2012: Participate in a healthy lifestyle

Mike Hughes | The Ohio State University Medical Center

Participating in your own good health, one of the hallmarks of P4 Medicine, requires personal resolve – not just making resolutions but sticking with them.

Randell Wexler, MD, Family Medicine, who practices at CarePoint Gahanna, has helped many patients identify health goals and create a plan for success.

“One way to maintain a healthy lifestyle as part of a New Year’s resolution is to set a concrete goal with a target that is realistic. For example, it is better to initially target a 10-pound weight loss rather than 30 pounds. You can then continue in 10-pound increments. Setting an initial goal of 30 pounds can be discouraging, especially with the ups and downs in weight many people experience,” Wexler explains.

Here are additional tips on how you can be more successful this year in keeping your resolutions to lead a healthier lifestyle.

Be Specific Instead of making a general goal like “exercise more,” make one that is specific – “walk three miles a week at lunch” or “take the stairs rather than using the elevator.” By creating specific, measurable goals, you can predict and follow your progress more easily.

Write it Down By recording your goal, you can hold yourself accountable and also make modest changes to your resolutions, if necessary. Seeing written proof of progress toward your goal can be a good motivator and tool for success.

Share Your Goal Discuss your goals with friends and family or join a group that will support and encourage you as you work toward success. OSU Health Plan members can seek the advice and support of a health coach.

Take Action Quickly If you are looking to create a new healthy lifestyle, get off to a good start today by buying healthy foods at the grocery or purchasing a membership to a fitness club. “Starting tomorrow” never works, because tomorrow is always a day away.

Stay Flexible Daily interruptions or commitments can cause even the best-planned resolution to go awry. If you seem to be slipping away from your resolution, re-examine your plan and goals. Make adjustments. Don’t look at a misstep as a failure, but rather as a chance to evaluate progress and continue on the path to success.

Reward Yourself Keeping a long-term resolution can be difficult, requiring patience, dedication and plenty of effort. By rewarding yourself for milestones reached, you can keep your goals in perspective and appreciate the progress you’ve made.

Turn the page to read “12 Health Tips for 20-12” and learn how Medical Center staff are participating in their own good health during the new year. As we start the New Year, Ohio State faculty and staff can learn more online about the P4 Pledge – coming soon!

America’s Best – # 25 Pulmonology/Critical Care

When USNews ranked Ohio State’s Critical Care Signature Program among the nation’s Top 25, the news magazine was joining healthcare analysts from across the country, who have taken notice of Ohio State. Recent examples: the American Association of Critical Care Nurses presented Ross Heart Hospital nursing staff with the second-consecutive Beacon Award for Critical Care excellence, and HealthGrades recognized Ohio State’s Medical Center for Clinical Care Excellence.

Critical Care is an interdisciplinary service located within the medical and surgical intensive care units (ICUs) at University Hospital and University Hospital East, step-down units at University Hospital, the Bone Marrow Transplant Intensive Care Unit at The James, and the Ross Heart Hospital (within its universal-bed concept). The successful outcomes for Ohio State’s critical care patients result from the integration of exemplary services provided by our Nursing, Pharmacy and Respiratory Therapy staff as well as from physicians in several specialty areas, including the Division of Pulmonary, Allergy, Critical Care and Sleep Medicine, explains Clay Marsh, MD, director of the Center for Critical and Respiratory Care, who has led the Critical Care Signature Program since its inception in 2006.

Universitywide support, the emphasis on basic and clinical research, and our educational focus provide the foundation for continued advancement of patient care. Within the Critical Care Signature Program, research efforts have focused on discovery-based and process-based critical care. For the discovery-based research, areas of emphasis have been sepsis (host response to life-threatening infection) and mitochondria and organ function. The process-based research aims to execute evidence-based practices for our patients and to define the next level of evidence-based approaches. Educational programs have focused on simulation-, competency- and teamwork-based approaches, as well as the evolution of longitudinal educational programming in the area of personalized medicine as it applies to ICU care.

Staff eagerly anticipate the 2014 completion of the Critical Care expansion – including operating rooms, ICUs and the Burn Unit along with research, education and support areas – that will enhance our critical care environment.

The U.S. News & World Report 2011 rankings of “America’s Best Hospitals” included 11 Ohio State University Medical Center services among the nation’s best. These are: Cancer; Cardiology/Heart Surgery; Diabetes/Endocrinology; Ear, Nose and Throat; Gynecology (Women’s Health); Nephrology; Neurology and Neurosurgery; Orthopaedics; Pulmonology; Rehabilitation; and Urology. Seven services ranked in the Top 25 nationally.

 Ranked among “America’s Best” for 19 consecutive years, Ohio State was also chosen by U.S.News as the top hospital in the central Ohio metro region.

In addition, Ohio State’s Medical Center has earned a spot among the Top 10 academic medical centers in the nation for delivering the highest quality of care, based on the results of a study commissioned by the University HealthSystem Consortium (UHC). The UHC’s Quality & Accountability Study ranks Ohio State 9th in its 2011 survey of more than 100 academic medical centers.
Medical Briefs

Leapfrog Group: Ohio State among nation’s best for cancer care

For the third consecutive year and fourth time in five years, The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute (OSUCCC – James) has been named among the safest and most effective hospitals in the country. The James is among 65 hospitals from a field of almost 1,200 to be chosen as one of the 2011 Leapfrog Top Hospitals, based upon the Leapfrog Group’s rating system that provides an up-to-the-minute assessment of a hospital’s safety and quality. The Leapfrog Group is a consortium of approximately 150 Fortune 500 companies that pay for the healthcare needs of an estimated 34 million Americans.

NCI renewes OSUCCC core grant

The Ohio State University Comprehensive Cancer Center (OSUCCC) has received a five-year, $23 million core grant renewal from the National Cancer Institute (NCI) to support its broad range of clinical, research and educational programs focused on creating a cancer-free world. This award follows a rigorous review process by the NCI, including a site visit by 28 scientists from other universities, which led to the OSUCCC receiving the highest possible rating – “exceptional.” The OSUCCC retains its elite designation as an NCI ‘Comprehensive’ cancer center, a coveted status held by only 41 institutions nationwide.

Shapiro leads breast cancer research program

Charles Shapiro, MD, has been chosen to lead the OSUCCC – James Breast Cancer Research Program. Shapiro will guide an interdisciplinary team of clinical and research scientists whose sole focus will be the study and treatment of breast cancer. He will also lead efforts to increase the number of breast cancer clinical trials and patients enrolled in those trials, and to increase the number of funded investigators who specialize in breast cancer research.

DHLRI scientists investigate mechanisms of fatal arrhythmias

A $1.9 million grant from the Heart, Lung and Blood Institute of the National Institutes of Health will support Ohio State researchers seeking to identify the mechanisms responsible for potentially fatal cardiac arrhythmias in humans. Peter Mohler, PhD, director of Ohio State’s Heart and Lung Research institute, will lead a team focused on understanding how genetic and acquired defects in the pathways responsible for normal function and electrical activity result in instability in the heart. Researchers will study the role of two different pathways in the heart, ankyrin and EHD proteins, both of which seem unusually disrupted in human disease. The Ohio State research team includes Thomas Hund, Jerry Currim, Jingdong Li, Faith Kline, Patrick Wright and Sean DeGrande.

Angelos elected AHA fellow

Mark Angelos, director of Emergency Medicine Research and interim chair of the Department of Emergency Medicine, has been elected a fellow of the American Heart Association (AHA), affiliated with the American Stroke Association. Angelos was chosen for his contributions to cardiology and critical care medicine and his volunteer leadership and service with the AHA. Board certified in Emergency Medicine and in hyperbaric and undersea medicine, Angelos directs a research laboratory that is focused on myocardial ischemia and reperfusion and cardiac arrest.

Bahner to serve on SUSME board

David Bahner, MD, RDMS, Emergency Medicine, has been elected to a three-year term on the board of directors of the Society of Ultra- sound in Medical Education (SUSME). The mission of the SUSME is to promote the use of ultrasound in medical education through development of curricula, research on outcomes and distribution of results. Bahner, a recognized leader locally and nationally in the use of medical ultrasound, has established an Ultrasound Academy at Ohio State with multiple opportunities for medical students, residents and faculty to learn sonographic tech- niques.

ACRM honors Page

Stephen Page, PhD, FAHA, Occupational Therapy, School of Allied Health Professions, was awarded the 2011 American Congress of Rehabilitation Medicine (ACRM) Distinguished Member Award. Page’s most recent work, funded by the National Institutes of Health, studies the retention of motor changes in stroke survivors who were administered mental practice.

Learn more about how Ohio State University Medical Center is “creating the future of medicine to improve people’s lives” by visiting the News and Media Room at http://medicalcenter.osu.edu.

12 health tips for 20-12

The success of P4 Medicine is built upon prediction, prevention, personalized care and participation by people who are involved in promoting their own good health.

As we enter the new year, 20-12, Insight asked a dozen Medical Center staff members to share how they will participate in their own good health this year.

Amy Ehrlich of Health Sciences Administra- tion says, “I plan to focus on eating fewer sweets, by substituting yogurt or fruit for dessert through- out the week, and enjoying a sweet only on Sunday.”

Cheryl Link, a senior systems consultant in Business Systems, has an overarching goal that she playfully refers to as her “eternal quest to lose weight and get into better shape.” To accomplish this goal, she plans to:

- Eat mindfully. Keep an eye on portions instead of mindless grazing.
- Replace her daily 2 p.m. “quest for chocolate with a cup of tea. I’m trying to relax and there are no calories in tea.”
- Shake it up. “Instead of running 5x a week, I’m cutting back on the running and adding spinning and yoga into the rotation. If I’m really good, I’ll get some swimming in there, too,” she explains.

Liz Weinandy, RD, Nutrition Services, says she will “spice up” her life in 2012: “I plan to learn to make more spices. With the new lower sodium recommendations, just about all of us could stand to cut back on salt, so using more spices will help keep food flavorful.”

Kelly J. Scheiderer, MHA, RHIA, an administrator in Emergency Medicine, says, “I try to be more conscientious about eating more whole grains and more veggies/fruits.” Having healthy snacks readily available is important. “When my husband gets back from the grocery store, I wash and cut all the fruits and veggies so they are ready to eat,” she adds.

For Daniel Bachmann, MD, assistant Residency Program Director and assistant professor of Emergency Medicine, 2012 brings ample oppor- tunity for bicycling. Bachman, who cycles to work, says, “I will have logged over 2,500 miles on the bike by the end of December 2011 – most of which were commuting miles to Main or East.”

Natalie Wittmann of Human Resources offers this “step-by-step plan” that benefits work and wellness: “I plan to organize more walking meetings so that I’m sitting less and moving more throughout the day, and making that possible for others too.”

Chief Nursing Execu- tive for OSU Health System Mary Nash, RN, PhD, shares this tip: “My plan for a healthy life in 2012 and beyond is to develop my Daily Training Log, Meal Plan Template and Fitness Action Plan.”

“My plunge into healthier living was somewhat forced upon me – I was diagnosed with Diabetes, Type 2, earlier this year,” says Harry Evans, senior systems consultant with the Information Warehouse. “I now meal plan diligently, avoiding foods high in carbohydrates (and fats, too). Not only have I lost weight, but my blood sugar has come into the normal range, I have also lowered my triglycerides by a couple hundred points (into the low normal range), my choles- terol is better (recently lowered my medi- cation level) and the doctor was able to take me off one of my blood pressure medicines. To top it off, I have lost 40 pounds in the past six months. I used to do a lot of jogging, but now mostly use the exercise bike – five-to-six days per week.”

Deanna Limbert, RN, plans to continue her successful health habits during 2012: “I have lost 70 pounds in the past two years. I have added fruits and vegetables to every meal. I work out every day. I have reduced my portions.” She adds that she doesn’t feel deprived. “If I want ice cream, I limit the amount. Instead of a two-scoop waffle cone I get a kid-sized scoop in a cup, preferably fat free or sugar free. I have also begun baking with Splenda.”

For Barbara Recce, RN, OSU Harding Hospital nurse, the stairs offer opportunity for daily exercise: “My good health resolution is to take the stairs rather than the elevator at least three times per day.”

Nurse Manager Beth Steinberg, RN, MS, CCRN, says, “I practice a bit of meditation daily to ease stress. I also take a yoga class a couple times a week, which helps my flexibility.” Recently, she participated in an essential oils class on the history, uses and evi- dence behind essential oils as a complementary therapy. This was combined with yoga for an ‘om’ yoga class. “I am now researching all kinds of uses for essential oils for good health. If it does nothing else, they do smell really good,” she adds.
Achilles tendon injuries were suffered in the first two weeks of NFL training camp than typically occur during a full season. Lessons learned from the lockout may have significant implications for healthcare providers, school administrators, youth coaches, and middle- and high-school athletes.

"Our early analysis was limited to Achilles tendon injuries, and it is cause for concern due to the unprecedented number of Achilles tendon ruptures in training camp and the beginning of pre-season," says Timothy Hewett, PhD, director of Research at Ohio State University Sports Medicine.

This year, following the rapid transition to training camp and pre-season practices from the NFL lockout, 10 Achilles tendon injuries occurred over the first 12 days of training camp, with two additional injuries occurring in the subsequent 17 days, which included the first two weeks of pre-season competition. These numbers have already exceeded all previously reported Achilles tendon ruptures that normally occur over an entire NFL season.

From a historical perspective, data from a prior report covering 20 NFL seasons between 1980 and 2001 indicated an average of approximately four Achilles tendon ruptures per year. The NFL Injury and Safety Committee reports that, on average, eight Achilles tears occur in a full season.

Historical data also indicate Achilles ruptures generally occur in veteran players, or those who have been in the league approximately six years with an average age of 26.5 years. Of the 10 injuries in the first 12 days of post-lockout training camp, five occurred in rookies with an average age of 23.9 years. Achilles tendon ruptures likely represent career-altering or career-ending events for professional athletes. Previous studies show that one-third of these players never return to NFL competition. Those able to play again generally endure 11 months of rehabilitation, yet they see a greater than 50 percent reduction in performance. This performance was measured by passing and rushing yards for offensive players and by tackles and interceptions for defensive players.

Researchers considered additional factors that could explain this trend. The NFL’s new labor agreement reduces team-supervised conditioning by five weeks, thus capping organized team activities at nine weeks instead of the previous 14. This change most likely decreases opportunities for players to interact with medical staff and the team’s strength and conditioning professionals. In addition, shortened coaching time may influence NFL coaches to increase the intensity, volume and frequency of training before the season starts.

Other possible consequences of the lockout could include relative re-injury risk during early sports re-integration and limited ability to fully rehabilitate from previous injuries.

"While the total elimination of sports-related injuries is an unrealistic goal, it’s clear that appropriately designed pre-season training and conditioning, with ready access to sports medicine professionals and qualified strength and conditioning coaches, may help reduce the likelihood of sports-related injuries in all athletes," adds Hewett.

Co-authors included Gregory D. Myer, Cincinnati Children’s Hospital Medical Center, Avery D. Faigenbaum, The College of New Jersey, Department of Health and Exercise Science; Chad E. Cherny, Cincinnati Children’s Hospital Medical Center; and Robert S. Heidt, Wellington Orthopaedic and Sports Medicine.

As fans look forward to the Super Bowl, a team of sports medicine scientists is looking back at the shortened pre-season created by the 2011 National Football League (NFL) lockout.

Researchers from Ohio State and other institutions evaluated early NFL injury rates and recognized a correlation between sports injuries and preparatory conditioning. Their findings were outlined in a guest editorial in the October issue of the Journal of Orthopaedic & Sports Physical Therapy.

As the editorial noted, more career-threatening and potentially career-ending Achilles tendon injuries were suffered in the first two weeks of NFL training camp than typically occur during a full season. Lessons learned from the lockout may have significant implications for healthcare providers, school administrators, youth coaches, and middle- and high-school athletes.

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Orthopaedics Urgent-Care Clinic
OSU Health Plan members can take advantage of a new urgent-care clinic designed especially for those with an orthopaedic-related injury or condition.

Some of the reasons patients visit the Orthopaedics Urgent-Care Clinic include pain when walking, hip discomfort, knee popping, shoulder pain or pain after a recent fall. Patients will be seen by a clinician specializing in Orthopaedics.

The clinic, located at CarePoint East, 543 Taylor Ave., is open Mondays through Fridays from 8 a.m. to 4 p.m. There is onsite imaging and free parking. Patients are asked to call 293-BONE (2663) before their arrival.

Rising star: Timothy Hewett, PhD, Tim is an internationally known sports medicine research scientist who is recognized and engaged by virtually every subspecialty sports medicine association. He is a dynamic and focused leader whom we are fortunate to have on our team.

(Timothy Hewett, PhD, is director of Research for OSU Sports Medicine, professor of Physiology and Cell Biology, of Family Medicine, of Orthopaedics and of Biomedical Engineering.)

Read about other people who are helping lead Ohio State in creating the future of medicine to improve people’s lives at http://osuworks.wordpress.com/faces-of-osu-medical-center/
Nurse Managers: ‘Decide to act’

Kelly Torrence, RN, BSN, NMF | The Ohio State University Medical Center

Three OSU Health System Nurse Managers had the opportunity to pay it forward in a meaningful way this October. Jenny Brehm, RN, MS, NMF; Alice Krumm, RN, MS, NMF; and Kelly Torrence, RN, BSN, NMF; all worked with the American Organization of Nurse Executives and Nurse Manager Fellows Class of 2011. In this role, these managers were given the opportunity to pursue professional and personal development via a yearlong fellowship training. The fellows interacted with nursing leaders from around the nation, explored healthcare policy and reform, developed effective conflict resolution strategies, and enhanced translational leadership competencies.

As part of the fellowship, the group members contributed to the communities they visited. In July, the members worked at a Food Bank in San Diego. The experience left the group desiring to do more. In October, the group volunteered at the Capital Area Food Bank in Washington, D.C. There are more than 600,000 hungry people in our nation’s capital. The fellows were able to sort more than 25,000 pounds of food in about three hours to help service the local disadvantaged.

While working to help others, we realized that we too benefited from this very humbling experience. Each of us committed to remaining involved in community service activities and to enhancing the life of others outside of the workplace. One quote by Frank Lappe, written on the wall of the Food Bank, represented the feelings of our group, “The outrage of hunger amidst plenty will only be solved when people like you and me decide to act.”

Ohio State Nurse Managers Kelly Torrence (O), Jenny Brehm (I), and Alice Krumm (O) share a Buckeye tradition with a Capital Area Food Bank staff member (H).

Time and Change: The Statue of Hope

Ginny Halloran | The Ohio State University Medical Center

For nearly two decades, the Statue of Hope on the lawn of The James Cancer Hospital and Solove Research Institute has inspired passersby, just as its creator Alfred Tibor intended. The statue was dedicated in 1993, just three years after The James opened.

Tibor stated that his artwork is meant to inspire. “I emphasize subjects that deal with life and life’s experiences. I use the shape of my pieces to create the inner feelings of the human being. I want to create sculptures that both express and evoke human emotion...for I truly believe that life is a celebration.”

Ohio State is recognized nationwide for the hope and expert care it provides patients with cancer and for advancing cancer prevention, diagnoses and treatment. The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute (OSUCCC – James) strives to create a cancer-free world by integrating the work of more than 275 Ohio State scientists with excellence in education and patient-centered care.

Ohio State is one of only 41 National Cancer Institute (NCI)-designated Comprehensive Cancer Centers and one of only seven centers funded by the NCI to conduct both phase I and phase II clinical trials.

The most recent NCI rating named Ohio State’s cancer program “exceptional” – the highest possible rating. The OSUCCC recently received a five-year, $23 million core grant renewal from the NCI to support its broad range of clinical, research and educational programs.

As the cancer program’s 210-bed adult patient-care component, The James has been recognized for excellence in the prevention, detection and treatment of cancer by several national organizations, the Leapfrog Group as well as U.S News. The Medical Center expansion, expected to be completed in 2014, will permit Ohio State staff to deliver the highest level of cancer care to a greater number of patients in the new 276-bed facility.

LASIK Surgery

at Ohio State’s Eye and Ear Institute

Did you know that LASIK is the most common corrective eye surgery, and that Ohio State offers advanced LASIK techniques and tools to meet your specific vision needs?

The Ohio State University Medical Center’s Havener Eye Institute now performs wavefront-optimized, all-laser LASIK surgery. This state-of-the-art procedure allows for individual measurements of the entire eye and personalized corneal reshaping, giving each patient customized, high-precision results.

But for Ohio State, your best option for LASIK wouldn’t be this clear.

To learn more or to schedule your free LASIK screening, call Ohio State’s Eye and Ear Institute at 614-366-1270.