Staff demonstrate values in action

Ashley Fisher  |  The Ohio State University Wexner Medical Center

“When we picture ourselves in the same situation that our patients are in, it is often easy to know the right thing to do,” says Peter Geier, COO of Ohio State’s Wexner Medical Center.

Jeri Cerbus, RN, an 8 Rhodes intensive care unit preceptor and charge nurse, let empathy and compassion be her guide, and she knew the right thing to do to help an ICU patient share her final farewell with friends.

As the patient faced the end of her life with no family by her side, Cerbus helped arrange for the patient’s two best friends, who had been her traveling companions, to bring to the bedside a bottle of wine the three had bought during their travels. They had planned to drink the wine together on a special occasion. During the patient’s last moments of life, Cerbus assisted the patient with a taste of the wine, while her two friends toasted the patient and the fond memories they shared.

Cerbus was honored recently with a BRAVO Values in Action Award for her supportive end-of-life care of a patient and for helping these women in their time of sorrow and grief.

BRAVO Values in Action Awards are given quarterly to staff who bring our values to life and demonstrate our commitment to improving people’s lives through personalized health care.

Our empathy and compassion value is just one of the nine values shared by our staff. In addition, Ohio State’s Wexner Medical Center is committed to excellence, collaborating as one university, acting with integrity and personal accountability, openness and trust, diversity in people and ideas, change and innovation, simplicity in our work and leadership.

“The more we demonstrate these nine values in our daily work, the closer we will be to achieving our goals in customer service, patient safety, quality outcomes and financial stability,” says Geier.

Faculty and staff are encouraged to nominate individuals and teams who consistently demonstrate Ohio State’s Wexner Medical Center’s values in action and exhibit exemplary performance for the BRAVO Values in Action Award. Submit your nomination by Aug. 9.

Here’s how: Obtain a nomination form from the Values in Action page on wexnermedicalcenter.osu.edu.

Learn more about patient stories that illustrate the remarkable care provided every day by the staff of The Ohio State University Wexner Medical Center at medicalcenter.osu.edu.

But for Ohio State… Taking her life back

Quovardis was experiencing headaches, stress, swelling and fatigue.

“I thought I was a typical stressed-out, overworked mom,” explains the busy working mom from Pickerington, Ohio.

But when she also started having heart palpitations – her heart would speed up to the point where she was gasping for air – it became clear that something was seriously wrong. She decided to stop ignoring her symptoms and see a doctor.

Quovardis visited her primary care physician, who initially told her to start dieting and exercising, and prescribed anxiety medication for stress. Quovardis took her doctor’s advice, but she was so out of breath and fatigued that she struggled to complete even five minutes on the treadmill. When medication didn’t help, Quovardis and her doctor began an extensive round of testing to pinpoint the source of her disabling symptoms.

After multiple tests failed to uncover the source of her problem, and as her health continued to decline, Quovardis’ boss urged her to get a second opinion at The Ohio State University Wexner Medical Center. She made an appointment at the Women’s Cardiovascular Health Clinic.

Laxmi Mehta, MD, director of Women’s Cardiovascular Health, met with Quovardis. Mehta decided to target the atypical features of Quovardis’ symptoms, not getting distracted by the obvious risk factors such as excessive weight or anxiety. Mehta found that a hidden health problem was destroying Quovardis’ heart.

Mehta diagnosed Quovardis with Raynaud’s disease, a condition that limits blood circulation within the body. Raynaud’s disease doesn’t usually affect the heart, but fortunately Mehta had the expertise to diagnose the impact of the disease on Quovardis’ heart.

“Dr. Mehta told me that I probably wouldn’t live until the end of the year, if I kept going the way I was going,” recalls Quovardis.

Mehta explained that the disease was overworking and damaging her heart, ultimately creating a serious threat for Quovardis.

Mehta helped Quovardis by prescribing medication that improved blood flow. After Quovardis’ energy levels began to rise, the Ohio State cardiologist prescribed “tough love” – better nutrition and more exercise.

“Ohio State gave me back control of my life,” says Quovardis, recalling the exact moment she realized how much Ohio State’s Wexner Medical Center had changed her life.

While playing with her teenage son Kae, Quovardis says she thought to herself: “Oh my goodness, I can keep up with this kid!”

Today, Quovardis enjoys being in control of her life. She takes her medication as prescribed and has lost weight due to the prescribed nutrition and exercise plan. She also enjoys sharing her story in the hope of encouraging busy women and moms, who may be experiencing heart palpitations or extreme fatigue, to see a cardiologist.

Learn more about patient stories that illustrate the remarkable care provided every day by the staff of The Ohio State University Wexner Medical Center at medicalcenter.osu.edu.
BPH: Help for this common disorder

Mary Connolly | The Ohio State University Wexner Medical Center

Most men are happy to talk about the MPG (miles per gallon) on their vehicle. Or, the ERA (earned run average) of their favorite pitcher.

But, men often shy away from discussing BPH, even though it's one of the most common health disorders faced by men aged 50 and older. The problem affects more than 40 to 50 percent of men aged 51 to 60, and by the time men are in their 80s, more than 80 percent will suffer from the disease.

Medically, BPH refers to the condition, benign prostatic hyperplasia. More commonly, it's called an enlarged prostate.

Symptoms of BPH include getting up during the night to go to the bathroom or making frequent bathroom trips to urinate, weak stream and hesitancy (difficulty in starting urination). The symptoms can be irritating, frustrating and inconvenient, but they can also be a sign of a more serious problem, even cancer.

The prostate is located at the base of the bladder and surrounds the urethra (the tube that carries urine from the bladder through the penis). This gland serves a critical role in reproduction, helping keep urine from infiltrating semen during ejaculation. The prostate also helps by secreting prostaglandins, which are a protective barrier to help the sperm travel through the vagina and cervix, increasing the chance of pregnancy.

As men age, the prostate naturally grows larger – usually this begins sometime after age 50. As the prostate grows larger, it places increased pressure on the urethra, which can lead to a variety of symptoms – and ultimately benign prostatic hyperplasia, commonly known as BPH.

Some men find it embarrassing and difficult to talk with their doctor about issues that affect both urination and sex, even though the condition is common. Once the condition is identified, an appropriate treatment plan can be started that can alleviate symptoms.

Here are the urinary symptoms that might indicate you have BPH:
- Frequency (feeling the need to urinate often)
- Nocturia (getting up during the night to urinate)
- Urgency (needing to get to the bathroom quickly)
- Incontinence (inability to hold urine)
- Weak stream
- Dribbling
- Hesitancy
- Intermittency (interruption in urinary flow)
- Straining or a feeling of incomplete emptying

Men who have any of these symptoms should seek an evaluation from a urologic specialist. Tests to determine the cause of these symptoms include a digital rectal exam, post-void residual test to determine residual urine, cystoscopy (viewing the bladder with a scope), and ultrasound.

After a diagnosis has been made, the urologist and patient can decide upon an appropriate course of action.

To learn more about men’s health services at Ohio State’s Wexner Medical Center, visit urology.osu.edu. To schedule an appointment with Ahmad Shabsigh, MD, or another Ohio State urologist, call (614) 293-9253.

Improving heart and vascular emergency care

Marti Leitch | The Ohio State University Wexner Medical Center

Patients in need of emergency heart or vascular care may benefit from a new program based at the OSU Ross Heart Hospital of Ohio State’s Wexner Medical Center.

This spring, Ohio State became the first in the state and among only four healthcare institutions in the nation with a program designed to speed care for critically ill heart and vascular patients. Modeled closely after Ohio State’s successful initiative to streamline care for ST-segment myocardial infarction (STEMI), the most serious form of heart attack, the newly launched program includes other heart and vascular emergencies. The program, called the Level I Heart and Vascular Emergency program, aims to improve care for patients with a ruptured abdominal aortic aneurysm, acute aortic dissection, acute limb ischemia and cardiogenic shock.

“With our STEMI alert program, we have reduced patient transfer times and increased heart attack survival rates,” says Raymond Magorien, MD, a cardiologist who is director of the Level I Heart and Vascular Emergency program. “Now we are applying many of the same efficiency and quality improvements to further bolster our care for critically ill heart and vascular patients.”

Ohio State’s Level I team works closely with referring hospitals, emergency medical service providers, the emergency department and other patient care areas to provide fast and easy access to treatment. The team establishes protocols with referring hospitals for quickly assessing a cardiovascular emergency and initiating a patient transfer. With one phone call, surgeons, cardiologists, nurses and imaging technologists are mobilized to prepare for the arriving patient.

“Now matter how good a system is between a regional and an academic hospital, there is always room to improve, and we are excited to create this program that will coordinate and speed access to lifesaving cardiac care in Ohio and surrounding areas,” says Magorien.
EMR opens way for improved patient care areas

Staff of OSU Rardin Family Practice Center, 2231 N. High St., celebrated May 16 the completion of renovations that will provide patients with an added measure of comfort and convenience. The upgrade included better floor and wall surfaces, more open spaces and brighter lighting, a modern decor and better patient-care areas.

These renovations follow, and are made possible by, the switch to the electronic medical record (EMR) that has also helped staff provide safer, more efficient care.

"With the change to EMR, we had a lot of unused space that formerly held paper charts. In addition, our lobby was too small and not optimal for patient flow or privacy," explains Becky Wilkins, associate director for Ambulatory Services.

"We completely gutted both areas to create a new space. Not only is the new space beautiful, it was designed with patient flow in mind and gives a great first impression of our Medical Center," she adds.

In 2008, as OSU Rardin Family Practice Center was poised to initiate an electronic medical record (EMR) system, Becky Wilkins and Scott Merryman, MD, posed among OSU Rardin's racks and racks of paper files. Today, Wilkins stands in the same area to show how the move to electronic health records has opened the way for improvements in the patient care environment.

Faces

W. Jerry Mysiw, MD
Interim Chair, Department of Physical Medicine and Rehabilitation
Medical Director, Rehabilitation Services at Dodd Hall
Co-Director, Traumatic Brain Injury Rehabilitation
Associate Professor of Physical Medicine and Rehabilitation
Bert C. Wiley, MD, Chair in Physical Medicine and Rehabilitation

What do you like best about practicing medicine at Ohio State's Wexner Medical Center?
I enjoy the fact that my specialty is unique and does not follow a traditional medical model. We are not a specialty that focuses on a specific bone or joint or disease. Our specialty addresses the needs of people who have an injury or illness that affects the musculoskeletal system or the neurological system.

What excites you most about the future of medicine?
What's exciting is that the neurosciences have brought us to a point where we have the potential to redefine what we do and how we do it. Exercise is medicine, and we struggle to acquire good data regarding response curves. Neuroscience is bringing us to the point where we are going to look at neuroplasticity and responses to various exercise interventions.

How do you think P4 Medicine will change your specialty over the next 10 years?
To a large extent, this is what we have always done. Our research has been designed to predict outcome. Our interventions are extraordinarily person-alized. Without the patient's participation, there is little advancement.

Name a medical career mentor and tell us what you learned from him/her.
I'm in this field because of a mentor I was assigned as a first-year medical student, and that was Dr. Ernie Johnson, who was chair of this Department. I had never heard of this field, but his impact was such a powerful experience that I would say that Ernie Johnson affected my life as much as any man, except my own father.

What advice do you have for young physicians early in their careers?
I tell medical students, who are at a stage where they must choose a field, that I love what I do. I'm very happy with the choice I made. I also believe that I just love medicine and that I would be happy anywhere in the field of medicine. You have to make decisions. Are you a surgeon or more interested in the cognitive specialties? Once you decide, I believe it is hard to make a mistake.

What are your hobbies or volunteer activities?
With my wife being a physi-cian, we have made a commit-ment that any free time we have, we owe our two children. Therefore, their hobbies become our hobbies.

Who in history would you most like to meet?
Abraham Lincoln. He was an extraordinary man of conviction who dealt with failure, setbacks and personal tragedy, yet was a pivotal figure in world history. I enjoy history, and here you have an incredible individual who held a nation together, sometimes by his sheer will.

Star Colleague:
Ali Rezai, MD, professor of Neurological Surgery and of Neuroscience. His commitment is total and he brings great enthusiasm to his work. We are able to collaborate with Dr. Rezai, and I believe that will have significant impact on our work related to Neurology and Psychiatry and will lead to Ohio State's Neuroradiology Center becoming the finest neuroradiology center in the world.

Medical Briefs

Benson chosen 2012 Professor of the Year
Don Benson, MD, PhD, Division of Hematology, was selected by the 2012 College of Medicine graduating class as Professor of the Year. In making the announcement, the Student Council stated: "Dr. Benson is not only a great teacher but has reached out to the students in a caring and friendly manner. His obvious dedication to student education and well-being is now being recognized by receiving the honor of Professor of the Year. His passion for his work, excellence in teaching, and kindness to the students will be well remembered." As Professor of the Year, Benson delivered the keynote address for the Class of 2012 Hooding Ceremony.

Clinchot named vice dean for Education
Daniel M. Clinchot, MD, was named vice dean for Education for Ohio State's College of Medicine and associate vice president for Health Sciences Education for the Office of Health Sciences. The appointments are effective July 1, pending approval by the University's Board of Trustees. Clinchot is associate dean for Medical Education for the College and associate professor of Physical Medicine and Rehabilitation.

A+ for the Respiratory Therapy Program
According to a 2011 outcomes data report published by the Commission on Accreditation for Respiratory Care (CoARC), Ohio State's Respiratory Therapy Program in the School of Health and Rehabilitation Sciences was the only program in the nation to receive perfect scores on student competency exams. Ohio State's Respiratory Therapy Program delivered 100 percent on job placement, 100 percent on CRT (Certified Respiratory Therapist) and 100 percent on RRT Success (Registered Respiratory Therapist). Both CRT and RRT Success exams are administered by the National Board for Respiratory Care and are designed to objectively measure essential knowledge, skills and abilities required of respiratory therapists.

Join the 2012 Heart Walk
Fight cardiovascular diseases by walking with colleagues in the Heart Walk Aug. 25 with Team Ohio State, led by Peter Geier, COO of Ohio State's Wexner Medical Center. The central Ohio Heart Walk is a fun, no-minimum fundraiser for the American Heart Association. Participants of all ages can join in a non-competitive 1- or 3-mile walk that supports lifesaving research and educational programs. All Team Ohio State walkers will receive a free team Ohio State t-shirt. Learn more at go.osu.edu/OSUHeartWalk or contact Emily Kaeding at 366-7581.

Learn more about how 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.
The symbiosis of research and education

Ginny Halloran | The Ohio State University Wexner Medical Center

Research and education enjoy a symbiotic relationship at Ohio State’s College of Medicine. Increased research funding has provided the technology and resources to support our scientific experts and to offer new educational opportunities for MD, pre-doctoral and doctoral students.

These opportunities will help ensure that Ohio State, Ohio and the nation have the scientific expertise required to investigate and answer the next generation of health challenges.

“This past year, we have had major success in securing competitive funding to support both our research and academic missions. However, we still have much more work to do to create both a physical and fiscal environment that will propel us into the ranks of the Top 20 U.S. medical schools,” says Dean Charles J. Lockwood, MD, MHCM.

In 2011, the College was awarded highly coveted funding from the National Institutes of Health (NIH) to propel education of medical and doctoral students in both clinical medicine and basic science research.

Ohio State’s new Medical Scientist Training Program (MSTP), a designation given only to combined MD/PhD programs receiving NIH support, offers an integrated curriculum and provides rigorous training in both biomedical research and clinical medicine necessary for achievement of both degrees.

Nationally, there are 44 NIH-funded Medical Scientist Training Programs. Each of the Top 20 medical schools and research institutions, as ranked by U.S. News & World Report, has such a program.

“This exclusive award enables expansion of existing opportunities and programming for our medical students,” says Larry Schlesinger, MD, director of the MSTP at Ohio State. “As a result of this prestigious award, we expect our applicant pool to grow in both number and quality.”

In addition to intensive clinical and basic science training, the MSTP program offers a flexible and customized graduate curriculum centered on the goals and interests of the individual student; independent study pathways for medical school curriculum; a strong student community; generous stipends and tuition waivers; and research and mentoring opportunities with Ohio State’s physician scientists.

Additional NIH funding supports the College of Medicine’s new SUCCESS (Summer Undergraduate Course Creating Excellence in Scientific Study) program (see story on this page).

Since 2009, the College has also been a member of the Howard Hughes Medical Institute’s Med into Grad Initiative, which seeks to advance fundamental knowledge in the biomedical sciences and the application of that knowledge to alleviate disease and promote health. The Med into Grad Initiative is designed to prepare PhD-trained scientists to conduct research at the interface of biomedical science and clinical medicine.

Graduates of programs are expected to expedite the clinical application of discoveries in biomedical science to improve human health and to create future successful research partnerships with physicians.

The program focuses on six scientific areas: genetics, microbial biology, biomedical engineering, RNA biology, neuroscience and computational biology. The core leadership team of Ohio State’s Med into Grad Initiative includes: Joanna Groden, PhD; Ginny Bumgardner, MD; PhD; Carlo Croce, MD; Larry Schlesinger, MD; Richard Hart, PhD; Daniel Schoenberg, PhD; John Oberdick, PhD; Jeff Parvin, MD; PhD; Virginia Sanders, PhD; and Rebecca Jackson, MD.

BUT FOR OHIO STATE, MEN MIGHT REMAIN SILENT ABOUT THEIR HEALTHCARE NEEDS. THE EXPERTS AT OHIO STATE TREAT A VARIETY OF HEALTH CONDITIONS SPECIFIC TO MEN, INCLUDING:

- Urethral strictures
- Male incontinence
- Erectile dysfunction
- Peyronie’s Disease
- Low testosterone
- BPH (benign prostatic hyperplasia/enlarged prostate)
- Male infertility
- Disorders of orgasm
- Hidden penis
- Low sperm count
- Low sexual drive

Our patient appointments ensure enough time for answering questions and discussing topics important to you. A personalized treatment plan can be established in as little as one office visit. Ohio State physicians collaborate with other specialists (Cardiology, Ob/Gyn, Oncology and Family Medicine) to make sure you receive the best care and coordination of care possible.

Schedule an appointment with one of our specialists today, by calling 614-293-9253.