

Medical Staff News

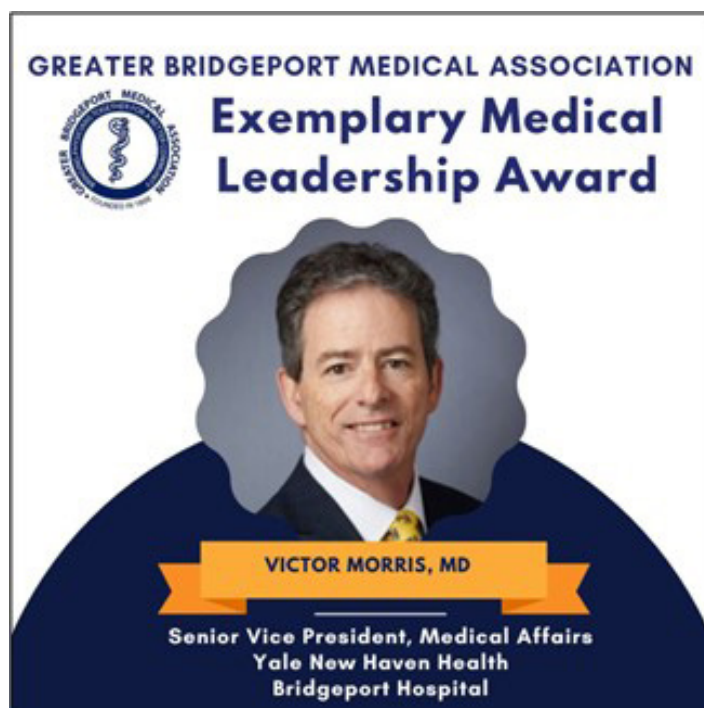
Newsletter for the Medical Staff of Bridgeport Hospital | May 2023

Yale
NewHaven
Health
Bridgeport
Hospital

Victor Morris, MD, awarded for medical leadership

The Greater Bridgeport Medical Association honored BH Chief Medical Officer Victor Morris, MD, with the Exemplary Medical Leadership Award recently. A board-certified internist, Dr. Morris continues to practice and teach and has won multiple awards and recognition for his talents.

A native of California and graduate of Stanford University and the University of California, San Diego - School of Medicine, Dr. Morris began his career with Yale New Haven Health 30 years ago as a resident in Internal Medicine. After serving as the chief medical resident at Yale, he has served in many leadership positions within YNHHS. His Exemplary Medical Leadership award was presented by Anne Diamond, president of Bridgeport Hospital. Congratulations Dr. Morris!



Over 160 Bridgeport Hospital physicians on *Connecticut Magazine* 2023 Top Doctors list

More than 160 Bridgeport Hospital-affiliated physicians have earned a spot on *Connecticut Magazine*'s 2023 Top Doctors list. All were selected in a poll of their fellow physicians.

The "Top Doctors" list includes more than 160 Bridgeport Hospital physicians in dozens of specialties, selected through an impartial peer review process. The complete "Top Doctors" list appears in the May 2023 issue of *Connecticut Magazine* and website.

The magazine partnered with Castle Connolly, a national health care research firm, to compile the annual list of the state's top physicians. Castle Connolly's extensive survey identified 1,568 Connecticut physicians in 67 specialties, all nominated by their peers and vetted to meet the criteria to earn the designation of Top Doctors.

To view the list of Bridgeport Hospital-affiliated physicians on the 2023 list, see the [news release](#).

Bridgeport Hospital named an Innovative Hospital

Health magazine named Bridgeport Hospital an Innovative Hospital Award winner 2023. The publication cited the hospital's postpartum program which bridges the gap between reproductive health and heart problems for those who develop pregnancy complications.

Three days after the birth of her first child, (patient) Melissa Urban was recovering at Bridgeport Hospital when suddenly her blood pressure spiked. Hospital staff sent her back to the labor and delivery unit for a 24-hour magnesium treatment to get it under control. But after Urban took both magnesium and additional medication, her blood pressure was still high. It wasn't responding to treatment the way her healthcare providers had hoped.

Over the next five days, amid visits from many members of the staff, Urban was introduced to Tabassum Firoz, MD, the internal and obstetric medicine practitioner who runs Bridgeport's Postpartum Heart Care Program. She credits Dr. Firoz with helping to stabilize her blood pressure so that she could be discharged from the hospital. That was in 2021, and Urban is still a patient of Dr. Firoz's today.

The Postpartum Heart Care Program at Bridgeport provides a type of follow-up care for pregnant people who experience cardiac complications—in particular, preeclampsia (sudden high blood pressure that develops during pregnancy)—that's unusual to find in the United States. It is one of the Northeast's first programs dedicated to reducing the likelihood of heart disease in women who have experienced complicated pregnancies.

Health was founded in 1981 as a publication focusing on a healthy lifestyle for women. Since then, Health has expanded to cover health and wellness information for everyone and reaches over 120 million people annually.

This article was adapted from *Health.com*. Read the entire article at [Innovative Hospital: Bridgeport Hospital \(health.com\)](https://www.health.com/innovative-hospital-bridgeport-hospital)

BH now offering wide spectrum of minimally invasive gynecology surgery

Bridgeport Hospital now offers a broad range of minimally invasive gynecological surgeries. Procedures such as fibroid surgery, including laparoscopic radiofrequency ablation of fibroids, the least invasive procedure to treat the fibroids, are now available.

In addition, Natural Orifice Transluminal Endoscopic Surgery, or vNOTES, which is a scarless approach for sterilization, ovarian cyst removal and hysterectomy, are now performed at BH. With vNOTES, patients benefit from no visible incision and minimal pain after surgery.

Farinaz Seifi, MD, BH section chief of Gynecology, leads the unit. Dr. Seifi, a fellowship-trained minimally invasive gynecology surgeon, specializes in advanced surgical techniques combined with enhanced recovery after surgery. An assistant professor at Yale School of Medicine, she has been awarded the Gynecologic Surgical Faculty Teaching Award and is considered an expert with laparoscopic and robotic surgeries for large uterine fibroids, severe endometriosis, hysterectomies and laparoscopic radiofrequency ablation of fibroids (Acessa) and vNotes procedures.

Know Your Numbers Plus 2023 underway

The Know Your Numbers Plus wellness rewards program is currently underway. The program gives YNHHS employees, including employed physicians, the opportunity to earn up to \$500 credit toward the cost of their 2024 YNHHS medical premium – and be healthier at the same time.

Benefits-eligible employees have received postcards at home with details about this year's program.

Completion of a basic health screening, the core of the program, earns \$300 in credit. These biometric screenings may be scheduled at onsite locations and provide the following data:

- Total cholesterol, HDL (good cholesterol), LDL (bad cholesterol), triglycerides and blood glucose
- Blood pressure
- Height, weight and body mass index (BMI)
- Waist and hip measurements
- A1C, for employees with high fasting or non-fasting blood glucose

Employees can earn up to \$200 in additional credit (towards the maximum \$500 credit) by completing other Personal Choice Activities. All program details are outlined on the [THRIVE at YNHHS - KYN+](#) intranet site.

All Know Your Numbers Plus elements must be completed by September 1, 2023.

Breastmilk tracking enhancement continues to show promising results at YNHCH Bridgeport



Eliza Myers, MD

Breastfeeding has indisputable health benefits for babies and lactating parents. Knowing this, Eliza Myers, MD, associate professor of clinical pediatrics and medical director at the neonatal intensive care unit at the Yale New Haven Children's Hospital (YNHCH) Bridgeport Hospital campus, pioneered TrackMyMilk, an enhancement to MyChart, where lactating parents can monitor their own milk supply.

When a parent expresses milk, they input the data into the MyChart app, which adds it to their electronic medical record. TrackMyMilk also helps them note how close they are to fulfilling daily goals — at the end of the day, the twenty-four-hour milk volume is sent directly to their doctors.

“This form of patient-driven data, and this discrete subset of parent-driven data about their child, is really the future of healthcare,” Myers said.

According to the Center for Disease Control and Prevention, breastfed babies show lower risks of diabetes, asthma and obesity, while parents reduce their risk of various cancers and diseases by expressing milk.

However, hospital inefficiencies and health illiteracy limit the efficacy of breastfeeding, according to Myers. Without a convenient tracking process, patients are often unsure of the volume or frequency of breast pumping in a day. At YNHCH at Bridgeport Hospital, Myers recalled how in the past, parents recorded their data on paper slips — which subsequently almost never circulated back to her and the other doctors.

Her difficulties gathering this data ultimately drove Myers to create TrackMyMilk to streamline patient-to-doctor communication about milk supply. She worked with YNHHS ITS, and partnered with Michelle DeWitt, Epic pharmacy app and orders application coordinator at Yale New Haven Health, to build out the enhancement in MyChart.

Last year, Myers and DeWitt, along with the rest of their team, were awarded the Yale New Haven Health Innovation Award to help kickstart their project. The grant is given to early-stage projects which promise novel solutions in healthcare development. Since then, TrackMyMilk has become integrated into the workflow and educational programming in the neonatal intensive care unit of Bridgeport Hospital and across the YNHCH system NICUs.

With this support, TrackMyMilk has rendered the data-sharing process more efficient and accessible due to its smartphone format. From the patient side, Myers likens its benefits to a “Fitbit effect,” in which individuals with a Fitbit become motivated to walk because they can see their step counts in real time. Similarly, parents who use TrackMyMilk are more likely to meet the pumping goals assigned to them by their doctor because they have both an incentive and a convenient means to monitor their daily progress.

On the other end, the consistency of this data collection can help doctors flag possible irregularities in the parent's milk supply.

Crucially, TrackMyMilk has helped empower Myers's patients by giving them access to their own medical tracking. Myers noted how teaching patients about TrackMyMilk required them also to teach them how to use MyChart.

Myers and DeWitt are passionate about expanding TrackMyMilk's patient-centered approach to a larger demographic, slowly changing the landscape of lactation. Myers's immediate goal is to expand her enhancement within YNHCH as well as to non-Yale institutions and hospitals.

This article was adapted from an article that appeared in the Yale Daily News. [Read the full article here.](#)

Medical Staff Update – May 25

You are invited to the Medical Staff Update on Thursday, May 25, 5:30 – 7:30 pm. The event will be held at the Milford Yacht Club, 131 Trumbull Ave., Milford. RSVP to alison.tighe@bpthosp.org.

Register to attend May 30 CME dinner

Topic: Updates on Lung Cancer:
Diagnosis through Treatment

Tuesday, May 30, 5:30 pm;
Networking; 6 pm presentation
Bridge House restaurant
49 Bridgeport Ave., Milford
Presenters: Drs. Henry Park and Vincent Mase
RSVP to alison.tighe@bpthosp.org.

Spring Reception June 1

Join Yale New Haven Children's Hospital and Yale Medicine for a Spring Cocktail Reception to include networking with community pediatricians and Ob/Gyn specialists. The event is Thursday, June 1, 6 pm at Fairfield University's Dolan Business School, Event Hall Bldg. #8, 200 Barlow Road, Fairfield. RSVP to sheryl.richetelli@yale.edu.

Smilow Shares with Primary Care: Survivorship – June 6

Tune in for the next Smilow Shares with Primary Care: Survivorship webinar on Tuesday, June 6 at 5 pm. The event features Drs. Maryam Lustberg, Tara Sanft, Brian Williams and Javin Brita, PA-C.

Smilow Shares with Primary Care is a monthly educational series for physicians, patients and the community presented via Zoom. Presentations are subject focused and hosted by experts from Smilow Care Centers around the state. CME credits are available.

No registration necessary. Tune on via Zoom at <https://bit.ly/3QZgkzv>. With questions, contact Heather Studwell at 475-240-8328 or heatherleigh.studwell@greenwichhospital.org.

Next Building Against Burnout – June 8

Tune in to the Building against Burnout webinars highlighting timesaving topics in Epic. The next session is on Thursday, June 8, 12:15 pm, when the topic will be SlicerDicer.

The sessions are led by trained, certified physicians and APPs. There will be an opportunity for questions after the session. The webinar will be recorded and hosted on the Medical Staff Portal (ynhhconnect.org) for those who cannot attend. CME is available. Any questions, contact allen.hsiao@ynhh.org.

Join via Zoom: <https://ynhh.zoom.us/j/96020079256?pwd=NUdaaXN4b1p6WWlkYTJQUkrRnpXZz09>

Webinar ID: 960 2007 9256 Passcode: 649503

Save the date: June 15 – Trust Your Gut Digestive Health sessions

YNHHS and Yale Medicine host a 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.

Join Catiele Antunes, MD and Katie Reeve, MD on June 15 at 5 pm for a virtual discussion on Refractory Reflux Symptoms: What to do when PPIs don't work. To register, visit the Yale CME portal at yale.cloud-cme.com.

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. For questions, contact Joe Mendes, executive director, Clinical Program Development, Digestive Health at joseph.mendes@ynhh.org.

Newsletter submissions

Deadline for submission of content for the June 2023 issue of Medical Staff News is Friday, June 2, 2023.

Please submit items for consideration to:
Alison Tighe at alison.tighe@bpthosp.org or Myra Stanley at myra.stanley@ynhh.org.