Ohio State's Wexner Medical Center is using methods learned and perfected by aviation experts to support its continued quest to deliver the safest, most effective and highest quality of personalized health care possible.

In partnership with LifeWings and its Patient Safety and Crew Resource Management (CRM) Program, Ohio State is personalizing the best practices of high-reliability organizations for use at our Wexner Medical Center. LifeWings’ CRM is a nationally acclaimed program that helps healthcare organizations with good safety records improve their practices to create sustainable and measurable cultural advancements.

Many of the advancements gained through CRM are rooted in strengthening teamwork training and developing site-specific safety systems. The aviation industry has proven that the appropriate use of standardized communication and hardwired safety tools (such as checklists, communication scripts and standardized protocols) can improve safety and reduce human error.

During 2011, CRM training was completed with Perioperative physicians and staff from University Hospital, Ross Heart Hospital, The James, the Outpatient Surgery Center and University Hospital East. Already in 2012, CRM training has begun with Perinatal Services staff.

Recently, staff from Ohio State’s Wexner Medical Center have been selected by Ohio State and LifeWings as CRM trainers. These Ohio State staff were chosen because of their excellent communication and facilitation skills, leadership abilities and respect from their peers. They will help others learn and develop teamwork and tools to continue advancing our Ohio State culture of safety.

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**Ohio State’s Wexner Medical Center**

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But for Ohio State... Healthy twins celebrate second birthday

When it’s bedtime for 2-year-old twins Lydia and Thea, their Beanie Babies always bring them comfort.

For Amy, a second-grade teacher from Powell, Ohio, and her husband Mike, those stuffed animals mean something very different. It’s difficult to believe that the girls were the same size as those Beanie Babies when they were born at 30 weeks into Amy’s pregnancy. What’s even more unimaginable is that when Amy experienced multiple, rare pregnancy complications—these two vivacious little girls almost didn’t survive.

“When you’re diagnosed with a high-risk pregnancy, you’re thrown into this world that you aren’t prepared for,” says Amy.

When Amy and Mike went for an ultrasound at 20 weeks, they were excited to find out whether they were having twin boys or girls. When the technician went to check, Amy and Mike were shocked to find out that they were having twin girls.

The diagnosis was Twin-to-Twin Transfusion Syndrome (TTTS), a rare pregnancy complication that gives one baby the majority of the mother’s nutrients and essentially starves the other baby of the nutrition it needs to develop.

Amy’s Ob/Gyn immediately referred the couple to Richard O’Shaughnessy, MD, a maternal-fetal medicine specialist at Ohio State. Before meeting with O’Shaughnessy, Amy and Mike did extensive online research and contacted the national Twin-to-Twin Transfusion Syndrome Foundation. The Foundation told the couple that O’Shaughnessy was one of only two doctors in Ohio with the expertise to surgically treat TTTS.

“We had one of the best doctors in the country for what we were facing,” says Amy.

From the minute Amy and Mike met “Dr. O” as they affectionately call him, they knew he would give them the best chance at saving both Lydia and Thea. O’Shaughnessy expertly performed the delicate surgery that treated the nutritional imbalance, and within one day, both babies were doing much better.

But Amy and Mike’s jubilation was followed by more bad news. During an ultrasound to monitor the girls, a technician discovered a problem with the girls’ blood flow. Thea’s blood was too thick and Lydia’s blood was too thin, a condition called Twin Anemia-Polycythemia Sequence (TAPS).

For nearly two months, O’Shaughnessy painstakingly performed in-utero blood transfusions to level out the girls’ hemoglobin levels, until Lydia and Thea were developed enough to be delivered by C-section at 30 weeks.

“Ohio State became family, and we became family to them,” Amy says.

After their twins received 50 days of expert care in the Level III NICU (Neonatal Intensive Care Unit), the highest level of intensive care available to newborns, Amy and Mike happily took them home today. Amy is doing fine and the girls, who recently turned 2, are healthy, happy and above the development milestones for their age.

“Learn more about CRM on OneSource or by contacting Judy Bournique (Judy.Bournique@osumc.edu) or 293-8893.”
MedServe helps students serve our growing community

Jami Brunk Young | The Ohio State University Wexner Medical Center

“I have always been interested in community service and treating people who aren’t well off. I love volunteering. My philosophy is ‘Find out what needs the community has and fill them,’” says Yizhi Shan, a second-year student in the College of Medicine.

Shan is part of a growing movement of young medical professionals who seek to treat the global community beyond the patients who come to our hospital. Here in Columbus, these students are making a difference at “free clinics” by providing critical clinical and administrative support for the medical staff who are caring for uninsured and underinsured patients.

Students at Ohio State like Shan who are driven to do community work receive support and advocacy from MedServe, an organization in the College of Medicine that promotes service opportunities for students. MedServe was started in 2006 as a committee under Project Professionalism by a group of Ohio State medical students dedicated to improving healthcare access for medically underserved communities.

The students in the group now partner with Lower Lights Christian Health Center, Xenos Free Clinic and New Life United Methodist Church.

Shan is a medical student coordinator at the New Life United Methodist Church on West Fifth Avenue, where every Sunday he and a group of physicians and nurses see approximately 50 patients, most of whom are homeless, in about two-and-a-half hours.

“We provide them breakfast at the church and give them lunch to take with them. They can get clothes, if they need them. Our health clinic is next door. The homeless have a great need for orthopedic care because they tend to sleep on the streets and engage in manual labor. They are prone to diabetes and hypertension because they have poor diets. So we have a retired orthopedic surgeon, a general internist, a podiatrist and a nurse practitioner. We med students get pretty hands-on here. We are the first to talk to the patients when they arrive at the clinic, participate in diagnosis and provide routine medication management under the supervision of physicians.

Since I am thinking of going into internal medicine, I really enjoy the generalness of it and provide routine medication management under the supervision of physicians. The students appreciate the support MedServe has provided and encourage others to join in. “Find where the need is in the community and then go fill it,” says Shan.

Community Care

It’s estimated that in a typical month, more than 500 Columbus residents will receive free health care at a central Ohio clinic and be assisted by an Ohio State medical student. Student duties may include interviewing patients or administering the components of a physical exam while under the guidance of an experienced physician.

Students serve patients at the Physicians Free Clinic as well as La Clinica Latina, the Asian Health Initiative Free Clinic and the Noor (Muslim) Community Clinic. In addition, the Columbus Free Clinic is one of only a handful of free clinics nationwide managed by medical students.

Howie Werman, MD, Ohio State Emergency Medicine, who is a frequent physician volunteer and mentor to students both locally and internationally, explains: “In addition to providing the medical students with an early exposure to clinical care, these experiences instill in each student a sense of obligation to providing care for underserved patients. Most of our students take advantage of these opportunities.”

Left: Suzanne Ploeger obtains vital signs from a patient at the Nationwide Children’s Hospital Linden Primary Care Center. This center cares for a substantial number of patients covered by Medicaid, Caressource or Molina along with a smaller percentage of private third-party payers.

Right: Travis Sharkey-Toppen prepares to swab a patient’s throat at the Nationwide Children’s Hospital Linden Primary Care Center.
Likes ‘Pay Forward’

As a surgeon and as a patient, Lee Like, MD, a 1957 graduate of Ohio State’s College of Medicine, knows the value of quality education and quality care. His Ohio State education prepared him for a lengthy career helping others through his Lima, Ohio, surgical practice.

In February 1999, Ohio State’s transplant program helped Like restore his own health through kidney transplantation. Thanks to that transplant 13 years ago and Ohio State’s ongoing care, Like and his wife, Sue, are enjoying life in their Naples, FL, retirement home. Yet, the Likes continue to help others through their gift to Ohio State medical education and patient care.

“We believe Ohio State is an institution that is accomplishing great things, and we want to be part of the support team that helps Ohio State make great advancements in transplantation,” says Like.

President E. Gordon Gee’s recruitment of Robert Higgins, MD, as director of the Comprehensive Transplant Center (CTC) is one indication that transplantation is making great strides at Ohio State, adds Like.

The Likes have a history of generosity to and engagement with Ohio State, having joined the President’s Club more than 40 years ago as well as having hosted several dinners for College alumni in Naples. With this $100,000 gift supporting organ transplantation at Ohio State, the Likes seek to increase awareness of the lifesaving and life-improving value of transplantation, enhance transplant-related education and training within Ohio State’s College of Medicine, and inspire others to make a stronger commitment to pre- and post-transplant patient care.

Faces

Mitchell Henry, MD
Professor of Surgery
Director, Division of Transplant Surgery
Deputy Director for Surgical Services, Comprehensive Transplant Center
Associate Medical Director, Lifeline of Ohio Organ Procurement Agency

What do you like best about practicing medicine at Ohio State’s Wexner Medical Center?
Ohio State is a great place to push the envelope when dealing with the ever-evolving and complex field of organ transplants. You’re around students, residents, fellows and others who keep you thinking and continually challenged.

What excites you most about the future of medicine?
One-size-fits-all has no place in modern medicine. Thanks to research on the human genome, soon we’ll be able to provide individualized health care based on markers that can treat diseases before they develop.

How do you think P4 Medicine will change your specialty over the next 10 years?
P4 Medicine focuses on outcomes based on individual profiles, so we can measure a patient’s likely response to certain types of treatment. Ohio State provides the opportunity to develop new and innovative approaches such as the minimally invasive surgery of islet transplantation from a deceased donor rather than the larger, more traditional whole-organ intervention. There are a lot of options, so the question is: how can you make the patient better with the least number of side effects?

Name a medical career mentor and tell us what you learned from him/her.
Ronald Ferguson, MD, PhD, former director of the Comprehensive Transplant Center, showed me how to see the bigger picture as a whole doctor as well as a transplant surgeon. He also taught me to be inquisitive and open to change and different protocols to achieve good outcomes.

What advice do you have for young physicians early in their careers?
Anyone starting out in medicine should have a clearly circumscribed plan. Align yourself with a mentor and have well-thought-out goals.

What are your hobbies or volunteer activities?
When not working, I enjoy golf and tinkering with broken items. I’m the neighborhood fix-it person. My wife Margie is a practicing nurse, and we have two children, Lucas and Erin. We’re proud of their accomplishments.

Rising Star:
Mark Bloomston, MD, associate professor of Surgery. In a field with many good people, Mark has the potential to be a superstar and is starting to be recognized both nationally and internationally. Along with having extraordinary insights and vision for what needs to be done, he is inquisitive about everything, from basic research to new technologies. And, in addition to being a talented surgeon and physician, he has excellent people skills.

Medical Briefs

MICU recognized for excellence
Ohio State’s Medical Intensive Care Unit (MICU) has received the Beacon Award for Critical Care Excellence, an honor that recognizes it as one of the best critical care units in the nation. The award is sponsored by the American Association of Critical-Care Nurses and is awarded to units that achieve the highest quality outcomes and provide excellent care to patients and their families. The MICU received the award at the silver level after evaluation based on recruitment and retention, engagement and mentoring of staff, evidence-based research and practice, patient outcomes and leadership.

Morehouse adds patient valet service
A new valet service began recently for patients with appointments at the Morehouse Pavilion and Tower buildings. A valet podium will be stationed at each location. The cost for valet service is $3, and the service will be available from 7:30 a.m. - 5 p.m. Monday-Friday. A valet attendant will remain available weekdays to predict pending treatment failure as early as days or weeks into treatment, thus providing a second chance at a cure. Her clinical interests include imaging-guided radiation therapy and brachytherapy, functional/molecular tumor imaging, women’s cancers, lung cancer and neuroendocrine oncology.

Scientists develop new way to image plaque in arteries
Ohio State researchers have used nanotechnology to target a protein that plays a key role in atherosclerosis and inflammation. Researchers say the study is an important advancement toward using immunotherapy to simultaneously diagnose and treat cardiovascular disease. The investigation targets myeloid-related protein (Myeloperoxidase) (Mpo) (murine and human), which regulates vascular inflammation in atherosclerosis. Its presence is readily detectable in human and animal atherosclerotic plaques. The research team also noted the anti-Mrp probe neutralized the inflammatory effects of Mrp8/14, says researcher Andrei Maiseyev, PhD, of the Davis Heart and Lung Research Institute. The research is published in the April edition of Arteriosclerosis, Thrombosis and Vascular Biology.

Wound Service helps patients heal
Ohio State’s Comprehensive Wound Center and Department of Plastic Surgery have initiated the Comprehensive Wound Physician Service, which provides evidence-based care for patients with acute and chronic wounds or a primary diagnosis of a wound. Gayle Gordillo, MD, leads the care team of Michelle Giovannelli, CNP, CWS; wound ostomy and continence (WOC) nurses; and surgical faculty. This service is available at all hospitals on the main Ohio State campus. Inpatient acute and chronic wound consults at University Hospital East will continue to be seen by Richard Schlanger, MD, PhD, FACS, and Patsy Martinsek, RN, CWOCN, CFGC.

Learn more about The Ohio State University Wexner Medical Center is "creating the future of medicine to improve people’s lives" by visiting the News and Media Room at medicalcenter.osu.edu.
Stand up for better health

Ginny Halloran | The Ohio State University Wexner Medical Center

Don't expect good health to land in your lap — especially if you are sitting at your workspace eight hours a day and around your house a few more hours at night.


Through numerous tag-team presentations, Kanodia, and colleague Jamie Beadle, PT, OCS, are asking Ohio State’s Wexner Medical Center faculty and staff to take a stand for better health — literally.

Kanodia, who practices at Ohio State’s Center for Integrative Medicine, explains the reasons why standing is better for your health than excessive sitting and Beadle suggests how to incorporate standing into your daily work routine.

Standing burns twice as many calories as sitting. Three hours of additional standing per day could calculate to a person losing 12 pounds in a year, says Kanodia.

Armed with easy-to-understand disease statistics and diagrams of the load that sitting puts on the L4, L5 and S1 spinal discs, Kanodia outlines the dangers inherent in excessive sitting.

For example, a sedentary job coupled with six hours a day of sitting away from work can increase a man’s risk of early death by 20 percent and a woman’s risk by 40 percent. In addition to the human toll of sitting, there’s also a financial burden from treatment for diseases linked to an excessively sedentary work- and lifestyle, he adds.

Kanodia then asks faculty and staff to be health advocates by taking the lead in improving our own health through better, often more active, workplace practices.

“People can do this,” Kanodia explains.

Beadle, an Ohio State physical therapist who specializes in occupational health and wellness, suggests faculty and staff to be health advocates by taking the lead in improving our own health through better, often more active, workplace practices.

“Change your meeting structures — Encourage standing at meetings. For meetings that you organize, clearly state in your invitation that you will be standing and invite others to join you. For small meetings, consider conducting a walking meeting.”

For additional information, contact Anup Kanodia, MD, MPH, at Anup.Kanodia@osumc.edu or Jamie Beadle, PT, OCS, at beadle.6@osu.edu.

But for Ohio State, My twins would not have survived.

When Amy was diagnosed with a rare pregnancy complication that jeopardized her babies, she chose The Ohio State University Wexner Medical Center. Why? Because Ohio State is one of very few places in the nation with the expertise to perform the delicate laser surgery that saved both of Amy’s girls. “They were the best in the country for what we were facing.” See more of Amy’s story at osu.edu/butforohiostate.