care in the southern portion of the state. We will have Georgia Health Sciences University physicians and advanced pediatric practice nurses on site to provide high level care to children who might otherwise have to seek care elsewhere. When they require the highest level intensive care, we will be ready for them at our children's hospital in Augusta," said Dr. Bernard L. Maria, Chairman of the Department of Pediatrics and Pediatrician-in-Chief of the MCGHealth Children's Medical Center in Augusta.

As a first step, the partnership will provide pediatric hospitalists and pediatric nurse practitioners at Phoebe. Pediatric hospitalists are physicians who specialize in the treatment and care of hospitalized patients and who are readily available to families of admitted children, thus increasing quality care and patient satisfaction.

Eventually, there will be several board-certified physicians and pediatric nurse practitioners who will provide children's services as the program grows, including conscious sedation, urgent care services, faculty supervision of residents, consultative services for community pediatricians and/or emergency room physicians, a rapid response team for resuscitation,

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Phoebe Putney Memorial Hospital in Albany, Ga., was founded in 1911 as a not-for-profit community hospital. MCGHealth will help care for children by providing pediatric hospitalists and nurse practitioners.

Markowitz to head outreach and international education

By Stacey Hudson

Dr. Rhea-Beth Markowitz, formerly Coordinator of Special Academic Initiatives in the Office of Academic Affairs, has been named Director of the new Office of Outreach & International Education.

"Dr. Markowitz has been instrumental over the years in developing and operationally administering relationships with various Chinese universities for primarily the exchange of researchers," said Dr. Roman Cibirka, Associate Provost for Academic Affairs and Vice President for Instruction & Enrollment Management. "This new role to support our students, faculty and academic units with international activities is



Dr. Rhea-Beth Markowitz has been named Director of the new Office of Outreach & International Education.

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Stroke Center earns national award

By Denise Parrish

MCGHealth Primary Stroke Center recently received the American Heart Association/American Stroke Association's Get With The Guidelines Stroke Silver Plus Quality Achievement Award. The award recognizes MCGHealth's commitment and success in implementing a higher standard of stroke care by ensuring that patients receive

treatment that exceeds nationally accepted standards and recommendations.

"This demonstrates the teamwork and expertise of our staff," said Dr. David Hess, Chairman and Professor of Neurology at Georgia Health Sciences University and Medical Director of MCGHealth Primary Stroke Center. "With the number of acute

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GHSU is a tobacco-free campus

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Division of Strategic Support
Georgia Health Sciences University
Augusta, Georgia 30912

Briefs...

News, events and more

Extended hours

The Eye Care Center has extended its optometry practice hours in response to employee requests. The clinic now offers appointments as early as 7 a.m. and as late as 6 p.m. For more information, call 706-721-2020.

Babypalooza

Safe Kids East Central will host Babypalooza March 26 from 10 a.m. to 2 p.m. at the Doubletree Hotel. The event features education, entertainment and everything baby. For more information, call 706-721-7606.

Buy low

Through March 29, area Bi-Lo stores will raise money for the MCGHealth Children's Medical Center. Customers may donate \$1 at the register to support the children's hospital. For more information, contact Danielle Wong Moores at 706-721-1817 or dmoores@georgiahealth.edu.

Call for posters

The Education Discovery Institute will host Education Day March 25 in the Health Sciences Building. Sessions run from 8 a.m. to 3 p.m. Faculty may submit a poster of work in progress or work previously accepted. For more information, visit georgiahealth.edu/som/discovery/edi/educationday.

Beard Award

The deadline for Beard Award nominations is March 28. Nominees should be 2011 GHSU graduates who represent significant, meritorious and devoted service to MCGHealth patients. Contact Kathleen McKie at kmckie@georgiahealth.edu or 706-721-5115.

Retirement counseling

Teachers Retirement System of Georgia will offer retirement counseling in rooms 1103 and 1109A of the Annex March 21 from 8 a.m. to noon, March 29 from 1-4 p.m. and March 30 from 8 a.m. to 4 p.m. Visit trsga.com and click on Workshops and Counseling to register.

Purchasing power

The GHSU Purchasing Department will host an awareness event March 30 from 11 a.m. to 2 p.m. in the Wellness Center. Meet buyers, speak to vendors and see a demonstration of Health eShop. Lunch provided. For more information, call 706-721-2216.

Wellness special

GHSU Wellness Center members receive a one-hour massage for a discounted price of \$45. Call 706-721-6800 or visit georgiahealth.edu/wellness.

Tuition assistance

All regular full-time personnel (benefits-eligible) and part-time nursing faculty completing six continuous months of employment may apply for the Tuition Assistance Program. Applications for the 2011 summer semester will be accepted from April 1 until 5 p.m. April 15. The TAP policy and applications are available online at georgiahealth.edu/hr/training/tap.html. For more information, contact Wanda O'Brien at 706-721-4054 or wobrien@georgiahealth.edu.

Promotion workshops

Full-time faculty members are invited to attend workshops designed to prepare for professional promotion. The workshop for basic science faculty will be April 18 from noon to 1 p.m., and for clinical faculty on May 6 from noon to 1 p.m. and May 26 from 4-5 p.m. One hour of continuing education credit available per session. Contact Cora Harper at charper@georgiahealth.edu to register.

Performance appraisals

Performance appraisals will run through April 20. Appraisals should be submitted to the Division of Human Resources by campus mail to Room 1146, Annex Building, by May 15. For more information, contact Debra Arnold at 706-721-6197 or darnold@georgiahealth.edu. Appraisal forms are available at georgiahealth.edu/hr/training/appraisals.html.

Lunch and learn

The Departmental Administrative Support Staff Training Team will present lunch and learn sessions for business managers and administrative staff. All sessions will run from 11 a.m. to 1 p.m., with lunch provided. The team will cover topics in human resources March 1 in Room 1222 of the Health Sciences Building; finance April 26 in Room 1222 of the Health Sciences Building and May 10 in a location to be determined; budget and purchasing July 26 and Sept. 13 in locations to be determined and research administration Nov. 8 and Dec. 6 in locations to be determined. Call 706-721-0343 for more information.

Volunteer at camp

Camp Joint Venture and Camp Sweet Life are looking for volunteers. Counselors should be age 21 or older, and available from July 30-Aug. 4 for Camp Joint Venture or Sept. 9-11 for Camp Sweet Life. For more information, contact Katie Lawhead at 706-721-0749 or klawhead@georgiahealth.edu.

Volunteers needed

The Summer Volunteer Program is open to area high school students age 15-18. The six-week program offers hands-on experience in the hospitals and clinics. To apply, visit mcghealth.org/volunteer. For more information, contact 706-721-3596 or mcghealth_volunteers@georgiahealth.edu.

For the kids

Health Center Credit Union is selling T-shirts designed by patient Dalton Miller to raise money for MCGHealth Children's Medical Center. T-shirts are \$10 for sizes small to extra large, and \$12 for sizes 2X-3X, and are available at HCCU locations. Contact Catherine Stewart at 706-721-4004 or castewart@georgiahealth.edu.

Training

Visit georgiahealth.edu/hr/training/ to view Human Resources' April training and education opportunities. Call 706-721-0343 for more information.

Screenings

The Head & Neck Cancer Alliance will sponsor oral cancer screenings May 12 from 8:30-11:45 a.m. in the MCGHealth Cancer Center. To schedule a time, call 706-721-4400.

Asthma event

Kohl's will host the MCGHealth Children's Asthma and Wellness Event May 14 from 10 a.m. to 2 p.m. in the Kohl's parking lot in Evans. For more information, visit mcghealth.org/kids.

We all scream

Purchase a Frosty key tag for \$1 at participating area Wendy's restaurants and receive a free Junior Frosty when you show the key tag during follow-up visits through May 31. Proceeds benefit the MCGHealth Children's Medical Center.

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www.georgiahealth.edu/beeper

Division of Strategic Support

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DEADLINES

for April 6 issue - March 29 at noon

for April 20 issue - April 12 at noon

Georgia Health Sciences University

Dr. Ricardo Azziz, President

Deb Barshafsky, Vice President for Strategic Support

Jack Evans, Director of University Communications

Damon Cline, Publications Manager

EMPLOYEE ADDRESS CHANGES & CORRECTIONS should be made to Human Resources through department managers.

The mission of Georgia Health Sciences University is to discover, disseminate, and apply knowledge to improve health and reduce the burden of illness on society. In realizing its mission, Georgia Health Sciences University is committed to serving the people of Georgia, the nation and the world by:

- Preparing the health professional workforce of the future;
- Conducting research through programs that create, disseminate and apply new knowledge relevant to human health;
- Providing exceptional, innovative, patient-centered health care services;
- Contributing to the economic development and well-being of the State of Georgia through integrated programs in education, research and clinical care.

Health care leader speaks at annual PFCC Conference

By Denise Parrish

“Great patients ask questions. We need to encourage questions and answer them.” This is one of the key concepts of Patient- and Family- Centered Care shared by Jim Conway, a Senior Fellow at the Institute for Healthcare Improvement, during the recent Patient- and

Family- Centered Care Conference at Georgia Health Sciences University. The conference, a joint effort of GHSU and MCGHealth, Inc., is held each year to provide continuing education in Patient- and Family- Centered Care.

“Practicing Patient- and Family- Centered Care is no longer an ‘If,’ but instead it’s a ‘When and How?’”

said Conway, who is also an Adjunct Lecturer with the Harvard School of Public Health.

Patient- and Family- Centered Care (PFCC) means partnering with patients and families by not only involving them in their personal health care decisions, but also gaining the benefit of their experiences and insights to better plan, deliver and evaluate the care of others. Hospitals that practice PFCC have demonstrated improvements in quality and safety.

Conway learned about PFCC the hard way about 30 years ago. His father, a Boston policeman, was discharged from a hospital ER after complaining of frequent arm pain when cutting his hedge. He was given muscle relaxers, and he died of a heart attack later that afternoon at home in his favorite chair.

“Unfortunately, no one listened to my father when he shared his symptoms,” said Conway. “But as horrible as this tragedy was for us, our family was told what happened.”

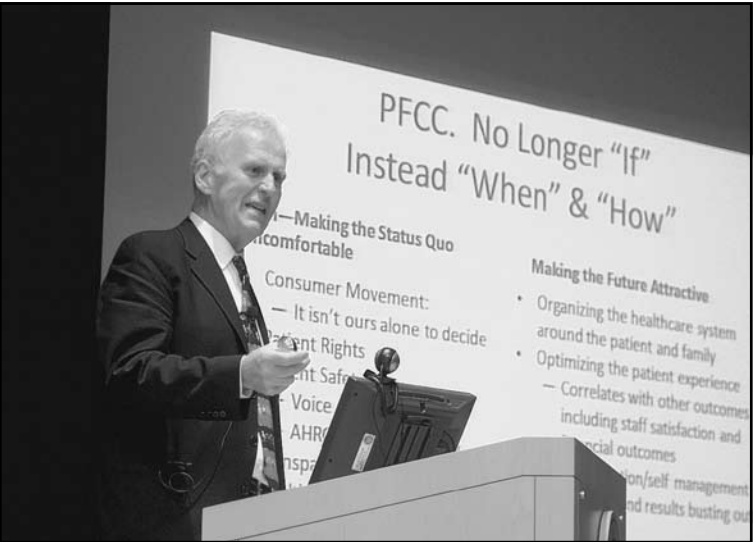
Conway was working at that hospital at the time. There was a formal investigation, and his father’s untimely death became a springboard for better communication, and ultimately, the practice of Patient- and Family- Centered Care at the facility.

“Errors don’t have to erode trust,” said Conway. “But the way we react to them can and does.”

Conway also stressed that patients and families are essential partners in care. The goal of communicating with them is understanding, and should be as reflexive as breathing. Clinicians should also never worry alone.

Conway also commended MCGHealth and GHSU for leading the way in Patient- and Family- Centered Care.

“The nation and the world are doing something different because of your work,” he said. “Health care has made a powerful evolution, from ‘Do it to me,’ to ‘Do it for me,’ and now to ‘Do it with me.’”



Jim Conway spoke at the annual Patient Family Centered Care Conference.

In an interview before his talk, Conway touched on the expansion of PFCC concepts:

On new strides in PFCC: “What we’re now being challenged with is how do we bring PFCC to the doctor’s office? How do we bring it to the community? How do we engage the public to take a dramatically more engaged role in care? Because most care for most patients is not delivered in the hospital, it is not delivered in the doctor’s office, in the nursing home.”

“This work is unbelievably hard. It’s unbelievably dogged. But over 90 percent of consumers understand that a more informed patient gets better care.”

On GHSU’s role: “The nation and the world are doing different

things as a result of what they’ve learned from [Georgia Health Sciences University] and its Patient and Family Centered Care. But we now have to bring it into the home; we have to bring it into the doctors office; we have to bring it into the nursing home and we have to bring it into the community.”

“You have a far more sophisticated role than Harvard does for the patient and family advisor. The teaching you do of medical students and residents – we are nowhere as deeply into that as you are. I want to learn more about that this visit to bring that back, because we have the ability to play off of the work from each other and then spread it.”

See Conway, page 15

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Grants fund educational innovation

By Stacey Hudson

The Educational Discovery Institute awarded its first collection of grants to a group of researchers with diverse projects. The \$10,000 grants are designed to assist researchers who look for better ways to educate health science students.

"These educational projects investigate research questions that can result in making better teachers, better practitioners and ultimately improve patient outcomes," said Dr. Lara Stepleman, Associate Professor of Psychiatry and Health Behavior and Co-Director of the GHSU Educational Discovery Institute.

Drs. Shilpa Brown, D. Stephen Goggans, Kathryn McLeod, D. Douglas Miller and Leila Stallworth received Education Discovery Institute grants. Their projects run the gamut from a two-country study of how the structure of health care systems influence students' career paths to how a digital educational game affects knowledge retention.

"I think one of the things we were most happy with in the first group was that we had representation of awardees from both the Augusta and the Athens campuses," said Dr. Christie Palladino, Educational Researcher with the Educational Discovery Institute.

"Awardees represent the full array from fairly beginning health sciences researchers to very seasoned health science researchers. So the award can be appropriate for any interested researcher with an educational question," Stepleman said.

Goggans, at the GHSU/UGA Medical Partnership, brought to the grant process a request to merge medicine and theater. First- and second-year medical students must

practice patient interaction, but training with real patients does not always allow enough flexibility to work on the specific skills students need. So, like many medical schools, the program uses "standardized patients," volunteers who act as patients in a role-playing situation. But Goggans wondered if the interaction could be improved, so he partnered with the UGA Department of Theater and Film Studies to help volunteers with their acting.

"It turns out that there's not a lot of research out there about the best ways to train standardized patients," he said. "Basically every medical school in the country has a program like this and they train them in many different ways. So we decided to study that to assess differences as a result of the theater training of our group. What the EDI grant allows us to do is to do actual scholarship on the program."

There is so little scholarship on the topic that they have to create their own evaluation instruments. But Goggans says this part of the medical school learning curve is crucial.

"Communicating with patients is such a central part of what doctors do. I actually think this aspect of their training can have really important consequences for the rest of their practice," he said.

Stepleman said Goggans' project is an example of how educational innovation occurs. "The people who do this every day are the ones who are bringing the ideas to the table," she said.

McLeod is one of those practitioners. As an Associate Professor in pediatrics, she watches residents interact with patients. And having just finished an Educational Discov-

ery Institute fellowship, she applied for an EDI grant to further her project to train residents to support new moms in breastfeeding.

"In my fellowship, I had been studying education interventions in the development of a new breastfeeding curriculum and how that affects behaviors and attitudes of pediatric residents towards breastfeeding," McLeod said. The biggest problem with using standardized patients are the last-minute scheduling conflicts that occur for both busy residents and patients."

She applied for an EDI grant to support the creation of three teaching and one test video that would be more accessible to a larger group because the learner could schedule educational times at his convenience.

"We'll see if the video is as effective as the standardized patient exercise," McLeod said.

National grants for education research are highly competitive, even for smaller grants, according to Stepleman and Palladino. They cited as an example one \$2,000 grant that had 65 applications.

"So EDI grants also give education researchers an opportunity to build their research portfolio so that when they do apply for the larger national grants, they'll have a better shot," Stepleman said.

The awards are given twice a year, and were previously only open to faculty in the Medical College of Georgia, but have been expanded to include all of the colleges at GHSU. So EDI expects a greater range of project applications submitted by the March 25 deadline.

"We're really looking forward to the collaborations as we get more people involved from different colleges," Palladino said.



Stacey Hudson photo

Dr. Kathryn McLeod will study the effectiveness of video tutorials for residents training to support breastfeeding mothers.

PARTNERS...from page 1

stabilization and transfer to a facility with a higher level of care, on-site and telemedicine sub-specialty care and continuing medical education for community pediatricians and emergency physicians.

The new partnership will provide Southwest Georgia with inpatient pediatric specialty care and is a "triple partnership" among the two health care organizations and local pediatricians, according to Dr. Doug Patten, Phoebe Chief Medical Officer.

"Area and local pediatricians have given outstanding support to this partnership, which will help keep more kids who need to be admitted to the hospital here. It also provides pediatric support for adult subspecialists currently taking care of kids," Patten said.

Maria and Patten said the program also offers medical students

and family practice residents at Phoebe a more robust pediatric training and enhances the undergraduate and graduate medical education programs so that more physician graduates can take better care of children in the region.

Currently Maria, a pediatric neurologist and brain tumor specialist, is among a group of pediatric subspecialists who are holding monthly clinics at Phoebe for local and regional children. The specialists include Dr. Charles Howell, a pediatric surgeon and Chairman of the Department of Surgery at GHSU. There are GHSU clinics in Albany for pediatric renal disease and cancer and blood disorders. Howell and Maria plan to add to the specialty presence at Phoebe and by adding a robust telehealth consultation service with specialists in Augusta so that physicians in the region have

24/7 coverage of their specialty consultation needs.

In other partnerships with GHSU, Phoebe is headquarters for the Southwest Georgia Clinical Campus, which provides resident training for third and fourth year medical students.

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Garner retires after 30 years

By Stacey Hudson

Rita Garner, Director of Special Projects in the GHSU Division of Enrollment Management, has spent much of her career helping GHSU students navigate their futures. Now, it's time to do a little navigation on her own behalf.

"My husband, Larry, retired in January, so it's time," said Garner, who will retire March 31 after more than 30 years of service. "We plan to travel. Our first trip will be to Key West."

They plan on visiting national parks across the United States and eventually traveling up to Maine and then over to Nova Scotia. They also plan a cruise to Alaska. Their son Michael lives in Alabama, so there will be many trips there as well.

Garner and her husband bought a Mazda Miata for their travels. It doesn't have a lot of storage space,

so she suspects they'll be using a lot of laundromats along the way.

"Larry has been making sure the little car is ready for the road," she said.

Garner joined GHSU in 1981, working in the Department of Credit and Collections, the Department of Pediatrics and the College of Dental Medicine before being named Associate Registrar in 2000. She served as Registrar from 2003-10, overseeing GHSU's student records, student information system and online catalog as well as helping to ensure GHSU compliance with state and federal regulations.

She was named Director of Special Projects last year, assisting in training and security development for GHSU's student information system, Banner. She looks forward to the completion of the Banner Version 8 upgrade and the New Student Orientation site before ending her tenure.



Phil Jones photo

Rita Garner will retire after 30 years of service to the university.

MARKOWITZ...from page 1

one that I am confident she will enthusiastically embrace, while offering significant value to the Office of Academic Affairs to ensure appropriate understanding of our global presence."

"I am excited to be involved in this new program of service at GHSU," Markowitz said. "Many of our students are passionate about outreach and about international clinical experiences, but the programs occur in isolated pockets within the colleges. Having an institutional office will serve to tie these programs together, so that our students can benefit from each other's experiences. I look forward

to working with both our students and faculty to improve and expand the educational programs at GHSU. We want outreach and international educational experiences to be an important part of our curriculum as we move ahead."

The new office will centralize services not only for GHSU students participating in GHSU-related programs or educational experiences outside the United States, but within the country outside the CSRA as well.

The office will provide information about passports, visas, immunizations, international medical insurance and other aspects of

travel, particularly regarding Third World countries and remote areas. In addition, the office will maintain a database of GHSU students participating in experiences outside the United States for academic credit. The office will also advise faculty sponsoring international educational experiences, or those who express an interest.

Markowitz is the Assistant Program Director for the International Graduate Exchange Trainee Program, a collaboration between GHSU and Wuhan University and Sun Yat-Sen University of Medical Sciences in People's Republic of China.

Ricardo Azziz:

THOUGHTS & REFLECTIONS

from our President and CEO

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Phil Jones photo

Andrea Boyd, Assistant Professor of Nursing, will study the effects of exercise on advanced heart failure patients.

Study to help heart failure patients get moving

By Sharron Walls

Heart failure patients who have long been told to avoid exercise may soon be given a prescription to do just that.

Assistant Professor Andrea Boyd of the Georgia Health Sciences University College of Nursing has received a three-year, \$900,000 Department of Veterans Affairs grant to study the effect of exercise on advanced heart failure patients.

In a previous study, Boyd, who has dual appointments at GHSU and the Wm. Jennings Bryan Dorn VA Medical Center in Columbia, S.C., examined a suspected imbalance of the sympathetic nervous system, which stimulates body functioning, and the parasympathetic nervous system, which has a calming effect, to see if exercise could bring it into balance.

In advanced heart failure, an over-activation of the sympathetic nervous system coupled with a blunting or down regulation of the parasympathetic nervous system is thought to lead to many of the disease's outcomes. Boyd's previous research showed that the type of exercise, specifically weight-bearing aerobic exercise such as walking versus non-weight bearing aerobic exercise such as bicycling, decreased symptoms.

The new study hopes to discover the "tipping point" and frequency

factor that optimizes results.

"These individuals are very sick and don't tolerate much activity," Boyd said. "We want to find out if there is a residual effect, a point at which they no longer have to exercise to reap the benefits. Or do they have to continue to exercise to have it work?"

Boyd gauges results based on edema, a swelling beneath the skin or in body cavities caused by an abnormal accumulation of fluid in the body's tissues, usually in the feet, ankles and legs. Edema is a symptom of the heart's inability to pump blood properly.

A baseline measurement of 60 study participants, equally distributed between males, females and minorities, will determine how frequently each subject has swelling episodes. All participants will receive physical assessments and other research measurements three times a week for 24 weeks. Participants in the exercise group will also exercise three times per week at the Dorn VA Medical Center.

"We'll see how well the exercise works for them and how much is needed for maintenance by pulling them off the exercise and establishing how long it takes before the edema comes back," Boyd said. "That's the key."

As a symptom of advanced heart failure, edema often leads to an acute decompensation event that

puts patients in the intensive care unit, Boyd said. The hope is that exercise added to lifestyle changes will prevent such hospitalizations.

The physical regimen starts very slowly, with five minutes of exercise three times a day. "Originally, doctors said, 'You can't do this; it will tax their hearts and they'll die,'" Boyd said. "Research has found that that's not the case. If we can get them moving in small bursts and get their body conditioned, we can get them to feeling a lot better and back to a better quality of life."

Boyd, who has degrees in nursing and exercise physiology, ultimately hopes to find a way for health care providers to offer heart failure patients an exercise prescription tailored to their particular condition.

"A lot of our physicians, nurse practitioners and other primary care providers don't always get a good understanding of how to prescribe exercise," she said. She envisions computer software that will allow the provider to input the patient's clinical parameters along with age, body mass index, weight and other factors to "spit out" a progressive schedule with specific daily instructions for exercise, rest and diet/fluid intake.

For information about becoming a study participant, contact Boyd at 706-721-4602 or andrea.boyd@va.gov.



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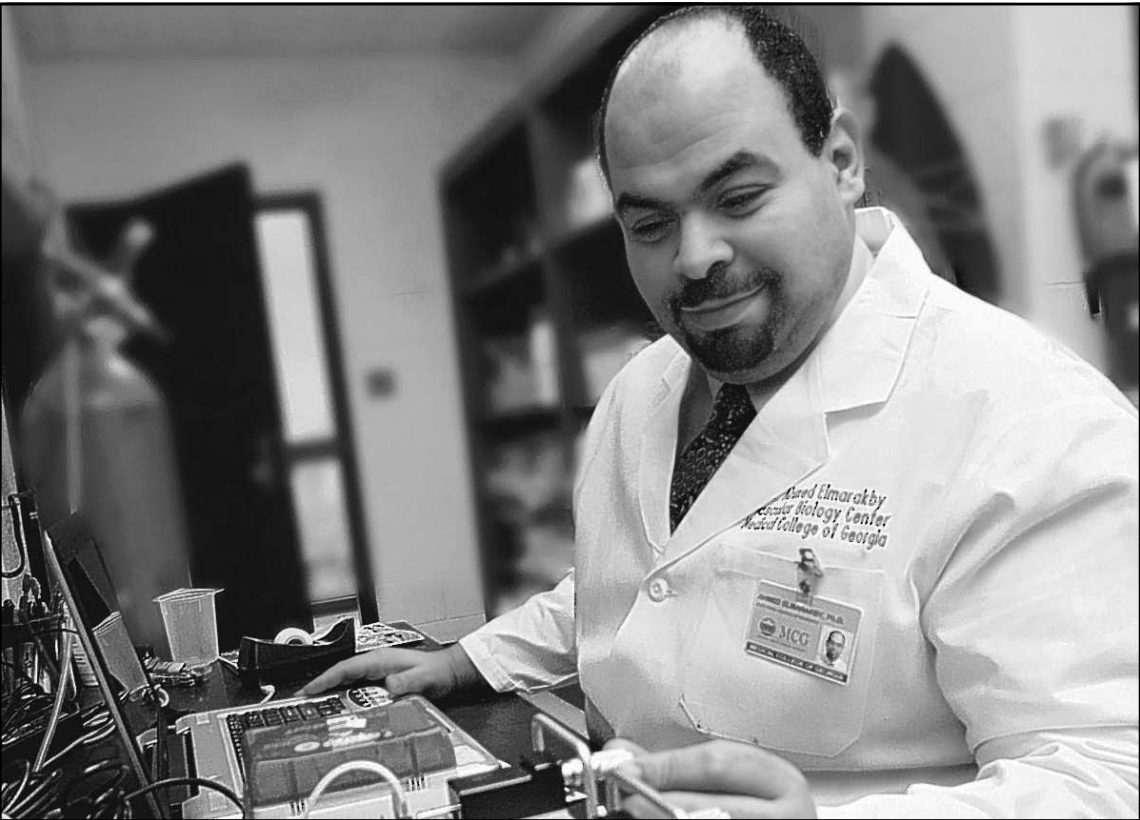
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Dr. Ahmed Elmarakby, Assistant Professor of Oral Biology in the GHSU College of Dental Medicine and Pharmacology and Toxicology in the Medical College of Georgia, is studying a new method to halt the progression of diabetic nephropathy.

Study seeks to halt progression of diabetic nephropathy

By Paula Hinely

Researchers at Georgia Health Sciences University are studying whether inhibiting an enzyme that reduces levels of a protective metabolite could halt the progression of diabetic nephropathy, or kidney disease resulting from diabetes.

With a four year, \$308,000 grant from the American Heart Association, Dr. Ahmed Elmarakby, Assistant Professor of Oral Biology in the College of Dental Medicine and Pharmacology and Toxicology in the Medical College of Georgia, will study how epoxyeicosatrienoic acids, or EETs, protect

the kidneys.

EETs are metabolites that guard against inflammation and high blood pressure, very useful assets considering that oxidative stress and inflammatory cytokines play a role in diabetic nephropathy.

Elmarakby hypothesizes that EETs protect kidneys by inhibiting nuclear factor kappa B from signaling inflammation and by activating heme-oxygenase-1 to counteract oxidative damage.

But while EETs are working hard to protect the kidneys, an enzyme, soluble epoxide hydrolase, causes EETs to rapidly degrade in the body.

Elmarakby believes drugs that inhibit the enzyme could halt the damage, and he is testing the theory on diabetic animals.

"Diabetic nephropathy is a leading cause of end-stage renal disease, for which the only treatment now is dialysis and kidney transplant," Elmarakby said. "We hope the inhibitors could potentially be used to halt the progression of renal injury during diabetes."

About 170 million people worldwide have diabetes, and that number is expected to double within the next 25 years. Diabetic nephropathy affects about 35 percent of diabetic patients.

AWARD...from page 1

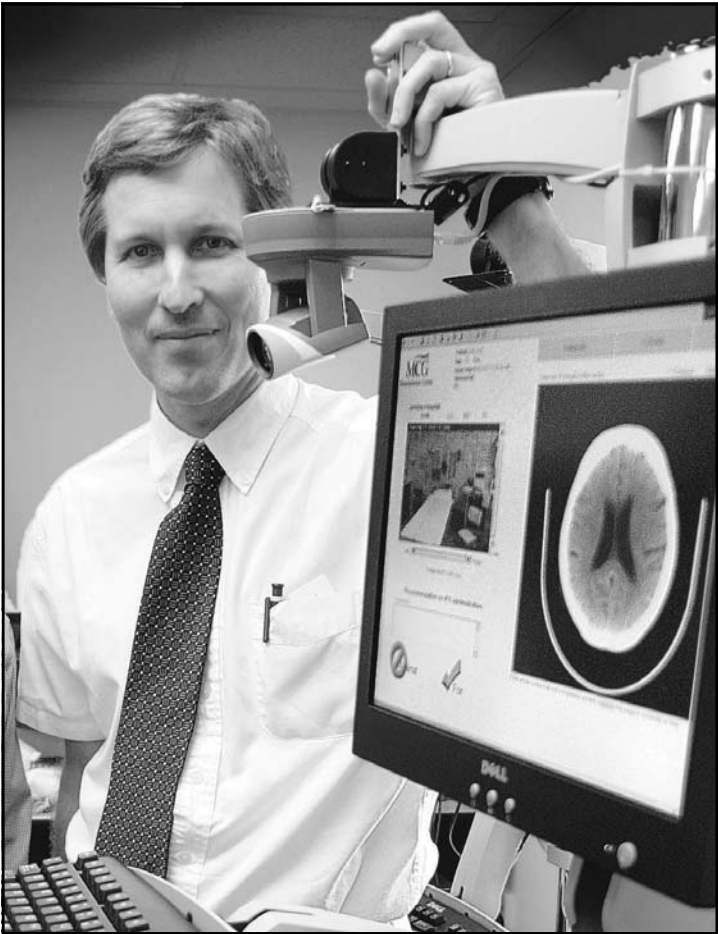
ischemic stroke patients requiring treatment expected to grow over the next decade – due largely to a substantial aging population – the time for quality stroke care is now."

To receive the Silver Plus Quality Achievement Award, MCGHealth had to achieve 85 percent or higher adherence to all seven stroke quality achievement indicators for at least 12 consecutive months and a 75 percent or higher compliance on six out of 10 stroke quality measures during that same period of time.

These measures include aggressive use of medications such as tPA, anticoagulation therapy, cholesterol-lowering drugs and smoking cessation, all aimed at reducing death and disability and improving the lives of stroke patients. Studies have shown that patients who are taught to manage their risk factors while still in the hospital are less likely to have another stroke.

MCGHealth earned the Bronze Award in 2010, and recently achieved Silver, then Silver Plus in stroke care.

Stroke is one of the leading causes of death and serious long-term disability in the United States, according to the American Heart Association/American Stroke Association. On average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.



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Winners value patients and families



Employees were surprised with 2011 Family Choice awards during the annual Patient Family Centered Care Conference. Bernard Roberson (from left), Administrative Director of Patient Family Centered Care; Cheryl Priessman, Occupational Therapy; Jane Willson, Occupational Therapy; Michael Frentzel, Respiratory Therapy; Jennifer Rath, 3 Neuroscience; Dr. Laura Mulloy, Section Chief of Nephrology and Sandra McVicker, Interim Chief Operating Officer. Not pictured: Bonni Messner. The awards are given annually at the two-day PFCC conference, and represent the employees who best exemplify the values of Patient- and Family- Centered Care.



The Patricia Sodomka Leadership Award was presented to Roslyn Marshall by Sandra McVicker, Interim Chief Operating Officer and Senior Vice President and Chief Nursing Officer. Teri Perry (from left), Vice President of Patient Care; Bernard Roberson, Administrative Director of Patient- and Family- Centered Care, Roslyn Marshall and Sandra McVicker, Interim Chief Operating Officer of MCGHealth.

Honor society inducts members



Senior nursing student Sarah Frazier signs the book of members at the March 5 induction luncheon for the Beta Omicron Chapter of Sigma Theta Tau International Nursing Honor Society.



Inductee Mary Clare is flanked by family at the luncheon. More than 90 students and community leaders were inducted at the Marriott downtown. The organization's mission is to support the education and professional development of nurses committed to making a difference.



Dr. Lucy Marion, Dean of the College of Nursing, spoke at the induction ceremony.

QEP luncheon draws crowd



Inas Helwa (right), a GHSU graduate student, grabs a box lunch before the festivities began at the QEP luncheon.



Dr. Shelley Mishoe, Associate Provost and Director of GHSU's Quality Enhancement Plan, talked about the progress the QEP committee has made, and ran an audience participation trivia contest with prizes.



Dr. Azziz said that the importance of cultural competency is that it makes our institution more understanding and accepting of the global community we serve. More than that, he said, "It's the right thing to do."

Short stacks for a tall order



Alexis Smith of North Augusta recently served pancakes at the Evans IHOP on National Pancake Day. At this annual fundraiser for Children's Miracle Network Hospitals, patrons are served complimentary "short stacks" of pancakes and are asked to make a voluntary donation to CMN. All local donations go to MCGHealth Children's Medical Center. Alexis, 9, who receives regular dialysis treatments at the area's only children's hospital, is in need of a kidney transplant.



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Congratulations!

Estelle Zandstra found her name hidden on page 8 in The White Crane ad. She wins a dinner for two at the French Market Grille.

Is your name in this issue?
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And remember e-mail: beepercontests@aikenstandard.com by the Friday at noon deadline.

HIDDEN NAME CONTEST

We hide the names of randomly chosen students & employees - one per issue. If your name is hidden in one of the advertisements in this issue, you'll score our Beeper gift package: a gift certificate to French Market Grille & Top Notch Car Wash plus movie passes to Evans 20 Theatre compliments of Health Center Credit Union!

THE RULES: 1. Find the name of a randomly chosen GHSU student or employee hidden within one of the ads in this issue. 2. IF THE NAME YOU FIND IS YOURS, e-mail us; (beepercontests@aikenstandard.com) before noon on Friday, the day after the Beeper issue date, to claim your winnings. 3. IF THE NAME YOU FIND IS NOT YOURS, please do not enter. 4. All hidden name winners must be enrolled at or employed by GHSU at the time of winning. 5. Neither the publisher nor any other party is responsible for printing errors which make the hidden name illegible, or for mail or other newspaper delivery delays. 6. In the event more than one person has the same name, the first person to claim the prize is the winner. 7. Prize awarded to winners may vary from issue to issue. 8. A photo ID may be required to claim some prizes.



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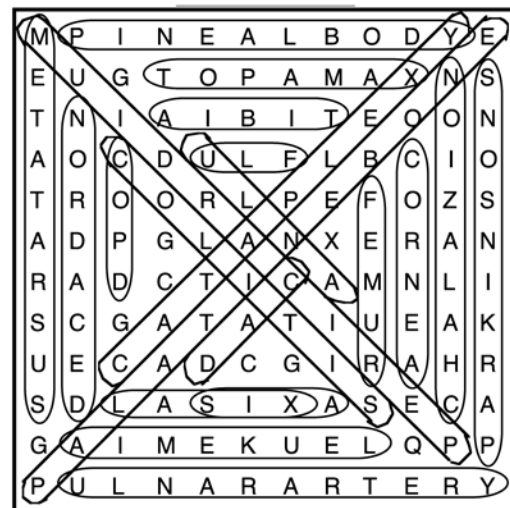
Crossword Solution

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	D	U	R	A		E	N	O	W	
L	O	B	E	S		A	K	R	O	N
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Sudoku Solution

1		7			6		3	9
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	3							
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	7	2	6		4	8	9	
	1		2					
								1
8	6		3		1			
3	2		9			6		

Word Search Solution





Linda Bush, Tabettha Kendrick and Lucy Carver man tables at a recent supplier fair. The next showcase will be March 30.

Shopping just got easier

By Stacey Hudson

Vendors from around the Southeast will set up in the Wellness Center for the Materials Management Purchasing Showcase March 30 from 11 a.m. to 2 p.m.

“Showcases like these help end-users and business representatives to build collaborative relationships,” said Kimberly Hayes, Outreach Development Coordinator. “The vendors can get to know their needs better and offer solutions to enhance our mission.”

Regina Hull, Buyer for Materials Management, will provide a walk-through of the newly implemented purchasing software, Health eShop.

“It’s an enhancement to the current PeopleSoft system. It’s like an online amazon.com shopping

experience, so we’ll have our group of suppliers in one place,” Hull said.

The event will feature live music, door prizes, raffles and lunch and ice cream on a first-come, first-served basis. Participating companies include Consumables, Bio-Rad, Grainger, McWaters, Kamo, VWR, PSS, Pollock, Southern Computer Warehouse, Fisher Scientific, Omni Club-Augusta and AT&T. For more information, contact Kimberly Hayes at 706-721-9105.

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Clinical trial for dry mouth funded by international oral care award

By Paula Hinely

A clinical trial using an all-natural lozenge to treat dry mouth, a condition that impacts 40 percent of American adults, is under way at Georgia Health Sciences University College of Dental Medicine.

"These patients' mouths are as dry as if you've closed the faucet, and we want to turn that faucet back on," said Dr. Stephen Hsu, Molecular and Cell Biologist and co-investigator of the study. "The cells and glands that produce saliva are still there, they're just not working."

Through previous animal studies and human sample testing, GHSU researchers found that dry mouth involves salivary gland inflammation, fewer antioxidants and elevated markers for abnormal growth and DNA damage caused by free radicals. Powerful antioxidants in green tea, called polyphenols, reduce that damage to the salivary gland.

"With green tea polyphenols, we have an agent that's helping to correct the salivary gland's abnormal behavior," said Dr. Douglas Dickinson, Associate Professor in the Department of Oral Biology and co-investigator.

The team formulated an all-

natural lozenge containing green tea polyphenols, xylitol and jaborandi leaf extract, a plant used in South and Central America to promote saliva production. The lozenge offers a slow, extended release only in the mouth, not the systemic effect caused by prescription dry-mouth medication, which can prompt side effects such as diarrhea and excessive sweating, said Dr. Scott De Rossi, Chairman of the Department of Oral Health and Diagnostic Sciences and principal investigator.

Sixty patients will be followed during the eight week trial, with half taking the lozenge and half taking a placebo. The four daily doses of the lozenge taken during the trial are equivalent to drinking four or five cups of green tea, which benefits overall health, the researchers added.

"I think the promise here is that patients are going to feel better and we're going to see some improvement not only in how their salivary glands function and how their mouth feels, but also how the glands look on a cellular level," De Rossi said. The hope is that the lozenge's effects will last for hours after it has dissolved.

For their efforts, he and his GHSU

co-investigators, Drs. Dickinson, Hsu, Stephen Looney and Kalu Ogbureke, have received one of three International Innovation in Oral Care Awards sponsored by the International Association of Dental Research and GlaxoSmithKline.

The \$75,000 award, presented today at the 89th General Session and Exhibition of the International Association of Dental Research in San Diego, advances research that directly benefits the public's oral health. The initial part of the study was funded by a \$50,000 grant from the Georgia Research Alliance.

Xerostomia, or dry mouth, can be caused by autoimmune disorders such as Sjogren's syndrome, chronic medication use, uncontrolled diabetes and cancer therapies. It can cause bad breath, advanced periodontal disease, mouth ulcers, discomfort, trouble speaking and swallowing and a burning sensation at night.

The lozenge could be available to the public later this year, Hsu said. The team hopes this study will lead to a larger, multi-center study. For more information on the study, contact the GHSU Center for Oral Medicine at 706-721-2607.



Drs. Stephen Hsu, Scott De Rossi and Douglas Dickinson (from left) are part of a team beginning a clinical trial using an all-natural lozenge to treat dry mouth, a condition that impacts 40 percent of American adults, at Georgia Health Sciences University College of Dental Medicine.

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Helfgott earns leadership positions

By Jennifer Hilliard Scott

Dr. Andrew Helfgott, Professor and Chief of the Section of Maternal and Fetal Medicine in Georgia Health Sciences University's Medical College of Georgia, has been elected to the Board of Directors for the Society of Maternal and Fetal Medicine. Helfgott also has been appointed to the American Congress of Obstetricians and Gynecologists' Committee on Coding and Nomenclature.

As a three-year board member, he will serve on the Program Committee and will preside over the group's annual meeting in 2015. He has served the society in many capacities since he joined in 1995, most recently as Chairman of its Coding Committee.

As a member of the ACOG Committee on Coding and Nomenclature, Helfgott will help provide physician guidelines for reporting diagnoses and procedures to third-party providers.

A faculty member since 2005, Helfgott is an expert in high-risk pregnancy. He earned his medical degree from the Universidad Autonoma de Guadalajara in Guadalajara, Mexico and a master's degree in health policy and administration from the University of North Carolina at Chapel Hill. He completed a residency in obstetrics and gynecology at the Brooklyn Hospital-Caledonian Hospital in New York and a fellowship in maternal-fetal medicine at the University of Miami School of Medicine and Jackson Memorial Hospital at the University of Miami Medical Center.



Dr. Andrew Helfgott

CONWAY...from page 3

On the value of PFCC: "I want people to see the extraordinary results you can achieve when you partner with patients and families... I think we've all come to the realization that until we build the health care system around the patient, we're not going to figure it out."

"There's financial outcomes. One of the sobering statistics in health care is 30 percent of the cost of health care is the cost of duplication, the cost of repeating things, the cost of crappy systems. Patients can point out to me where the system has no value to them. Not only can we have clinical outcomes, but they can help

me identify parts of our system where I spend money as an executive and get no outcome from that money. The patient helps us drive out the waits and the inefficiencies in the system. The final one is satisfaction. What is very striking is that there is a direct correlation between staff satisfaction and patient satisfaction."

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Pet Gazette



Dr. Nathaniel Yanasek, Director of the Core Imagine Facility for Small Animals, and his wife rescued their German shorthaired pointer, Isolde, from the Wilkes County animal pound 18 months ago. Since then, they've done their best to covert her to an outside dog, considering her high-energy breed.

Yanasek even took scrap materials from rebuilding their home and constructed Isolde her own little home, to make sure she stayed warm and dry. It has a tin roof and a front porch most humans would envy.

"The house is fully insulated; she can pretty much stay outside at any time during the winter or summer," he said. Still, he said he doesn't think she knows how lucky she is.

"It's not like she leers at the other neighbor dogs as they pass by - but we've seen her standing on the porch looking bummed when it rains," he said.

Send photos and stories about your pets to Stacey Hudson at beeper@georgiahealth.edu.

Campus Beat

Periodic reports of crime-related news on campus are posted in compliance with federal, state and local laws to maximize campus safety and awareness. To report crimes, suspicious activity or information regarding reported incident(s), call the GHSU Public Safety Department at ext. 1-2911 or 2911 from a cellular phone.

Stolen vehicle recovered

GHSU Police responded March 14 to a report of a stolen vehicle on the first level of the MCGHealth Medical Office Building parking deck on Harper Street. The owner said his yellow Suzuki motorcycle was secured in the back of his pickup truck when a thief cut the cable. Richmond County Sheriff's Department found the motorcycle two blocks away while the GHSU Police were taking the complaint. The owner was informed as to how to pick up his motorcycle.

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T-shirts benefit children's center

By Stacey Hudson

Through April 30, Health Center Credit Union will raise money for the MCGHealth Children's Medical Center with original T-shirts designed by patient Dalton Miller.

"It has always been a part of the credit union's mission and vision to give back to the community as we are here to serve our members," said Lisa Mahaffey, Vice President. The credit union was created in 1976 at the request of the then-Medical College of Georgia to have a financial institution that catered to its employees.

The Georgia Credit Union Affiliates honored the organization 12 out of the last 14 years for its outstanding contributions.

The T-shirts are \$10-12, and are sold at HCCU's Harper Street, Annex II and Evans locations. Youth and adult sizes are available. All net proceeds go to the Children's Medical Center. For more information, visit hccu.coop.



HCCU Assistant Director Lisa Mahaffey presents GHSU President Ricardo Azziz with a T-shirt designed by MCGHealth Children's Medical Center patient Dalton Miller.

Phil Jones photo

Are you alert?

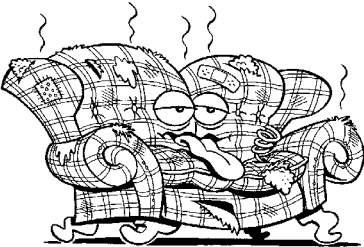
The Georgia Health Alert system is a highly effective means of informing you of a campus emergency... but only if we can reach you. Visit georgiahealth.edu/alert to update your contact information.



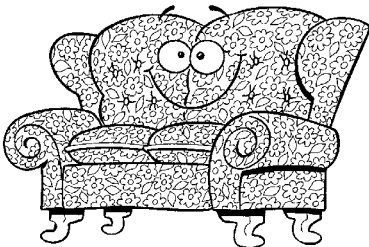
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Congratulations Kimberly Hayes

receives a
FREE LUNCH BUFFET
FOR FOUR from the
P.I. Bar & Grill



Dynamite Shrimp My Way

- 1/3 cup panko bread crumbs
- 2 tbsp. whole-wheat flour
- 1/8 tsp. salt
- 1/8 tsp. garlic powder
- 1/8 tsp. onion powder
- 8 oz. raw large tail-on shrimp (about 12 shrimp), peeled and deveined
- 2 tbsp. fat-free liquid egg substitute (like Egg Beaters)
- 3 tbsp. fat-free mayonnaise
- 1/2 tbsp. sweet Asian chili sauce
- 1/2 tbsp. sriracha hot chili sauce (found with the shelf-stable Asian products)

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray and set aside. In a sealable plastic bag or container, combine panko breadcrumbs, flour, salt, garlic powder, and onion powder. Seal and shake to mix. Transfer to a plate, evenly spreading out the crumb mixture, and set aside. Place shrimp in with egg substitute then coat with crumb mix. Bake in the oven 15 minutes. Combine mayo, sweet Asian chili sauce, and hot chili sauce in a microwave-safe bowl. Mix well. Microwave for 30 seconds. Serve shrimp with sauce for dipping, or evenly spoon sauce over the shrimp. Enjoy!

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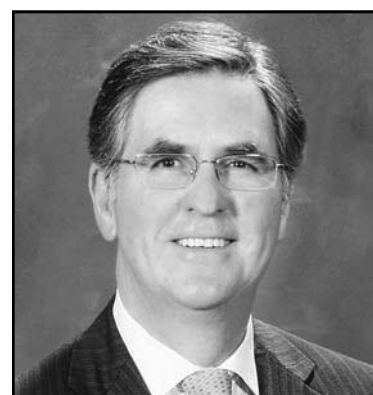
Newsmakers



Dr. Shilpa Brown



Dr. D. Stephen Goggans



Dr. D. Douglas Miller



Dr. Leila Stallworth



Roslyn Marshall



Dr. John Morgan



Dr. Laura Mulloy



Jane Willson

Drs. Shilpa Brown, D. Stephen Goggans, Kathryn McLeod, D. Douglas Miller and Leila Stallworth received Education Discovery Institute grants. The grants program helps GHSU faculty develop research initiatives regarding educational priorities and educational innovations.

Dr. Ben Herz, Assistant Professor of Occupational Therapy, was elected Treasurer of the American Occupational Therapy Association. Herz will take office July 1.

Roslyn Marshall, Nurse Manager of 3 West Neuro, received the inaugural Patricia Sodomka Leadership Award. Marshall was one of nine nominees for MCGHealth's highest PFCC honor, named for the late Senior Vice President of Patient Family Centered Care.

Dr. John Morgan, Associate Professor of Neurology with the GHSU Movement Disorders Clinic, spoke about exercise to the CSRA Parkinson Support Group March 22.

Six employees recently received an MCGHealth Family Choice Award. Nephrologist **Dr. Laura Mulloy** and 3 West Neuro Staff Nurse **Jennifer Rath** received the award in the adult inpatient category. Manager of Pediatric Respiratory Therapy **Michael Frentzel** and Director of Rehabilitation Services **Jane Willson** received the award in the pediatric inpatient category. **Bonni Messner**, an athletic trainer in the Sports Medicine Center, was honored in the pediatric outpatient category, and **Cheryl Priessman**, an occupational therapist in Rehab Services, was honored in the adult outpatient category. The Family Choice Award recipients were chosen by a panel of patient advisors based on demonstrated PFCC performance.

Dr. Kapil D. Sethi spoke to attendees at the 6th Annual Movement Disorders Center Symposium at Seoul National University Hospital in South Korea March 12. Sethi discussed how rapid onset of movement disorders can lead to misdiagnosis.

Obituaries

The GHSU Community extends condolences to the friends and family of:

Earl Thomas, retired Cook, died March 3.

Carol Boland, retired Collection Specialist, died March 9.

Faye Fehler, retired Administrative Secretary, died March 9.



Phil Jones photo

A series of six one-hour video lectures featuring Georgia Health Sciences University faculty are helping educate the public, including primary care physicians statewide, about seasonal and pandemic flu. Dr. Jim Wilde (pictured), GHSU Professor of Emergency Medicine and Associate Professor of Pediatrics, helped coordinate the videos with the Georgia Division of Public Health.

Flu videos educate physicians, public

By Jennifer Hilliard Scott

A series of six one-hour video lectures featuring Georgia Health Sciences University faculty are helping educate the public, including primary care physicians statewide, about seasonal and pandemic flu.

The videos, funded by the Georgia Division of Public Health, cover a wide range of topics – from basics of pandemic flu to triage protocols. Pandemic flu results when a new, rapidly spreading virus is introduced into a population with no pre-existing immunity.

"Flu, in reality, is a very complex topic," said Dr. Jim Wilde, GHSU Professor of Emergency Medicine and Associate Professor of Pediatrics. "We want to help ensure that primary care doctors, who take care of the vast majority of patients who have the flu, have easy access to the latest information."

The State Health Department awarded a contract to Wilde and the GHSU Department of Emergen-

cy Medicine to produce the lectures, which were made available online last month.

The most severe pandemic in world history was the Spanish Flu, which hit in 1918. The 2009 H1N1 pandemic flu virus was mild in comparison, Wilde said.

The videos provide up-to-date information and give physicians a perspective on what a severe pandemic would look like.

"We tried to answer questions like, 'Why would it be that bad?' 'How many would die?' and 'What are the ramifications of pandemic flu?'" Wilde said. "We also tried to make the answers to those questions understandable to the general public."

To view the videos, visit www.ga-gline.org. They will also be available online by GHSU's Division of Continuing Education (www.georgiahealth.edu/ce/). Each video will be worth one unit of continuing medical education credit.

BRIEFS...from page 2

Miracle marathon

The 26th Annual Children’s Miracle Network Celebration will broadcast live from the MCGHealth Children’s Medical Center lobby June 3-5. Volunteers needed. To volunteer or make a donation, call 706-721-3957 or visit mcghealth.org/kids.

Free flu shots

MCGHealth Occupational Health

Services offers free influenza vaccines for campus employees. No appointment is necessary, but employees must show their employee badge. Hours of operation are weekdays from 6:30 a.m. to 5:30 p.m. at 1515 Pope Ave., next to the MCGHealth Human Resources office. Call 706-721-3418.

Medical educators

The Medical College of Georgia Academy of Medical Educators is accepting applications. The academy promotes educational excellence, innovation and scholarship;

serves faculty with career interests in medical education; and works to improve medical education through faculty development, mentoring and educational leadership. Visit georgiahealth.edu/som/ames/index.html.

Join EDI

The GHSU Education Discovery Institute meets at noon on the second Wednesday of each month in the Terrace Dining Dogwood Room to discuss health professions education and educational research. The institute provides refreshments, and

participants may bring their lunch. Contact EDI@georgiahealth.edu.

Pet set

Submit your pets’ photos and stories for the Pet Gazette. Contact Beeper editor Stacey Hudson at smcgowen@georgiahealth.edu or 706-721-4410.

Health study

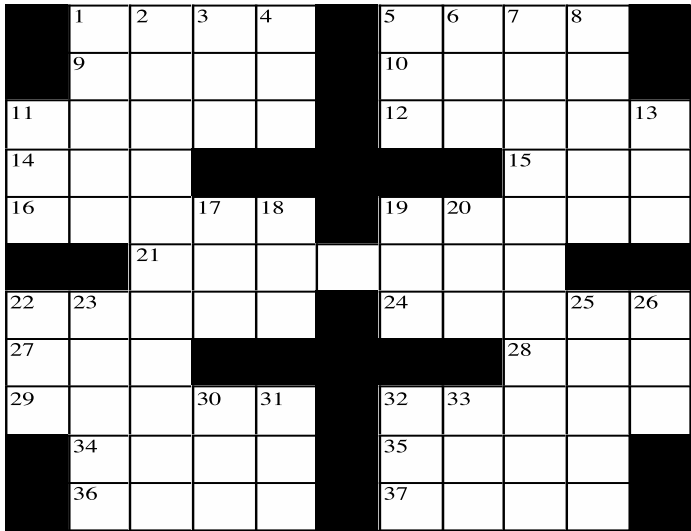
Adults age 21-40 are needed for a GHSU study. Participants will have body scans, non-invasive measurements and fluids collected and will

perform an exercise test. Participants will be compensated. Contact Candice Yates at 706-721-1195 or Gloria Sloan at 706-721-1103.

Knee pain study

Adults age 18-40 who have had anterior knee pain for at least four weeks are needed for a GHSU study. Participants will take part in free, supervised 30-minute rehabilitation sessions up to three times a week for six weeks. Contact Dr. Lori Bolgla at 706-721-1517 or lbolgla@georgiahealth.edu.

beeper buzzles



CROSSWORD 223

ACROSS

- 1. Cause of GERD
- 5. Philtra locations
- 10. Enough, to Omar Khayyám
- 11. Divisions of the cerebral cortex hemisphere
- 12. “Rubber Capital of the World”
- 14. Military address letters
- 15. Hallux, for one
- 16. Fencing crossing
- 19. Pituitary or thyroid
- 21. Common postoperative pain medication
- 22. Bony socket of the eye
- 24. In ___ of; for
- 27. Old Olds
- 28. Division of geologic time
- 29. Nephric

DOWN

- 1. Embrace as one’s own
- 2. Supports for the 4th and 5th metatarsals
- 3. Rage
- 4. German article
- 5. Meadowland
- 6. Cuttlefish secretion
- 7. Vessels that carry blood to the liver
- 8. Faint
- 11. ___ Cruces, NM

- 13. TV’s “___ and Stacey”
- 17. Fragrant neckwear
- 18. First responder, often: abbr.
- 19. Monogram for Nixon’s successor
- 20. Hawaii’s Mauna ___
- 22. Bobby the Bruin
- 23. Late Christopher
- 25. Whether ___; regardless
- 26. Actress Charlotte
- 30. Jillian or Landers
- 31. Mendel’s ___; principle in genetics
- 32. Embryo’s enclosure
- 33. Ask nosy questions

MEDICAL WORD SEARCH

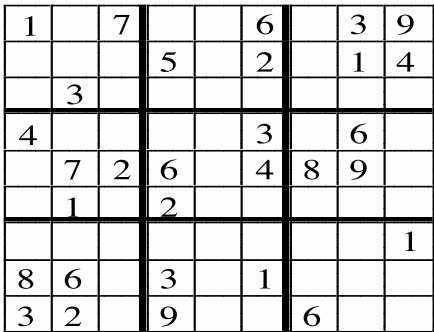


Can you find and circle in the grid above the terms listed below?

- Palatine bone
 - Parkinson's
 - Cornea
 - Ulna
 - Axis
 - Pericardium
 - Cataplexy
- Decadron
 - Femur
 - CAD
 - Ulnar artery
 - Chalazion
 - Topamax
 - COPD
- Pineal body
 - Leukemia
 - Lasix
 - Flu
 - Metatarsus
 - Colitis
 - Tibia

SUDOKU

Sudoku requires no arithmetic skills. The object of the game is to fill all the blank squares with the correct numbers. Each row of 9 numbers must include all digits 1 through 9 in any order. Each column of 9 numbers must include all digits 1 through 9 in any order. Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.





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