CAMC Health System receives national award

It was a different kind of final four, kicking off the Quest for Excellence conference in Baltimore, April 3. Thousands of people from all across the country celebrated the four winners of the 2015 Malcolm Baldrige National Quality Award. CAMC Health System was the only awarder in the health care category.

“The Malcolm Baldrige criteria and application process helped us focus our attention and creativity on all aspects of our business, making us a better employer, teacher, partner and caregiver,” said David Ramsey, CAMC president and CEO, during his acceptance speech. The Baldrige Award, established by Congress in 1987, recognizes companies for their outstanding commitment to sustainable excellence through innovation, improvement and visionary leadership.

In addition to CAMC Health System, the other 2015 Baldrige Award recipients are MidwayUSA in Columbia, Missouri, Charter School of San Diego and Mid-America Transplant Services in St. Louis.

CAMC received its Malcolm Baldrige National Quality Award at a ceremony April 3 in Baltimore. More than 100 employees, physicians and CAMC board members attended the ceremony. CAMC was one of only four recipients, the only health care winner and, the first and only organization in West Virginia to ever receive the award.

CAMC founded in 1927.庆祝其50周年在CAMC.

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Most students preparing for college or the workforce only think of doctors and nurses when thinking about hospital career opportunities. But there are many career choices in health care, including a variety of clinical settings as well as clinical, professional, technical and support departments.

CAMC highlighted those trending jobs during its inaugural Health Care Career Showcase at the Civic Center April 3. The showcase introduced students to the many career opportunities in a hospital.

Several West Virginia schools offering the academic programs needed for many of those health care jobs displayed information.

Students were guided through the showcase by a “road map.” This book explains everything needed to work in a particular field including education, minimum requirements, licensure and certification, and what schools offer the classes and programs needed for each job.

“This was a win, win, win for students, schools and hospitals,” said Andrea Vergason, CAMC workforce development and planning manager. “Students received valuable information about careers and education. CAMC connected and exposed area students with some of the most in-demand positions in health care today. Schools and students helped them find appropriate programs that match their career interests.”

For more information about job openings go to camc.org.

In addition to CAMC Health System, the other 2015 Baldrige Award recipients are MidwayUSA in Columbia, Missouri, Charter School of San Diego and Mid-America Transplant Services in St. Louis.

Vicky Pennington has been coming to HealthFest for about nine years. She started coming because she didn’t have health insurance. Even though she has insurance now, she keeps coming because it helps her save money.

“I like getting so many good things all in one place,” Pennington said. “The blood testing is so reasonable.”

Hundreds of people come to HealthFest each year for many of the same reasons: to save money on their health care, to learn about nutrition, skin damage, living wills and medical powers of attorney—a benefit to better health.”

Pennington said. “I would recommend it to anyone as a benefit to better health.”

Free sports physicals for middle school and high school students will be offered from 11 a.m. to 3 p.m. No registration is required; however, students must have a form signed by a parent/guardian.

SAVE THE DATE – MAY 5, 2016

CAMC’s Mini-Medical School for the Public: Paving the Future of Cancer Care

Thursday, May 5, 2016

CAMC Cancer Center
3415 MacCorkle Ave., SE
Charleston

Program lecture: 6:30 to 8 p.m.
Doors open at 5:30 p.m. for free screenings, tours of the center, exhibits and refreshments.

Join us for this free community event as we discuss the physical and emotional impact of cancer, and the new and innovative advances and treatments in cancer care. Speakers include Steven Jubelirer, MD; Michael Elmore, MD; Lloyd Farinash, MD and Jennifer Dagnino, MD; and Jennifer Hancock, PsyD.

To register, call (304) 588-9960. Visit camc.org or email institute@camc.org.

The first 50 registered will receive a voucher for bloodwork at this year’s HealthFest.
One year after opening, CAMC Cancer Center continues to evolve

This May, the CAMC Cancer Center will celebrate its first year of providing state-of-the-art, comprehensive cancer care. Last spring, the community came together to celebrate the opening of the new 100,000-square-foot facility that was a decade in the making.

The Cancer Center became the new site for CAMC's outpatient cancer services, including medical oncology, radiation oncology, medical genetics, cancer research, radiation therapy, cancer clinical trials and the CAMC Breast Center. The multidisciplinary team includes medical oncologists, radiation oncologists, breast surgeons, gynecologic oncologists, radiation therapists, nurse navigators and a certified genetic counselor.

Additionally, the Cancer Center includes many support services, such as a boutique and wig shop, cafe, healing garden and a resource library.

"Providing comprehensive cancer care in one facility offers convenience to patients and their loved ones, helping to reduce stress and limit travel," said Rev Farmer, director of the CAMC: Cancer Center.

"Advances in cancer care continue to evolve, and as they do, so do our needs as a cancer center," said Gail Pitchford, president of the CAMC Foundation.

One of the most exciting additions to the Cancer Center came in October 2015, when the community celebrated the grand opening of the new radiation oncology department on the first floor of the center. The department treats early-stage, recurring and advanced cancer using several forms of radiation therapy technologies, including the all-new IntraBeam® system, one of the most advanced radiation treatment options available.

"A lot of people think when they need radiation treatments, it's better to go to one of the larger cancer treatment centers out of state," said Tamara Fuller, department administrator.

"But we have the most advanced equipment and radiation specialists right here as patients never need to worry about compromising their level of care for the convenience of staying close to home."

The road ahead

"When this facility opened last year, the face of cancer care in our area changed," said David Ramsey, CAMC president and CEO. "Our goal was to do more than just treat any disease. We conceived of a place that provided comprehensive care – from the latest, most advanced technology to support services for patients and their loved ones through their entire cancer journey."

"Our goal is, and has been from the beginning, to be the kind of cancer center that our community needs and deserves," Pitchford said. "Since opening its doors, the Cancer Center has grown to expand its services even further to better meet the needs of its patients and their loved ones.

Since the CAMC Cancer Center opened in 2015, it has:

- Welcomed medical oncologist Mousa Sissokho, FKO, to its team of physicians
- Established a survivorship program for patients who are currently undergoing or have completed treatment
- Hired a registered dietician at the boutique and wig shop
- Introduced Healthy Steps exercise classes for cancer patients
- Added new artwork to the collection decorating the center
- Sponsored cancer screening and awareness events for the public

A year-long radiation oncology multimedia campaign was launched in early 2016 featuring different faces of cancer – brain, lung and breast.

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Wheelchair basketball league offers competitive, supportive environment for para-athletes

The CAMC Para-Athlete program, sponsored by the CAMC Foundation and the CAMC Medical Rehabilitation Center, offers a wheelchair basketball league for athletes of all ages with physical disabilities.

The league began in January and concluded with a season-ending tournament in February. Athletes from around the state participated with the league growing in popularity in recent years.

Brooke Martin was a newcomer to the league this year. A disabled veteran, Martin understands how important it is to stay active, especially during the cold winter months, but admitted to being a little hesitant about joining the team.

"I found myself intrigued with the idea of playing basketball after 24 years," Martin said. "I thought I would just go and watch the young people play, but at 58 years old, I didn't seriously see myself competing." But what he found was a community of para-athletes with a wide range of limitations that warmly welcomed him.

"I was asked to participate in some exercises that helped me get used to using the wheelchair on a basketball court," Martin said. "I never felt out of place, and I truly feel as though I have known everyone involved for years.

"This opportunity to play basketball again, even if it is from a wheelchair, has meant even more to me than I could ever explain."

To Martin, that's exactly what this league is all about.

"For a 58-year-old man to feel alive and competitive again after everything I've experienced, it's just special," Martin said. "This opportunity to play basketball again, even if it is from a wheelchair, has meant even more to me than I could ever explain."

The Para-Athlete program's wheelchair basketball league is sponsored in part by the CAMC Foundation and the Charleston area YMCA. For more information about sporting opportunities with the CAMC Para-Athlete program – the only organized, sanctioned sporting program for the physically challenged in the state – visit camc.org/athletes.
Clinical trial aims to study alternative to testosterone injections in young men

Claudia is a medication that has been used successfully to treat infertility in women. But the drug may have a broader use not originally intended by the creators: increasing testosterone levels in men.

Some women have reported experiencing symptoms of low testosterone. Typical symptoms include low energy and libido, overweight/weight gain, poor muscle mass and depression.

While patients can be given testosterone replacement therapy to increase the level, there are risks involved. By introducing synthetic testosterone into the system, the natural production of testosterone is suppressed, which can result in thinning and can affect fertility. This is a bigger issue when dealing with a younger population.

Bendel conducted a retrospective pilot study of 45 women of Clomid in 10 to 25-year-old men with low testosterone. The study showed that Clomid was successful in increasing testosterone levels, so Bendel is now in the process of starting a randomized controlled trial to further investigate the efficacy of Clomid for men with low testosterone.

Each year nearly 4,500 providers take part in CAMC’s Life Support Training Center. The center teaches these classes to make sure our staff understands the signs and symptoms of cardiac arrest.

In exchange for the assistance, Wines committed to work at CAMC. Her first position was as a nursing student at CAMC Memorial Hospital on the 5-West clinical decision unit. She then returned to the Cancer Center where she has served in several different roles such as a clinical nurse, emergency room nurse and currently as a nurse navigator.

“Each year CAMC recognizes members of its workforce for their commitment to the common mission anniversaries. This year four women are celebrated, each in a different clinical department.”

“I am very thankful for the opportunity provided by the CAMC Nursing Education Assistance Program which enabled me to advance my education and skills and resulted in gaining new knowledge, not just a better paying job,” Wines said. “By taking advantage of the program, I completed my degree in less time than it would have taken me as a normal nursing student with a full-time job obligation.”

She frequently asked herself if she could do it in 3 years. “I attempted to make time to juggle work, family and school. Many times even though I would feel exhaust,” Wines said.

It took a lot of encouragement from fellow nursing students and instructors as well as from CAMC’s employment.

For anyone in a similar situation and considering going to nursing school, Wines recommends that they maintain a good balance between work, school and life.

The CAMC Nursing Education Assistance Program allows students to cover a portion of their educational cost and provide a flexible work schedule.

Center trains the region’s health care providers

Whether you experience an accident or illness, and whether you live in Charleston or in a southern West Virginia county, there are, the first responders coming to your aid have received the same training at the CAMC Institute’s Life Support Training Center.

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Join The Movement: Behind the scenes

CAMC’s new “Join the Movement” campaign features people from our community who overcame painful orthopedic injuries and conditions to live active lives again with the help of CAMC’s talented team of orthopedic experts.

To hear their stories, visit camc.org/JoinTheMovement.

Naomi Legg

How long have you worked at your job? Each year CAMC recognizes members of its workforce for their commitment to the common mission anniversaries. This year four women are celebrated, each in a different clinical department. CAMC, too, is celebrating 45 years and 39 are celebrating 40 years.

Naomi Legg started at Charleston General Hospital, School of Nursing in 1956. She was 17 years old.

“I liked nursing from the first day.” Legg said. “I knew when I got out of school that I wanted to be a nurse.” She worked as a nurse for a few years in Washington, DC before coming back to Charleston.

Legg worked as a staff nurse in physical therapy and was a manager for the orthopedics and trauma units.

“That was probably my favorite time,” Legg said. “I always liked orthopedics, and I like trauma.”

She currently works in preadmission testing for the 50 years she’s only worked at CAMC General Hospital.

At one point in her career Legg retired. But she came back to work the very next day.

“It’s been a long journey, but a good journey,” Legg said.

One of Legg’s friends is Diana Durst who also celebrates 50 years of service in 2016. Durst now works in preadmission testing at CAMC General Hospital.

She has been working in patient paperwork and reporting for 12 years. And the part she really enjoys is seeing patients.

“I love,” Harmon said. “There shouldn’t be anything better to do. I don’t care how old they are, I care how sick they are or how sleepy they are. I just talk to them and try to cheer them up, make them feel good before I leave their room.”

Harmon says everybody at the hospital is good to her and that’s why she comes to work every day.

“I’m going to stay as long as I live.”
New lung cancer procedure offers less pain, quicker recovery

Lung cancer is the leading cause of cancer death in West Virginia and the U.S., and according to the American Cancer Society’s National Cancer Control and Prevention, West Virginia ranks second in the country for the number of lung-cancer-related deaths, following just behind Kentucky.

If lung cancer is caught early, it can potentially be cured through surgical resection, or the removal of part of the lung. Traditionally, this has required a thoracotomy, which is a large incision on the side of the chest to allow retraction to spread the ribs and give surgeons access to the chest cavity.

While effective at removing the lung cancer, this type of surgery can cause significant pain and scars that result from a large incision and subsequent healing. The average hospital stay following a thoracotomy is between five and seven days, and the post-operative pain that patients can range from weeks to months.

However, in 2015, CAMC began performing a new less-invasive technique to treat early-stage lung cancer: video-assisted thoracic lobectomy (VATS lobectomy).

Cardiothoracic surgeon Nathan Kister, MD, is trained and experienced in performing the cutting-edge procedure, and CAMC is currently the only hospital in the region where it is available.

During the VATS lobectomy, two small incisions are made in the chest. A small video-endoscope is inserted through one of the small incisions to allow the surgeon to see into the chest cavity without spreading the ribs.

Using the scope as a guide, the surgeon uses small surgical instruments to remove a portion of the lung, which is then sent to pathology for confirmation of the presence of cancer. Once confirmed, the surgeon dissects, isolates and divides the veins and arteries feeding the cancerous lobe of the lung. The cancerous lobe is then safely removed from the rest of the lung through the small incision in the chest.

While the patient is still under anesthesia, the surgeon can also perform a lymph node dissection, where tissues from the lymph nodes in the chest is removed and tested to see if the cancer has spread.

When the procedure is complete, the incisions are closed and the patient is left in drainage, which is typically removed the next day.

“With the VATS lobectomy, we use a smaller incision, which means less pain, less time in the hospital and quicker recovery,” Kister said.

This technique can reduce a patient’s hospital stay by three to four days and can also shorten recovery time at home. Additionally, there is a reduced risk of infection and less bleeding compared to a traditional thoracotomy.

Because this surgery is less invasive, patients are able to begin or continue other cancer treatment, like chemotherapy, sooner following the procedure.

Studies have shown that the VATS lobectomy is as effective as traditional thoracotomy for patients in treating early-stage (stage 1 and 2) lung cancer.

Due to the high prevalence of lung cancer in West Virginia, we have a serious need in this community for effective diagnosis and treatment,” Kister said. “At CAMC, we have the capabilities and expertise to provide this less invasive method, and we’re able to accomplish the same goals with less pain and less recovery time for the patient.”

Common risk factors for lung cancer:*  
- Smoking  
- Epstein-Barr (EBV)  
- Frequent heavy consumption of alcohol  
- Papillomavirus (HPV)  

*Source: National Cancer Institute

Leading the way with new cardiovascular technologies and techniques

Transcatheter aortic valve replacement, or TAVR, is a procedure in which a synthetic valve is implanted through a small incision in the chest, usually positioned through the femoral artery of the leg.

“If we can’t go through the femoral artery, we can insert the new valve through a small incision on the front part of the chest or underneath the collarbone,” Deel said. “Once the valve is deployed, it is retained via a catheter that runs to the heart on a collapsed balloon, which is then inflated to implant the valve. Once placed in the heart, the new valve helps improve blood flow.”

“The procedure is less invasive than open heart surgery, so patients can typically be discharged sooner and recover more quickly,” Nanjundappa said.

“At CAMC, we have completed over 100 TAVR procedures since 2013. Since then, advances in smaller catheter size have led to fewer complications and safer procedures for patients.”

“Technology is improving year after year,” Deel said. “Companies have made better devices that are smaller and allow us to use these procedures more efficiently.”

Over the next few years, there will likely be more TAVR procedures performed at CAMC.

“Currently, we do TAVRs on patients who are considered high-risk for surgery, but in the next few years, it’s likely even patients who are moderate-risk will be considered,” Nanjundappa said.

Transradial catheterization

A cardiac catheterization is a minimally-invasive procedure performed to detect blockages in arteries in the heart. It is one of the most common procedures at CAMC, with more than 8,000 performed each year. For the procedure, a needle is inserted in a large artery, and a wire is used to guide a catheter to the heart and into the opening on each coronary artery.

“Once the catheter is above the aortic valve in the heart, the wire is removed,” Lilly said. “The catheter is placed into the opening of each coronary artery to allow injection of contrast while taking X-ray pictures to detect blockages.”

Traditionally, these catheterizations involve running a wire through the femoral artery in the leg up to the heart. Now cardiologists have another option called a transradial approach, in which the catheter is placed in the radial artery located in the wrist.

There can be several benefits of the transradial method for patients, including lower risk of bleeding and improved, quicker post-surgery recovery. Because the entry site is at the wrist and not the leg, patients can sit up and walk sooner after their procedure.

Interventional procedures, including angioplasty and stents, can also be performed through this radial approach as well.

Not all patients are candidates for the transradial procedure.

“Each patient must be evaluated to see which type is the safest and best route for them,” Lilly said.

For more information about cardiac services at CAMC, go to camc.org/heart.

Possible signs and symptoms of lung cancer:*  
- Cough that does not go away or gets worse over time  
- Persistent chest pain  
- Shortness of breath  
- Wheezing or hoarseness  
- Swelling of the neck and/or face  
- Repeated problems with pneumonia or bronchitis  
- Coughing up blood  
- Loss of appetite or weight loss  
- Fatigue  

*Source: National Cancer Institute