

Medical Staff News

Newsletter for the Medical Staff of Bridgeport Hospital | June 2022

Yale
NewHaven
Health
Bridgeport
Hospital

The Wellness Corner

A message from the Chief Wellness Officer



One of my favorite responsibilities in the CWO role is to chair our Medical Staff Wellness Council. This monthly meeting is an opportunity for representatives from our various departments and divisions to bring up concerns, share their knowledge, learn from each other and bring ideas back to their home units. Like everything wellness

related, there are many topics that have come up, including organizational, structural, cultural, and efficiency, as well as individual resilience topics.

At a recent meeting, Raquel Harrison, MD, FACEP, dipABLM, who works in our emergency department, shared her expertise in lifestyle medicine with an overview of the six pillars: Nutrition, Exercise, Stress Management, Avoidance of substance misuse, Sleep and Positive Relationships. We had a robust discussion about how these six pillars can be used to help our patients, but also to help ourselves and each other. Combined with the discussion of how to create small, concrete steps within our sphere of control, each of us walked away with a renewed commitment to implementing positive change in our own lives and those of our colleagues. Later that week, I served up a delicious whole-foods plant-based blueberry chili that even my seven-year-old gave two thumbs up.

Obviously, blueberry chili isn't for everyone, and it won't fix structural issues that contribute to burnout. My hope is that you can see some elements in this story that might apply to your own lives: the meeting creates positive connections among medical staff. We share perspectives, maintain an attitude of curiosity, and allow ourselves to be influenced by the gifts our peers offer. We often talk about things that we can't change quickly or sometimes even at all, but when we shift focus to those things we can impact, we improve our wellbeing and contribute to positive relationships for both ourselves and someone else.

For my part, thank you Raquel for sharing a little bit of your passions with us, and inspiring us to share a little bit of ours with others.

In gratitude,

Kristin Edwards, MD

Chief Wellness Officer

If you are interested in serving on the Medical Staff Wellness Council, please reach out to me directly at kristin.edwards@bpthosp.org. Meetings are typically held monthly on the third Wednesday at 4 pm.

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.

Yale New Haven Health launches Home Hospital program for patients

Yale New Haven Health launched a program to provide high-acuity, hospital-level care to patients in their homes. The Home Hospital program will serve Medicare patients meeting certain clinical and social stability criteria who live within 25 miles of Bridgeport and Yale New Haven hospitals. YNHHS is partnering with a private company, Medically Home, to provide the program, which is expected to expand to other YNHHS hospitals in the future.

The Home Hospital program will provide acute care to patients who would otherwise need to be in the hospital.

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Patients will be in the program for two to six days, on average, then transition back into the care of their primary care physician. Through a combination of in-person visits and telehealth technology, the program will bring a range of hospital services to the homes of patients with heart failure, pneumonia, chronic obstructive pulmonary disease, cellulitis, and other conditions.

Each patient will receive a physician video visit once a day through a Wi-Fi-enabled tablet, in-person visits from a nurse twice a day, plus additional nurse home visits as needed.

A Home Hospital “mission control,” staffed by nursing and physicians, will remotely monitor all program patients and are available 24/7 to handle patient and family member questions or concerns. In addition, each patient will have a personal emergency response device.

Yale New Haven Health and VNA Community Healthcare & Hospice announce integration

YNHHS recently announced the integration of Visiting Nurse Association Community Healthcare & Hospice (VNACH) with the health system, and its community-based, home-health agency, Home Care Plus Inc.

“Our health system’s hospitals and medical offices rely on expert home health to provide our patients with the extended nursing care and therapies they need in their recovery after illness or injury or to manage them before hospitalization in the comfort of their homes,” said Kathleen O’Leary, vice president, post-acute care services, YNHHS. “With overwhelming demand for emergency care and inpatient hospital services, our hospitals needed a multifaceted plan to better manage patients who can be safely and appropriately cared for at home,” O’Leary said.

The delivery of healthcare evolved rapidly, especially during the past two years. In order to build scale and provide the full continuum of care for our patients, YNHHS has looked to partnerships with strong organizations who provide outstanding care in this evolving landscape. VNA Community Healthcare & Hospice has been providing healthcare at home and in the community since 1910, creating healthier community throughout the 35 towns it serves. As our population is more inclined to age in place, this integration enhances Yale New Haven Health’s ability to provide coordinated, high-quality home health services to people throughout the Shoreline region.

Congratulations are in order!



(Far left) Chief Medical Officer Victor Morris, MD, along with Greg Buller, MD, chair, Medicine (far right) bestowed Physician of the Year honors for the past three years at the BH Medical Staff Retreat held in May. (l-r) Christopher Winterbottom, MD, was named Physician of the Year for 2020; Manisha Gupta, MD, for 2022 and Ashok Sharma, MD, for 2021.



The Fairfield County Business Journal named Jaclyn O’Connor, MD, as one of their 40 under Forty for 2022. The 40 Under Forty Awards recognize outstanding young professionals in the Fairfield County area that are excelling in their industries through their leadership roles. Congratulations Dr. O’Connor!

Bridgeport Hospital Outpatient Rehab Team awarded for quality project

The BH Outpatient Rehabilitation team received an award at the recent Joseph A. Zaccagnino Safety, Quality and Experience Conference for their Patient Navigator Pilot Program aimed at improving compliance and outcomes for outpatient rehab patients. Their model demonstrates strong, positive outcomes and is model for other services. Congrats to the rehab team!



Winning project team members (l-r): Jeanette Nieves, rehabilitation technician; Holly Ashby, manager, Rehabilitation Services; and Vikki Winks, executive director, Rehabilitation Services and executive director, Executive Health.

Patient-Centered Communication Principles - June

Barbara Roehl, MD, has joined Bridgeport Hospital as a consultant focusing on Patient Experience and provider/leader development. Each month, Dr. Roehl will share a Patient-Centered Communication Principle.

June's Patient-Centered Communication Principle:
Consider culture, customs and beliefs

Avoid stereotyping based on religious or cultural background.

Respectfully ask patients about their health beliefs and customs and note their responses in their medical records.

For example:

- “Is there anything I should know about your culture, beliefs or religion that will help me take better care of you?”
- “Your condition is very serious. How much do you want to know? Is there anyone else you would like me to talk to about your condition?”

Some people like to know everything that is going on with their illness, whereas others may want to know what is most important but not necessarily all the details.

Hospitalists recipients of inaugural BH PEACE Award



(l-r) Yonzel Burt, Tuba Khawaja, MD, Giovanna Lakomy, Lakshmi Polisetty, MD, Sahil Goyal, MD, and Kristan Sikorski, MD

The PEACE (Patient Experience Award for Caring and Excellence) awards debuted at Bridgeport Hospital in April. The awards, established in 2015 at Yale New Haven Hospital, replace the Bridgeport Hospital Quality Awards as the hospital's premier staff recognition awards program.

Teams from the Hospitalist service, Care Management and Social Work were among the inaugural winners of the award. The group included Drs. Sahil Goyal, Tuba Khawaja, Lakshmi Polisetty and Kristan Sikorski, Hospitalist service; as well as Giovanna Lakomy, Care Management; and Yonzel Burt, Social Work.

The group was awarded for working together to create a new process for difficult discharges and advocating for their patient to improve the patient's outcome. The group contacted the Department of Developmental Services (DDS) to advocate for a developmentally handicapped patient whose group home refused to accept him back from the hospital. The team made a fundamental change in process. Normally, the process would have been to wait for an accepting referral which could have left the patient hospitalized for months. Congratulations team!

Humans of the Medical Staff

In order to help members of the Bridgeport Hospital Medical Staff learn more about each other, Medical Staff News will include a new feature - Humans of the Medical Staff - where medical staff members will share a few special human interest facts about themselves.



Spotlight:
Simona Constantinescu, MD

Q. What made you decide to work in healthcare?

At the time and place of making that decision, medicine was the better alternative. The other choice was literature. Both were supposed to be in a rural setting for at least a few years. I figured both I and the people around me would benefit more from my handling ailments rather than words. Who knows?!

Q. How do you like to enjoy your time outside of work hours?

Outside of work, I love spending time with my family and friends all over the world. Skiing, hiking, watching sunsets over a glass of wine, talking about books, movies, art, memories, ideas, even about work sometimes...

Q. What is your favorite movie and book and why?

I have many books and movies that I love. It would be hard to pick just one of each, but I will try...

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A favorite movie is the one we watch on Christmas almost every year – a romantic comedy-drama named *Love Actually*. As for a favorite book, I have always loved *One Hundred Years of Solitude* by Gabriel Garcia Marquez. After the last few years, this feels as if it is everybody's story (with the due imagination). My mind and soul would be so much poorer without this book.



Dr. Constantinescu (third from left) enjoying a ski outing with her husband, their two sons and two daughters.

Next Building Against Burnout July 7

Mark your calendar for the next Building Against Burnout (BAB) session on Thursday, July 7, from 12:15 to 1 pm, when the topic will be Epic Downtime.

These brief sessions highlight timesaving topics as we work through ways to reduce burnout. The presenters are physicians and APPs who have completed rigorous Epic training. The BAB sessions are a form of “fireproofing,” to help build resistance to the challenges and stresses of practicing medicine. CME credit is available.

To join the session via Zoom, visit zoom.us. Select “Join a Meeting” and enter meeting ID 941 3474 8981 and passcode 194222. BAB sessions are recorded and posted on the Medical Staff Portal for those who are unable to attend during the live session.

Save the date: June 16 – 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, June 16, Alexandra Fuss, PhD, will present Recognizing Eating Disorders. Next month, on July 21, Bubu Banini, MD, PhD; Andrew Cutney, MD; and Karen Gibbs, MD, will share a case presentation titled “Management of Patients after Bariatric Surgery.”

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 cme.yale.edu. 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 July / August 2022 issue of Medical Staff News is Friday, July 8, 2022. Please submit items for consideration to Alison Tighe at alison.tighe@bpthosp.org or Myra Stanley at myra.stanley@ynhh.org.