

# Medical Staff News

Newsletter for the Medical Staff of Bridgeport Hospital | March 2022

Yale  
NewHaven  
**Health**  
Bridgeport  
Hospital

## The Wellness Corner

A message from the Chief Wellness Officer



By the time this newsletter comes out, Yale New Haven Health's Week of Gratitude will be over, but I hope our attention to gratitude, from both an individual and organizational perspective, is just beginning. Gratitude can be thought of as a personality trait, a positive mood that persists for a while, or an emotion of appreciation

that is experienced briefly. Gratitude is not a willful denial of things that need to be changed or a toxic focus on only the positive, but an abundance of research suggests that gratitude is a skill. As a skill, gratitude can be developed, practiced and eventually integrated into our lives. It is one of several skills that can improve our sense of wellbeing, which then gives us the strength to impact the things in our world that do need to be changed.

From an organizational perspective, I am grateful to Yale New Haven Health for involving specialty expertise across all delivery networks to develop our Care Signature Pathways, for our clinical excellence in developing best practices for treating COVID, and most recently for the humanitarian commitment to Ukraine in honor of our values. I appreciate the Week of Gratitude as it symbolizes an organizational commitment to increase recognition for our teams. Efforts made to improve the week based on experiences last year show an organizational dedication to this important aspect of support. But mostly, I am grateful for the people in our community. As I reviewed pictures in preparation for Doctors' Day, I enjoyed being reminded of so many of our fantastic medical staff, and the hard work and commitment you show to our patients and to each other.

On a personal level, implementing a few quick and simple activities into your routine can dramatically impact your wellbeing. Some ways to practice gratitude include keeping a gratitude journal to write down things for which you are grateful. The scientific studies around this concept suggest that doing so within two hours of sleep is the best way to solidify those thoughts, and that the most benefit is achieved by doing so for 14-21 consecutive days. You can also practice gratitude by writing a letter to an individual who has had a meaningful impact in your life, detailing how they changed you and what it says about them as a person. If you can, sending or reading that letter to the individual has an even more dramatic impact. Many religious traditions incorporate a gratitude focus in their prayers, so some people find that regular prayer helps them maintain a grateful outlook. Finally, you can practice gratitude through guided meditations. Common meditation apps such as Calm, Headspace and Insight Timer typically offer meditations with a gratitude focus. Whatever your choice of gratitude activity, I hope you'll consider starting a new one this month. When we practice gratitude individually, it benefits both the giver and the receiver and ultimately impacts our culture. With that in mind, why not take a moment to thank your immediate team for the ways they have impacted you?

In gratitude,  
Kristin Edwards, MD, Chief Wellness Officer

### Wellbeing Resources

**Medical Staff Portal** <https://ynhhconnect.org/>

Includes more Wellbeing Resources and remote access for EPIC. The Wellness Hub is on the right under "Quick Clicks."

**Employee and Family Resources** Call 877-275-6226 (24/7) or visit <https://www.achievesolutions.net>

Offering confidential counseling and work / life support services for YNHHS employees and family members.

---

## Enhanced telehealth services now available at Bridgeport Hospital

Bridgeport Hospital (on the Bridgeport Campus) is the latest hospital within Yale New Haven Health to equip televisions in nearly all its inpatient rooms with telehealth capabilities, including cameras and microphones, making it easy and convenient to bring patients and providers together when in-person care is either not necessary or not possible.

Previously, a limited number of telehealth carts were available when a provider needed to meet virtually with a patient. However, having built-in technology in each room will enhance communication in ways that go far beyond immediate concerns involving the COVID-19 pandemic and visitor restrictions.

Early in the pandemic, telehealth proved to be an invaluable tool for clinical staff to communicate with patients and provide high quality patient care. Benefits of telehealth include increased efficiency, diminishing staff safety exposures, and preserving PPE. Video visits for inpatients also allow remote family members to be part of important clinical conversations if necessary. Workflows utilizing video are being developed that will transform inpatient care for years to come.

Televisions in patient rooms throughout the hospital were outfitted with cameras and microphones over the past several weeks and enhanced telehealth services for inpatients is now available on patient units throughout the Bridgeport campus, including the MICU, SICU and Burn unit.

“Both patients and providers have made it clear that telehealth should be an option, when clinically appropriate, to deliver the best care possible even in the inpatient setting,” said Scott Sussman, MD, physician executive director, Telehealth. “Telehealth does not replace in-person, bedside evaluation of patients, but it is an efficient and effective option that can augment inpatient care for both patients and clinical staff.”

Benefits to performing an inpatient video visit or consultation may include:

- Safe and secure patient communication from wherever you are
- Flexible access and scheduling to meet dynamic needs of inpatient providers
- Opportunity for patients, families and providers to interact more efficiently

The new technology is up and running at Lawrence & Memorial and will soon be available at Greenwich Hospital. While this enhanced technology has not yet been introduced at the Milford Campus of Bridgeport Hospital or Yale New Haven Hospital, telehealth for inpatients at these locations continues to be available through the Teladoc portable carts.

All members of the inpatient care team will have access to inpatient telehealth, including the in-room video technology. In order to provide telehealth services to inpatients, clinicians must be a member of the medical staff and have appropriate medical staff privileges at the hospital where the patient is located.

Additional, detailed information is available on the intranet at Inpatient Telehealth Materials; Email [telehealth@ynhh.org](mailto:telehealth@ynhh.org) with questions.

---

## Welcome Cassandra Mitchell



Cassandra Mitchell has joined the Office of the Chief Medical Officer in the inaugural role of Director, Strategic Initiatives. Reporting to CMO Victor Morris, MD, Mitchell will be responsible for managing the strategic project agenda along with the Senior Leadership Team, with primary areas of focus on length of stay, patient flow, quality, clinical documentation, cost containment and clinical decision support.

Mitchell holds a BS in Accounting and a MS in Healthcare Administration. Utilizing her experience in both revenue cycle and care coordination, she will also work on projects related to physician relations, contract management, goal alignment framework and recruitment.

This role constitutes a return to the Yale New Haven Health System for Mitchell, who, before working at Prospect Medical Holdings and UCONN Health for the past 20 years, worked in the Finance Departments at Yale New Haven Hospital and Bridgeport Hospital from 1992 – 2001.

Welcome back, Cassandra!

---

## Doctors' Day is March 30

In recognition of Doctors' Day 2022, all are invited to the Doctors' Day Breakfast on Wednesday, March 30, from 7 - 9 am. On the Bridgeport Campus, stop by the Medical Staff Lounge or the House Staff Lounge; on the Milford Campus, breakfast will be in Conference Room 1 and at Park Avenue Medical Center, visit Conference Room C.

---

## How can we improve our Medical Staff Lounge?

Medical Staff leadership is soliciting your ideas for upgrades to the Medical Staff Lounge. Please send your suggestions to [BHPhysicianRelations@bpthosp.org](mailto:BHPhysicianRelations@bpthosp.org).

---

## Bridgeport Hospital first in CT with uterus-saving fibroid procedure

Bridgeport Hospital is the first facility in Connecticut to offer laparoscopic radiofrequency ablation (RFA), a minimally invasive treatment for symptomatic uterine fibroids.

"Patients don't want part of their body taken out unnecessarily and many do not have the luxury of recovery time," said Mary Murray, MD, Obstetrics and Gynecology, Bridgeport Hospital.

It is thought that 20-80 percent of women have fibroids. The window is large because many women have no symptoms and the ones who do tend to go misdiagnosed or undiagnosed.

The effect of fibroid pain ripples beyond one week a month. People can suffer from anemia due to blood loss, chronic back pain, pelvic pain, frequent urination and a psychosocial burden from managing these symptoms.

Fibroids are the biggest reason for hysterectomies, the removal of the uterus. This surgery eliminates the ability for a person to become pregnant and could require a few weeks of recovery time. RFA has been used since the 1990s to treat certain cancers. It was approved in 2012 by the FDA to treat fibroids and is found to reduce the size of fibroids from about 40-70 percent.

The treatment was supported by the American College of Obstetricians and Gynecologists in June 2021.

---

## The Milford Campus Centennial Gala to be held April 7

Join the Bridgeport Hospital Auxiliary for the 100th Anniversary of Milford Campus. The 2021 Milford Campus Centennial Gala will be Thursday, April 7, 2022, 6 pm at The Inn at Longshore in Westport.

This event will recognize five honorees receiving the Milford Hospital Centennial L.E.G.A.C.Y. Medal for Leadership, Engagement, Growth and Community through the years. This award is in recognition of years of service, dedication, and contributions to the ongoing success of the Milford Campus of Bridgeport Hospital. The honorees: Samuel Bergami; Richard Meisenheimer; Carol and Christian McInnis; Milford Hospital Auxiliary; and David Esposito, MD.

Proceeds from the event will benefit the Milford Campus 3 East Renovation Project and the Palliative Care Program. Visit the Bridgeport Hospital Foundation web site for additional details.

---

## Save the date: April 21 – Trust Your Gut Digestive Health session

YNHHS and Yale Medicine continue the free, monthly virtual Digestive Health CME series called Trust Your Gut. The yearlong series, held the third Thursday of each month at 5 pm, is designed to provide world-class digestive health educational programming, professional development and networking opportunities for physicians and advanced practice providers.

On Thursday, April 21, Michelle Hughes, MD, and Marie Robert, MD, will discuss celiac disease and gluten sensitivity. The following month, on May 19, William Ravish, MD, and Daniel Pievsky, DO, will present a case study on esophageal swallowing disorders.

Yale School of Medicine designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credits per session, for a total of 12.0 AMA PRA Category 1 Credits for the series.

To register, visit the Yale CME portal at [yale.cloudcme.com](http://yale.cloudcme.com). For questions, contact Joe Mendes, executive director, Clinical Program Development, Digestive Health, at [joseph.mendes@ynhh.org](mailto:joseph.mendes@ynhh.org).

## BH appreciates Residents and Fellows

From left, Ahmed Ragab, MD, Ashkan Behzadi, MD, Ayah Megahed, MD, Tiantian Shi, MD, Mashiul Alam, MD and Mohamed Elbanan MD, enjoyed some of the festivities during the annual Resident and Fellow Appreciation Week, celebrated this year Feb. 7 - 11.



## Save the date - Medical Staff Retreat May 24

The BH Medical Staff Retreat will be held Tuesday, May 24, noon - 6 pm at the Penfield Pavilion, 323 Fairfield Beach Rd., Fairfield. Lunch will be provided and will be served promptly at noon. RSVP to [alison.tighe@bpthosp.org](mailto:alison.tighe@bpthosp.org) by Tuesday, May 10.

## Newsletter submissions

Deadline for submission of content for the April 2022 issue of *Medical Staff News* is Friday, March 25, 2022. Please submit items for consideration to Alison Tighe at [alison.tighe@bpthosp.org](mailto:alison.tighe@bpthosp.org) or Myra Stanley at [myra.stanley@ynhh.org](mailto:myra.stanley@ynhh.org).