

Medical Staff News

Newsletter for the Medical Staff of Bridgeport Hospital | September 2022

Yale
NewHaven
Health
Bridgeport
Hospital

The Wellness Corner

A message from the Chief Wellness Officer



September brings fall, and with it, many other beginnings. Each of those beginnings seem to bring additions to our full plates. There is the start of the academic year with back-to-school shopping, the upcoming start of the fiscal year, with new budgets and targets, and the holidays which bring opportunities to shop for gifts and

decorations. With each of these, there is an opportunity to add more. It is easy to keep adding, and to get into an addition mindset in so many ways. It can be easy to get swept up into this addition mindset even when approaching wellbeing, wondering what new program we can add as an organization? Or what new self-care activity can we add as individuals to improve our wellbeing?

However, true wellbeing often comes not from addition, but from attrition. The right question isn't what can we add, but what can we take away? This is the concept behind the #G.R.O.S.S. program which originated in a Hawaii medical group and was recently highlighted in Dr. Vivek Murthy's opinion piece about burnout in the *New England Journal of Medicine*.

#G.R.O.S.S. stands for "Get Rid of Stupid Stuff." It is an organizational program to review and remove processes that were implemented long ago but no longer make sense. While Yale New Haven Health does not have a formal #G.R.O.S.S. program by that name, some of the recent organizational efforts certainly aim to achieve the same goals. For example, nursing recently eliminated the need to scan barcodes for routine supplies in non-procedural areas, streamlining the work process for floor nurses.

Our ITS departments launched the redesign of the MyChart page to help redirect messaging to non-physician office staff more often. Even Bridgeport Hospital's move to free parking for all employees and medical staff has removed one more hassle for those of us on campus. As the time of harvests and the season of plenty comes upon us, my hope is that all of us will find something individual in our professional life that we can let go to allow ourselves space for more wellbeing.

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.

Bridgeport Hospital reaches 400th TAVR milestone

The Heart and Vascular Center at Bridgeport Hospital recently marked its 400th transcatheter aortic valve replacement (TAVR). The hospital performed its first TAVR in 2016. Yale New Haven Health's Heart and Vascular Center has performed more than 2,100 total procedures at Bridgeport and Yale New Haven hospitals combined. TAVR is a minimally invasive treatment, approved by the FDA for low-risk patients with severe aortic stenosis, a type of heart valve disease. TAVR replaces the valve without open-heart surgery, which means less time in the hospital and faster recovery.

YNHHS gears up for mandatory flu vaccinations

Flu season will soon be upon us, and YNHHS is gearing up for its annual mandatory flu vaccination program designed to protect patients, families and employees.

Beginning in October, YNHHS will provide flu vaccinations for employees at locations throughout the health system. As a condition of continued employment, physicians and employees must receive a flu vaccination or have an approved medical or religious exemption. Onsite vaccinations will begin at Bridgeport Hospital on Oct. 17 on the Bridgeport Campus and on Oct. 18 on the Milford Campus. The deadline to receive the flu vaccination is Thursday, Dec. 1, 2022.

Employed members of the medical staff may schedule their flu shot by signing into Infor, and then Employee Self-Service (ESS), or through the Employee Health section on the Infor landing page. Non-employed Licensed Independent Practitioners may schedule an appointment by visiting <https://fluvaccination.ynhh.org/>.

Additional details about vaccination options, including how to submit documentation of vaccination by a primary care provider or participating pharmacy, will also be available on the ESS dashboard. Information about applying for a medical or religious exemption will be available on ESS as well. Employees must request the appropriate exemption by Oct. 15.

For additional questions, contact vaccineinfo@ynhh.org.

Officials break ground for YNHH Neurosciences Center

Yale New Haven Hospital broke ground recently on an \$838 million, 505,000 square foot project that includes construction of a new Neurosciences Center. The project was officially announced in 2019 but its start was delayed because of the COVID-19 pandemic.

The project will include two new patient facilities and focus on innovation in the neurosciences. It will be the largest project of its kind in state history and will provide enhanced access to state-of-the-art care for patients. The project will feature 201 inpatient beds and provide a unique setting for patients seeking innovative care from movement disorders to neuro-regeneration. The new facility is scheduled to open to patients in 2027.

Bridgeport, Milford campus EDs earn geriatric accreditation

Congratulations to the Bridgeport Hospital EDs on both hospital campuses and the Geriatrics team for being accredited by the American College of Emergency Physicians (ACEP) as Level 2 Emergency Departments.

In August, the Bridgeport Campus successfully earned its re-accreditation as a Level 2 Geriatric Emergency Department (GED). Bridgeport Hospital had the first and only accredited Geriatric ED in the state for three years. This year, the Milford Campus received the same honor. The proportion of the United States population over 65 years of age is projected to nearly double from 43 million in 2012 to 83 million in 2050. Aging adults currently comprise 18 percent of total ED visits. This represents a 42 percent increase between 2002 and 2012 with anticipated continued expansion for decades to come.

Accredited GEDs bring value to patients by:

- Providing a clearly defined set of measurable criteria, standardized to improve quality of emergency care for older adults. Patients and families can make more informed decisions when choosing a facility for care by searching for identified accredited GEDs.
- Protecting patients from misleading marketing claims.
- Providing greater transparency regarding services provided in an emergency department.
- Screening for geriatric syndromes that improves the quality of life for older adults who otherwise might not receive such screening.
- Offering enhancements in policies, protocols, procedures, personnel and equipment that improve healthcare delivery for older adults.
- Improving care for older adults that improves care for all patients.

Fall Prevention Awareness Week

Fall Prevention Awareness Week 2022 is Sept. 19 through Sept. 23. Statistically, 1 out of 5 falls results in a serious injury and more than 1 out of 4 older adults fall each year!

BH's Ahlbin Rehabilitation Services, both inpatient and outpatient, includes a diverse staff of physical therapists, occupational therapists and speech language pathologists who all play a role in Fall Prevention.

During Fall Prevention Week, the team will be share information on various ways to prevent falls, fall recovery, and what to do if a person falls. Ahlbin Rehabilitation Services will also have a poster in the Bridgeport Campus lobby to provide more information on fall prevention. For information, please contact Jaclyn Piselli at jaclyn.piselli@bpthosp.org.”

Humans of the Medical Staff

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

Spotlight: Jennifer Schwartz, MD, Bariatric and Minimally Invasive Surgery



Q: What made you decide to work in health care?

I decided to work in health care at a very young age. I remember being fascinated by a display on kidney transplantation as a 6-year-old and have never looked back. The ability to take care of people at a vulnerable time in their life is a privilege. Being a surgeon was

a more difficult decision but incorporated all the aspects of medicine that I love. I get to care for the whole patient as well as perform operations that improve their quality of life rather quickly. For example, after bariatric surgery, patients often state that they are living the life they always wanted. They can do the activities they have not been able to perform for several years, they feel better, and they can be there for their families.

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

I have two boys, a 5-year-old and a 1-year-old, that keep me very busy outside of work. We spend a lot of time outside at parks, swimming and going to the beach. In the very few moments I have to myself, I carve out time to exercise and tend to my first vegetable garden.

Q: What is your favorite movie and why?

My favorite movie is *Ferris Bueller's Day Off*. This movie has been my favorite since I was a teenager. I love the characters, the adventures, and the pure joy of the movie. The aspect of this movie that I love the most is that it takes a very ordinary experience like skipping school and makes it extraordinary. It reminds me that you can make anything extraordinary, even the most ordinary tasks.

Q: What would people be surprised to know about you?

I think people would be surprised to know that I love music – I have music playing quite often in my house and even in the operating room. Also, if you come into my home or operating room, you will not hear current, popular music but a mix of Grateful Dead (my favorite), Paul Simon, and an array of other pre-1985 music. At least musically, I am an old soul.

Patient-Centered Communication Principles – September

Barbara Roehl, MD, Bridgeport Hospital consultant focusing on Patient Experience and provider/leader development, shares a monthly Patient-Centered Communication Principle.

September: Tips for addressing care transitions

- Don't wait until the end of a patient's stay. Education and instructions should be clear, repetitive, and start from the point of admission.
- Discuss plans, preferences and patient goals for the discharge.
- Identify a caregiver early.
- Ensure that the patient understands:
 - Diagnosis
 - Significant test results and treatment received
 - Responsibilities once home and follow-up appointments
 - Concerning symptoms to look out for
 - Discharge medications with special emphasis on new medications and medications that have been stopped.
- Use the teach back method to assess understanding and re-explain if needed.

New Physician Reception Sept. 27

All members of the medical staff are invited to meet new colleagues at the 2022 New Physician Reception, Tuesday, Sept. 27, 5 – 7:30 pm. The event will be held at Fairfield University's Bellarmine Hall, 1073 North Benson Road, Fairfield. Please RSVP to Alison Tighe at alisontighe@bpthosp.org

Save the date: Oct. 20 – next Trust Your Gut Digestive Health session

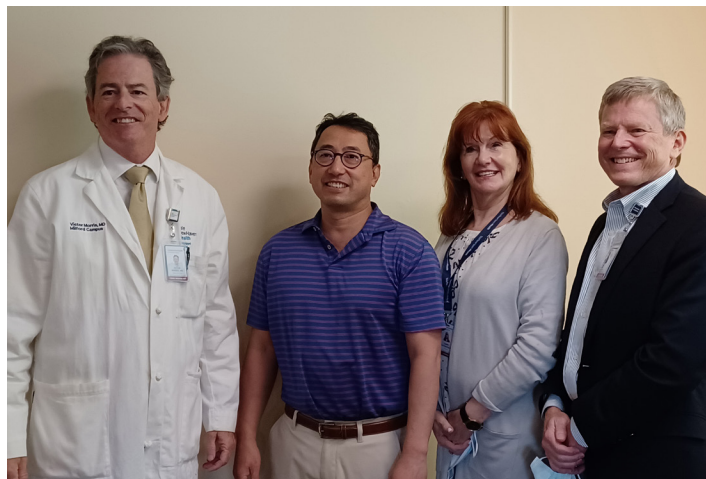
YNHHS and Yale Medicine host a free, monthly virtual Digestive Health CME series called Trust Your Gut. The yearlong series, held the third Thursday of each month at 5 pm, is designed to provide world-class digestive health educational programming, professional development and networking opportunities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

Tune in for the next session on Thursday, Oct. 20 when the topic will be a case study entitled a *Practical Approach to Diarrhea*. The topic for the following session, on Nov. 17, will be a case study on *Abdominal Pain: When to Image and Refer*.

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

Thank you Dr. Velasco

Diagnostic Radiology residents gathered recently to recognize and thank Noel Velasco, MD, (second from left) who served as program director of the residency program for 17 years. During his tenure, the program achieved extraordinary clinical and academic success. Medical Staff leadership were also on hand to recognize Dr. Velasco's dedication to and impact on the residency program.



(L-R) Drs. Victor Morris, chief medical officer; Velasco; Karen Hutchinson, chair, Medical Education; and Michael Ivy, deputy chief medical officer, YNHHS.

Newsletter submissions

Deadline for submission of content for the October 2022 issue of Medical Staff News is Friday, Sept. 30, 2022. Please submit items for consideration to Alison Tighe at alison.tighe@bpthosp.org or Myra Stanley at myra.stanley@ynhh.org.

Medical Staff News is published monthly by YNHHS Marketing and Communications
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