CAMC Today is a publication of CAMC Health System

CAMC's mission - Striving to provide the best health care to every patient, every day.

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Supporters gathered on June 6 at the former Watt Powell Park to celebrate the more than $10 million raised at that point in the campaign to build a new CAMC Cancer Center. To conclude the celebration, attendees put on Power of Many shirts and created a human outline where the new building will be built. Read more about the latest campaign gift on page 2.

A group of CAMC employees and community volunteers had a blast performing a flash mob June 5 at the Charleston Town Center to raise awareness about the Power of Many campaign.

Hundreds of people received free screenings and health information at this year's CAMC HealthFest, June 2 at the Charleston Civic Center.

CAMC uses robots to train tomorrow's surgeons

Before surgeons practicing at CAMC begin to care for patients, they have already practiced using a state-of-the-art robot to help them with a procedure. Surgeons are tested in a variety of scenarios on these instruments.

Most cutting-edge surgeries today can be performed with the assistance of a robot. "As the demand grows for this technology, it is imperative that doctors in residency training and the already established surgeons on the CAMC staff gain access to these sophisticated instruments to refine their skills," said J.P. Tierney, DO, urologist.

A da Vinci robot is now in place in the CAMC Simulation Center to allow residents, as well as more experienced physicians just getting started or expanding their skill base, to practice surgeries.

"It is not necessary for any surgeon to place their first sutures on a live patient," Tierney said. "The simulations are available and easy to use with a skilled staff to assist with any developmental direction that needs to be taken."

As a tertiary teaching hospital in Southern West Virginia, residents have a great interest in learning this skill.

"Robotics is clearly here to stay, and its role will only expand in the future. These young surgeons, as well as other CAMC medical staff, want to be involved with the technology," Tierney said.

Thanks to funding assistance from the CAMC Foundation, CAMC recently purchased a special da Vinci robot that includes a teaching console with controls for the resident and controls for the surgeon.

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Chaplain Bruce Keeling has a bachelor’s degree in theology and ministry and a master’s in religion and philosophy. Chaplain Keeling has also spent 20 years in the U.S. Marine Corps. He also has a bachelor’s degree in business development, was the special projects manager at Appalachian Power Park on the International Bowl-II football’s new director of player development, was the special point. Written in partnership with Nicholas Stowers, a 12-year-old kidney recipient from Nicholas County, W.Va.

"The academics have helped me to be exposed to different theologies, philosophies and the psychology of the human mind. This education has given me a broad scope of understanding how religion, heritage, culture, language, psychology and experiences of life impact lives, especially when suffering," Isaiah said.

Rev. Jim Robinson, on-call chaplain at CAMC, has a bachelor’s degree in business management and a master’s of divinity. He also spent 20 years in the U.S. Marine Corps.

"Being grounded in faith and self-awareness is key," Robinson said. "I think it is important for the provider to be mature in faith and in understanding of what is often present in difficult situations allows the chaplain to help in positive ways. I would not have the tools to do so without my education and training."}

Chaplain Keeling has a bachelor’s degree in theology and ministry and a master’s in religion and philosophy.

"Understanding people and their unique situations, culture, beliefs and value systems that shape and inform their understanding of the world is crucial to providing spiritual support," Keeling said. "I think without the education I have this would be difficult, if not impossible."

Se Kristy has a bachelor’s degree in psychology and an extensive amount of training, as well as a master’s degree in pastoral counseling.

"Both human compassion and demonstration of spirituality are fundamental to the ministry of a chaplain," she said. "Medical/ethical dilemmas are frequent situations which will call for the assistance of a chaplain."

While a strong educational base is important to the profession, a rare combination of scholarly and spiritual understanding is vital to these chaplains.

"Working with people is perhaps the highest privilege and responsibility," Isaiah said. "It requires a great deal of sensitivity to others’ experiences even when your beliefs are in conflict with others. We are trained to set our agenda aside in order to meet the people where they are in their spiritual, emotional and ethical journey or struggle."

"We struggle to find the ‘right’ answer to many internal and external questions," Robinson said. "We have the education and experience, but the human element makes each situation somewhat unique. Some people may be surprised to see that we do not think of ourselves as ‘proselytizing’ in the line of work and who provides all the right answers."
Cystic Fibrosis

Family Education Day

Saturday, August 25
11 a.m. to 1 p.m.

The Scottish Rite
460 Capitol St., Charleston

Featuring:

• "Surviving with Cystic Fibrosis," by Kristen McFall, national speaker for Cystic Fibrosis

• "Living a full life with Cystic Fibrosis," by Sy Richardson, a student from the Charleston Children's Hospital and West Virginia University Sports Medicine Program

• "How to deal with the stresses of Cystic Fibrosis," by Kristin Marsh, RN, MS, BSN, nurse practitioner

For more information about the center, call (304) 388-1552.

For additional information, visit camc.org/challengedsports or call pencilsports at (304) 388-7608.

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Less radiation, more comfort

Magnetic resonance imaging (MRI) is a non-invasive imaging test. Studies have suggested that MRIs are more accurate than CT scans at detecting bone marrow. The procedure to insert Ixmyelocel-T or a placebo into the muscle.

Dr. Patrick Stone, a vascular surgeon, carefully injects Ixmyelocel-T or a placebo into the muscle.

For many years, patients with pacemakers could not receive MRIs, which limited their access to this important diagnostic imaging tool. Studies have suggested that an estimated 200,000 patients annually in the U.S. have to forego an MRI scan because they have a pacemaker. A new device recently approved by the FDA allows patients to receive MRIs while maintaining the integrity and function of the pacemaker.

"After 13 years of research and a lengthy approval process, we are excited to be able to offer this to patients," said Chafik Assal, MD, a cardiac electrophysiologist. "The basic idea behind a pacemaker is to allow individuals do things that they weren’t able to do before, because of a slow heartbeat: Now, they can experience the improvement in quality of life that a pacemaker offers while still having access to this important imaging procedure.

Traditionally, pacemakers are made of a material which could heat and cause tissue damage, if a patient received an MRI. Also, the magnetic field could stimulate or inhibit the pacemaker’s function leading to an inappropriate or high heart rate.

"The new device is made in such a way that the leads [wires] heat much less than traditional pacemakers, and the circuits in the battery minimize interference with the magnetic field," Assal said. "If a patient with the new type of pacemaker needs an MRI, a technician will program it before and after the test to maintain integrity and safety.

The procedure to insert the MRI-safe pacemaker is basically the same as a traditional pacemaker. "The leads are different to avoid any additional risks or complications," Assal said. "If the patient has an indication for a pacemaker, the MRI-compatible pacemaker is usually covered the same as a traditional device."

MRIs are indicated for many patients, so the approval of the new pacemaker can benefit millions. "Most people that receive MRIs are 65 or older, and these people may have other conditions – cancer, back problems, nervous system disorders – for which MRIs are necessary. Also, we see many younger patients in their 40s who need a pacemaker, and the chance that they will need an MRI in their lifetime is great," Assal said.

The decision about which type of pacemaker to implant comes from a thorough discussion with one’s physician. "We have to take the risk of the cardiac event into consideration," Assal said. "While the MRI-safe pacemaker may be the best for some patients, these features are on other devices that can help other patients in different ways. Also, MRI-compatible pacemakers are improved only for dual-lead systems. Patients with atrial fibrillation, the most common irregular heart rhythm disorder that requires a single-lead pacemaker cannot have one."

The CAMC Family Resource Center (FRC) has been offering childbirth classes for many years. It started in the late 90s when few consecutive evening classes were offered in both Charleston and Teays Valley.

In early 2001, after input from the community, a series of classes was created. A few years later, a question was added to the FRC’s childbirth class evaluation regarding online programs. "We are continually looking at ways to evaluate our program and improve our customer satisfaction," Gilbert said. Very few percent of those surveyed marked that they would prefer to do an online class, so we decided it was something that we needed to do to keep up with the times.

The decision to add an online option to its existing program was solidified during a recent evening class when an educator asked the participants how they were preparing for the birth of their new babies. The overwhelming response in that class was, "Apps that could be downloaded on my phone." That told the FRC that an online class was the obvious next move for class development.

"While I believe face-to-face education is most beneficial, the online class allows for persons who are deployed, on bed rest or unable to attend traditional classes another choice in their education process," Gilbert said.

The online childbirth class includes eight chapters covering pregnancy, labors, birth stories, comfort techniques, medical procedures, cesarean, newborn and postpartum care. There is informatice text, animation, images, videos, interactive files and dozens of interactive exercises.

This $99-at-a-time class is available for the first time. The course will be for those who are planning to have a child, but do not have a lot of time on their hands. The class is available any time of the year at your own pace, and any time of the day. The course is also available for members of the family to take.

To register for the class, visit camc.org/whatusers/openclass.html.