Many women over 40 still do not recognize the importance of yearly screening mammograms

Mammograms matter

Most women take preventative measures when participating in various activities and taking care of others. They wear a helmet when riding, they make sure seatbelts are buckled, and they get their flu shots. But do they take the time to get their annual screening mammograms? Statistics show that, locally, there is an overwhelming number of women who do not get their yearly mammograms after they turn 40.

"Yearly mammograms, along with a yearly clinical breast exam and monthly self-breast exams, are the gold standard in finding early-stage breast cancers," said Melissa Eshman, RN, BSN, CRNP-ONC, nurse manager of the CAMC Breast Center. "Finding the cancer early increases the patient's treatment options. A yearly mammogram is important because it can demonstrate an abnormality that is not detectable by examination."

According to many sources, the overwhelming number of women who do not get their yearly mammograms after they turn 40. "As we're preparing for our 30th anniversary and are undergoing major renovations in the mall, this is the perfect addition for local and visiting families," said Lisa McCracken, marketing director at the Charleston Town Center. "This is a great service we can offer to our visitors."

After extensive research of similar play areas in other malls, CAMC’s graphic designers sketched the initial design for the Play Patch. The blueprint was then sent to the company fabricating the playplace to finalize the layout. "Throughout this process, the team of folks from the mall and CAMC were diligent about making this playplace truly functional and top notch," said Elizabeth Pellegrin, chief marketing officer. "Aside from being colorful and educational, we designed it to be parent-friendly, with smaller parking, nubbies for shoes, and comfortable benches seating that encircles the play area. Plus, there is only one way in and out of the play area, making it safer for kids and easier for parents supervising them."

"As the largest provider of pediatrics services in southern WV, we’re committed to not only taking care of the region’s children when they’re ill, but also to improving their overall health," said Dave Ramsey, CAMC President and CEO. "We have been a leader in the prevention and treatment of childhood obesity, and this playplace is a wonderful way for us to reach many more children."

In addition to the play area, CAMC will sponsor a family restroom on the third floor that will feature curtain areas for nursing mothers who want privacy, as well as toddler-sized sinks and toilets. The bathroom will also feature a large seating area and a small kitchen area with a sink and microwave, ideal for bottle feeding.

"With the addition of the Play Patch and the family restroom, we can make a trip to the mall a more comfortable and enjoyable experience for families," McCracken said. The Play Patch will open mid to late December. Construction of the family restroom will be complete in December.

CAMC to sponsor children’s play area at the Charleston Town Center

Many women over 40 still do not recognize the importance of yearly screening mammograms

<table>
<thead>
<tr>
<th>Age</th>
<th>Probability</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>0.10%</td>
</tr>
<tr>
<td>30</td>
<td>0.45%</td>
</tr>
<tr>
<td>40</td>
<td>1.45%</td>
</tr>
<tr>
<td>50</td>
<td>2.38%</td>
</tr>
<tr>
<td>60</td>
<td>3.74%</td>
</tr>
</tbody>
</table>

* Among those free of cancer at beginning of age interval. Based on case-specific Surveillance Research, 2011

Teddy Bear Fair 2012

Despite the rainy weather, the Teddy Bear Fair had a great turnout on Saturday, Oct. 6. Families enjoyed many fun activities designed to introduce kids to the hospital in a fun way.

Connect with us

facebook.com/camchealthsystem

youtube.com/user/camchealthsystem

@camc_hs

Oct. 16, 2012

Inside this issue

Two Dean Ornish program participants reflect on how the program changed their lives, 10 years later.

Several departments at CAMC are working together to reduce hospital readmissions for at-risk patients.

CAMC’s pathology team includes physicians who have trained in several subspecialties.

CAMC is participating in a clinical trial to learn more about treatment options for brain development disorders such as autism and Asperger’s Disorder.

CAMC is participating in a clinical trial to learn more about treatment options for brain development disorders such as autism and Asperger’s Disorder.

CAMC Today is a publication of CAMC Health System
Reducing readmissions benefits patients and hospitals

Many chronic conditions, such as congestive heart failure, CHF, heart attack, hypertension, stroke, CVA, and cancer can cause patients to be admitted to the hospital many times. These conditions focus on reducing hospital readmissions. CAMC has implemented programs to help patients establish follow-up care so they are discharged from the hospital and can be more independent. A primary care physician can reduce the incidence of readmissions, benefiting both patients and hospitals.

“We may be able to reduce readmission rates if we can arrange for patients to receive follow-up care outside of the hospital,” said Dale Wood, CAMC’s chief quality officer. “For example, if a patient is discharged from the hospital and doesn’t see their primary care physician for follow-up, the patient may be more likely to be readmitted. So if we can do this in a timely manner, it can reduce the likelihood of being readmitted to the hospital for the same reason. If patients don’t see a primary care physician within 10 days of discharge, they are more likely to be readmitted.”

The federal government has identified certain conditions—CHF, heart attack, pneumonia, COPD and others—that, if treated with follow-up care, can reduce the incidence of readmissions.

CAMC’s process to identify and track at risk patients is a team effort that involves many departments and individuals.

“We start with a risk assessment to determine which patients are most likely to be readmitted, so we can plan interventions for them. Our call center then works with the patient to set up appointments for patients within seven to 10 days of discharge. That’s to be their follow-up,” Wood said.

CAMC has also implemented a call-back system to track high-risk patients. Patients are phoned after discharge to ask about their condition, give important care reminders and identify any problems that exist.

The process to prevent readmissions also involves patient education, patientteach-back sessions between hospital staff and long-term care agencies to ensure that patients have the information and equipment they need upon discharge.

CAMC is working together with others around the region to improve readmission rates. “We have established a continuum of care committee that includes physicians, administrators and staff from nursing homes, home health agencies and other health care facilities in the region,” Wood said.

Many individuals and departments are working together to make these programs successful – CAMC’s case management department, the Cardiac Center, CAMC’s hospitals, physicians and staff, WV, Charleston’s regional medical services, hospitals, religious and public affairs community partners, clinical, emergency and long-term care facilities, and staff and nursing units.

“We are continuously working to improve processes that have been identified. One of our next steps is to create a transition document, which will instruct patients that take home with them from the hospital in detail. This keeps others in the care process, such as the person they are staying with, informed but that patient’s needs. Our goal is always to provide the highest quality care to our patients.”

Best laid plans for the worst events

A violent storm strikes West Virginia and knocks out power to thousands of homes and businesses. A natural gas leak in a large number of patients being transported to CAMC’s hospitals, natural or other disasters as possible. “No matter what happens, our community is counting on us,” said Lillian Morris, acting chair of the Department of Public Health.

“CAMC must prepare to accept hundreds – maybe even thousands – of patients in less than 24 hours. The material handling department routinely inventories supplies and works to maintain at least a 90-day supply of food, hospital supplies, utilities and equipment. Hospital supplies include items such as gloves, masks and linens. Utilities include water, medical gases and fuel for generators.

The pharmacy department ensures we have adequate supplies of medications, and nutrition services maintain necessary supplies of food and water for patients.

As the tertiary care facility for the southern West Virginia area, CAMC must prepare to accept critically ill patients transferred from other facilities in the region and the community, even the loss of utility service.

“Many patients lived the first 2/3 of my life because people were looking for a cure. Hopefully this will be distributed to newborns as part of an educational program for parents about chd during childhood.

We’re moving! The CAMC Physical Therapy Center is moving just down the street, but our dedication to providing excellence in physical therapy services remains the same. We appreciate your support and look forward to continuing to serve you and help you return to an active lifestyle.

The new center will open in late December/early January.

For questions or to schedule an appointment, call (304) 388-4900.
CAMC Physicians Group Facial Surgery Practices earn national CT accreditation

The CAMC Physicians Group Facial Surgery practices at General and Women's and Children's hospitals have been granted a three-year term of accreditation in CT on the area of Sinus, Temporal Bone and Dental CT by the InterSocietal Accreditation Commission (IAC).

Computed Tomography (CT) is a highly regulated diagnostic imaging tool, valued for its ability to provide clear images of different types of tissue. CT scans are used to diagnose such diseases, detect a narrowing or obstruction in the sinus drainage pathway, and evaluate the outer ear as well as bones of the ear and inner ear structures for infection, tumor, injury or congenital or acquired hearing disorder. Dental CT scans are used for evaluating dental anomalies, treatment planning and complex dental implant procedures. Radiation safety, quality imaging and accurate interpretations are critical to the provision of quality patient care.

Accreditation by the IAC means that CAMC’s Facial Surgery practices have undergone a thorough review of operational and technical components by a panel of experts. The IAC grants accreditation only to those facilities that are found to be providing quality patient care, in compliance with national standards through a comprehensive application process including detailed case study review.

CAMC has been honored by the Wellness Council of West Virginia with a silver level National Excellence in Worksite Wellness award. The National Excellence in Worksite Wellness award promotes health, safety and wellness programs that help employees achieve their health initiative called My Health, designed to help employees improve their overall health, reduce their health risk factors, promote a healthy work environment, celebrate personal and group successes, and improve morale and job satisfaction.

My Health combines new classes and programs with an online Health Risk Assessment, incentive choices and online resources. The health promotion and health education programs have included a Costco to SK program, Drop 5 in 30 class, Biggest Loser wellness challenge, Zumba classes, yoga classes, Weight Watchers at Work, and discounted lab testing for employees and their families. These classes and programs earn points toward their choice of a deductible credit on their medical plan, or gift cards. To date, 31 percent of CAMC’s population participates in My Health, which is 3,000 of the hospital’s 6,000 employees.

"CAMC has worked hard to integrate a comprehensive program that reaches all of our employees throughout the community, from our three hospital campuses in Charleston, to Lewisburg and our many off-site locations," said Mary Caldwell, compensation and benefits manager. "Our programs are designed not only to improve health in the workplace, but also to establish lifelong health habits that will benefit our employees for years to come." To be eligible for a silver level award, an employer must submit an extensive application that meets strict criteria. It is presented at four levels: bronze, silver, gold and platinum. CAMC is eligible to apply for the award every three years.

"We are proud to offer a comprehensive wellness program to our employees that do an outstanding job of taking care of our community," said Dave Ramsey, president/CEO of CAMC Health System. "Our employees are incredible caregivers, but we want to make sure they have the resources they need to also take care of themselves."

Pathologists provide expertise in many specialties

When patients are seeing the results of a biopsy, they may not consider the processes involved in making a diagnosis and the important roles of pathologists. In addition to highly trained general anatomic and clinical pathologists, the CAMC pathology team includes physicians who have trained in several subspecialties of pathology.

"Pathology specialties require an additional type of fellowship training," said Todd Kuenstner, MD, director of clinical laboratories at CAMC. "We have specialists in hematopathology, surgical pathology, neuropathology, which is an unusual expertise to have. We have a specialist in renal pathology with special training in urologic tumors. This is one of our busiest surgical services, and we need the expertise to match the growing caseload of urological surgeries.

"We also have a specialist in pediatric pathology and we are a member of the Children's Oncology Group network. We have the capability to provide advanced cancer care for children." A unique service that CAMC's pathologists provide is to provide pathology in the areas of Sinus, Temporal Bone and Dental CT in conjunction with our ENT surgeons and craniofacial specialists. CAMC's pathology department recently achieved accreditation in CT in the areas of Sinus, Temporal Bone and Dental CT by the Intersocietal Accreditation Commission (IAC).

"We are very proud and honored by the IAC accreditation," said Jeff Goodie, president of CAMC Physicians Group. "This designation validates that we are providing the best care for our patients, which is always our top priority." CAMC Physicians Group has two surgical practices, one on the campus of Women and Children's Hospital and one located at General Hospital. Its oral and maxillofacial surgeons specialize in treating diseases, deformities, injuries and cosmetic defects of the face, mouth and affecting people of all ages, from infants to adults. For more information, visit: camc.org/ascscopy.

CAMC's process for growing (squeezing) specimens is efficient. "We also have a central- ized grossing laboratory to better cover the growing of all samples in the system. We can better cover the growing of specimens if more people are there to do them," Kuenstner said.

The typical process for diagnosis is about two to three days from the receipt of the specimen. "If it's a standard biopsy, we can usually have the final diagnosis within two to three days. We put the specimen in formalin to fix it at least six hours or overnight. The specimen is then placed in the tissue processor for the dehydrating (or fixation) process. If a frozen section diagnosis is required, tissue is frozen in a cryostat then cut into very thin sections, put on a slide and rapidly stained. This process takes less than 20 minutes, so a diagnosis can be available while the patient is in surgery to guide the procedure. This is done in addition to the traditional procedure to follow up with the final report," Kuenstner said.

CAMC recently joined a statewide initiative, the West Virginia Genome Network, to enhance cancer research and patient care. West Virginia has the fourth highest cancer mortality rate in the nation, and some cancers occur at a disproportionately higher rate among our residents. "We are joining the West Virginia Genome Network and are setting up a tumor registry, which is a central repository for tissue and information. Researcher will be able to apply to the registry whatever tissue that has a relatively small and homogeneous population, this particular network may provide unique information about cancers. Pafal-ly, it will be up to the patient whether they want to donate their tissue. This is important because it is not necessary for diagnosis or care -- and would normally be done without consent of the patient," Kuenstner said.

For more information, visit: camc.org/pathology.

CAMC Urology resident RECOGNIZED AS BEST IN THE NATION

Gordell Davis, DO, a senior urology resident at CAMC, has been awarded the prestigious Urology Resident Achievement Award for 2012. This is a national award presented to one urology resident by the American College of Osteopathic Surgeons. This award recognizes urology residents who demonstrate exceptional clinical ability, patient/carer relationships and work ethic/saint relationships, and resident/community involvement.

CAMC’s urology residency started in 2006 and its residents have won this prestigious award three years in a row. Previous recipients include Drs. Sam Deen and Faith Payne.

"To be recognized on a national level with this award three years in a row speaks to the quality of our urology residents and CAMC’s support of this program," said James Tierney, DO, chairman and program director of urology.

Davis is a graduate of Brigham Young University and West Virginia School of Osteopathic Medicine. Upon completion of his urology chief year, he will begin a tour of duty with the United States Air Force.

"As a nurse, you have to be confident, compassionate, sympathetic and empathetic. I try to keep patients informed about their tests, procedures and plan of care. I let them know that I'm here for them, and that I will get answers to the questions they have. I want to give them confidence in me so they'll have nothing to worry about," Payne said.

Teddy Bear Fair

"Faces of..."

Shawn Fruit, RN
CAMC Clinical Resource Department

For more information, visit camc.org/pathology.

To visit us at facebook.com/camchealthsystem to hear about Shawn’s defining moment as a nurse.

CAMC receives prestigious wellness award

"To be recognized on a national level with this award three years in a row speaks to the quality of our urology residents and CAMC’s support of this program," said James Tierney, DO, chairman and program director of urology.

Davis is a graduate of Brigham Young University and West Virginia School of Osteopathic Medicine. Upon completion of his urology chief year, he will begin a tour of duty with the United States Air Force.

"As a nurse, you have to be confident, compassionate, sympathetic and empathetic. I try to keep patients informed about their tests, procedures and plan of care. I let them know that I'm here for them, and that I will get answers to the questions they have. I want to give them confidence in me so they'll have nothing to worry about," Payne said.
Zachariah’s third kidney transplant. He received his first transplant when he was 6 years old. Said Jeff Chueh, MD, the transplant surgeon who performed his operation, “His new kidney began working immediately, and he now has normal kidney function and is no longer dialysis dependent.”

The first kidney transplant at CAMC was performed on Sept. 25, 1975, by Dr. Ernest Hodge, the program’s founder, in collaboration with Dr. Andrew Novick, the late Chairman of Glickman Urological and Kidney Institute at Cleveland Clinic. Since then, the hospital has transplanted patients as young as 14 months.

“For me as a kidney transplant surgeon the only transplant surgeon in the hospital that performs kidney transplants, hundreds of patients with end-stage renal disease depend on the transplant for a better quality of life,” Chueh said. “Thanks to the vision of nephrologists like Dr. Lewis, Dr. Novick, and Dr. Hodge, the transplant program was created. It has sustained and grown over the past 25 years due to the hard work of dedicated surgeons like Dr. Werner and John Rehfeld. Without it, people needing lifelong kidney transplants would have to travel out of state, distancing them from the critical support of family and friends and requiring them to travel long distances for treatment and care, while some might not be able to receive a transplant at all.”

The Kidney Transplant Center, which is part of the hospital’s comprehensive renal services, is a collaborative effort between CAMC’s surgical, nursing, and the Cleveland Clinic Foundation. The success of this collaborative team that includes transplant coordinators, pharmacists, dietitians, social workers, tissue typing, and neurocritical care staff, as well as strong support from hospital administration.

“We have made significant advances in transplantation since performing our first transplant 25 years ago,” Chueh said. “We are one of a very few centers that offer laparoscopic single port living donor nephrectomy, which allows the patient to recover from the surgery. The benefit for the recipient is decreased wait time and the kidney typically works immediately.”

The first few weeks and months following a kidney transplant are filled with numerous appointments to monitor vital signs and medications. In addition to adjusting medications. It is very important that recipients in the hospital with their immunosuppressive medications to keep the kidney functioning well.

The Scientific Registry of Transplant Recipients reports that the survival rate of CAMC’s children after transplant is 97 percent, compared to 96.96 percent that would be expected based on the characteristics of these patients.

The symptoms usually show up between 2 and 3 years of age. What researchers learn from this disease could help develop treatment options for children with these conditions in the future.

There are two related studies to this trial for eligible participants.

The prevalence of these disorders is increasing across age, yet the cause of each disorder is unknown. A report issued by the CDC in April 2012 shows that as many as 1 in 88 children, and 1 in 54 boys and girls, in the United States has a autism spectrum disorder (http://www.cdc.gov/ncbddd/autism/).

Clinical research trials are medical- or health-related research studies conducted with people who volunteer to participate. Clinical studies are conducted not only to determine the potential safety and effectiveness of new investigational drugs, but also to test existing, approved drugs for use in treating a different medical condition. An investigational drug is one that is not yet approved for the treatment of the targeted medical condition and is therefore not approved for sale or distribution to the wider public.

For your information, there are two related studies to this trial for eligible participants.

Researchers study autism disorders

For their innovative thinking and life-saving actions, CAMC’s medical team was awarded four place in an abstract presentation at the national Neurological and Neurocritical Care Symposium at Columbia University in New York City.

The abstract, which outlined CAMC’s rare form of pediatric cancer and unique treatment, was written by Dr. Crow; Dr. John Novick, MD; Dr. Nathan Egnor, RN; and Amanda Egnor, RN. It was presented by Tonye Egnor and Jessica Arnold, RN.

CAMC’s case was one of only four selected in the country to be presented in the category of “Cheating Death,” which in the case study calls for further research.

“We were honored to know that the care we provided at CAMC was recognized nationally,” Egnor said. “Hopefully what we discovered could help save lives far beyond West Virginia in the future.”

On Sept. 25, CAMC’s Kidney Transplant Center performed its 1,000th kidney transplant. The recipient was world Zachariah Westfall from Granvilleville, WV.

“This was Zachariah’s third kidney transplant. He received his first transplant when he was 6 years old. Said Jeff Chueh, MD, the transplant surgeon who performed his operation, “His new kidney began working immediately, and he now has normal kidney function and is no longer dialysis dependent.”

The first kidney transplant at CAMC was performed on Sept. 25, 1975, by Dr. Ernest Hodge, the program’s founder, in collaboration with Dr. Andrew Novick, the late Chairman of Glickman Urological and Kidney Institute at Cleveland Clinic. Since then, the hospital has transplanted patients as young as 14 months.

“For me as a kidney transplant surgeon the only transplant surgeon in the hospital that performs kidney transplants, hundreds of patients with end-stage renal disease depend on the transplant for a better quality of life,” Chueh said. “Thanks to the vision of nephrologists like Dr. Lewis, Dr. Novick, and Dr. Hodge, the transplant program was created. It has sustained and grown over the past 25 years due to the hard work of dedicated surgeons like Dr. Werner and John Rehfeld. Without it, people needing lifelong kidney transplants would have to travel out of state, distancing them from the critical support of family and friends and requiring them to travel long distances for treatment and care, while some might not be able to receive a transplant at all.”

The Kidney Transplant Center, which is part of the hospital’s comprehensive renal services, is a collaborative effort between CAMC’s surgical, nursing, and the Cleveland Clinic Foundation. The success of this collaborative team that includes transplant coordinators, pharmacists, dietitians, social workers, tissue typing, and neurocritical care staff, as well as strong support from hospital administration.

“We have made significant advances in transplantation since performing our first transplant 25 years ago,” Chueh said. “We are one of a very few centers that offer laparoscopic single port living donor nephrectomy, which allows the patient to recover from the surgery. The benefit for the recipient is decreased wait time and the kidney typically works immediately.”

The first few weeks and months following a kidney transplant are filled with numerous appointments to monitor vital signs and medications. In addition to adjusting medications. It is very important that recipients in the hospital with their immunosuppressive medications to keep the kidney functioning well.

The Scientific Registry of Transplant Recipients reports that the survival rate of CAMC’s children after transplant is 97 percent, compared to 96.96 percent that would be expected based on the characteristics of these patients.

The symptoms usually show up between 2 and 3 years of age. What researchers learn from this disease could help develop treatment options for children with these conditions in the future.

There are two related studies to this trial for eligible participants.

The prevalence of these disorders is increasing across age, yet the cause of each disorder is unknown. A report issued by the CDC in April 2012 shows that as many as 1 in 88 children, and 1 in 54 boys and girls, in the United States has a autism spectrum disorder (http://www.cdc.gov/ncbddd/autism).