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Submit original photos for consideration to be displayed in our new hospitals.

PAGE 10: BE A FLU BUSTER

No-cost flu vaccinations available beginning Sept. 7.

PAGE 14: BEST IN FLORIDA

UF Health Shands Hospital ranked by U.S. News in eight medical specialties.

On the horizon

In December 2017, the doors to our new heart and vascular and neuromedicine hospitals will open for patients.



EDITOR'S LETTER

ON THE COVER:

Michael Gross, R.N., a UF Health Shands Hospital Neuro ICU Unit 82 nurse, looks out at the construction site of the heart and neuro hospitals. He is one of hundreds of staff members who will transition to the new space in late 2017.

Photo by Mindy Miller

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FSC LOGO

UF HEALTH SHANDS | GROWTH+EXPANSION

IF YOU BLINK, YOU'LL MISS IT

Construction on new hospitals progresses rapidly

BY TODD TAYLOR

I recently received a text from a friend after he'd passed by the construction site of our UF Health Heart & Vascular and Neuromedicine hospitals.

It read: "What the heck are they building next to the cancer hospital???"

Then it dawned on me: The reason the rapid construction progress on our new hospitals isn't shocking to me is because I drive by them every day. By the time this column is published, we'll be about 20 months removed from when we broke ground on the new hospitals. The progress that's been made is astounding. More remarkable is that we're only 15 months from treating patients in these state-of-the-art facilities.

Our visual presence on Archer Road has come a long way. Only seven years ago, the UF Health Shands Cancer Hospital opened its doors to the public. The pediatric E.R. and new children's hospital entryway and facade followed, in 2011 and 2014, respectively. Now the next piece of that puzzle, our heart and neuro hospitals, are set for completion in December 2017.

It's rewarding to work for an organization that is adapting and expanding to meet the needs of our patients. For Gainesville residents, if you become seriously ill, you likely won't have to look farther than your backyard for world-class care at UF Health facilities for even the most complex conditions. Not many people living in other communities can say that.

In this edition of News+Notes, you'll learn more about our new hospitals — what to call them, where to park, who is building them and more. Our cover photo was taken in July and, as you can see, quite a bit of progress has been made even in the last couple of months.

Stay tuned for more information about our new hospitals in future editions of News+Notes. Before you know it, they'll be buzzing with activity and allowing our faculty and staff to save and improve even more lives!

Todd Taylor
News+Notes Editor
Communications Coordinator
UF Health Communications

UF HEALTH SHANDS | GROWTH+EXPANSION

Q&A WITH THE CEO – ED JIMENEZ

Curious to know what's on the mind of our UF Health Shands CEO?

(From left) Brad Pollitt, A.I.A., UF Health Shands Facilities vice president, and Ed Jimenez, UF Health Shands CEO, replaced the eight for a seven on a construction banner to show that our new hospitals are set to open ahead of schedule in December 2017.



PHOTO BY JESSE S. JONES

We caught up with CEO Ed Jimenez and asked him several questions for this edition of News+Notes. See how to submit your question at the bottom of the page!

What excites you most about our new heart and neuro hospitals, set to open in December 2017?

It's going to be phenomenal to have hospitals where patients can have all of their outpatient and inpatient disease-specific needs met. You can see your cardiologist, get diagnostic imaging for cardiology, have a procedure or operation done and stay overnight in the same building. And it's more than cardiology; the same is true for neurology, neurosurgery, vascular surgery, cardiac surgery and thoracic surgery. I'm also excited about what this means on a day-to-day basis for our staff. They're going to be co-located with colleagues who are experts in the same types of diseases and conditions. That's very important.

We received more good news from U.S. News' annual rankings, this time with eight adult specialties being ranked in the Top 50. What does that say about us?


We did very well in both our pediatric and adult rankings — in fact, we're the only hospital in Florida ranked in a combined 17 specialties. These rankings show that people outside our organization are saying "wow" and putting us in the same conversation with other health care greats like Massachusetts General Hospital, Johns Hopkins and Stanford Health Care. It's a pretty outstanding feat.

Next month, our new freestanding E.R. opens on Southwest Archer Road, just west of I-75.

Why is this so important for the community?

You can't help but notice the growth of Alachua County, Gainesville and, specifically, the southwest side of town. The UF Health Emergency Center at Kanapaha fits right in with our thought process to put our services in the right places where there's a growing need. It's the same approach we took when we expanded our services to Springhill on 39th Avenue and opened UF Health Family Medicine – Eastside on Main Street. We are aware and sensitive to the needs of our community and this emergency center will be a great resource to residents in southwest Gainesville and surrounding areas.

What are you personally looking forward to this fall?

My oldest daughter will be a high school junior so we'll start looking at colleges; my younger daughter is going into eighth grade, so we're looking into high schools; and my son is going into fifth grade, so we'll start thinking about middle schools. Those life transitions are exciting and make me feel old all at the same time. And, the fall brings hope that our beloved Gators will have a great season! 

WANT TO SUBMIT A QUESTION?

Email taylt@shands.ufl.edu and we'll consider it for an upcoming edition.

UF HEALTH HEART & VASCULAR AND NEUROMEDICINE HOSPITALS | GROWTH+EXPANSION

ON THE HORIZON

Heart and neuro hospitals built to provide patients with a better tomorrow

BY LAURA CASTRO • PHOTOS BY MINDY MILLER

In January 2015, UF Health leaders, faculty, staff and community members gathered for the UF Health Heart & Vascular and Neuromedicine hospitals' groundbreaking ceremony. In December 2017, less than three years later, our shared vision will become a reality as the hospitals open to patients and their families.

The specialty hospitals will provide world-class space in which our providers can deliver concentrated care to meet the growing demand for UF Health's neurologic, neurosurgical, heart and vascular services. Consolidating care in one building will help

us provide an outstanding experience for patients, with more efficiency and a variety of treatment options in the same location. The \$415 million project will provide a place for continued growth and an advanced home for the care of patients with complex health conditions.

UF Health Shands Facilities teams are working with several companies on the project: Skanska USA is heading the construction work; Affiliated Engineers Inc. is the building's engineering firm; and Flad & Associates are the architects designing the building.

BRICK BY BRICK

"It's great to see the building take shape. Every day there is so much progress, which is in part due to our environment of safety. It's a way of life for us and that's a huge reason why we're on schedule. We look forward to big milestones — like powering up the building and installing air conditioning — and we're encouraged by our progress. This facility will be wonderful for the people who will use it."

Rick Shelton, Skanska USA Environmental Health and Safety project manager (pictured right)



OUR CONSTRUCTION, BY THE NUMBERS

450 workers
on-site per day (average)

814,876+
hours of work to date

35,970
cubic yards of concrete

2,700
tons of reinforcement steel

115,000
square feet of glass

\$32.5 million
positive economic impact
(local and regional
workers salaries)

All figures were estimated in May 2016

WHAT'S IN A NAME?

Wayfinding is more than just signage: The language we use when referring to our facilities affects how people navigate our health care system. Clear naming conventions ensure that we communicate consistently with patients, visitors and each other.

FORMAL NAMES, SEPARATE REFERENCE:

UF Health Heart & Vascular Hospital

UF Health Neuromedicine Hospital

FORMAL NAME, COMBINED REFERENCE:

*UF Health Heart & Vascular and
Neuromedicine hospitals*

INFORMAL REFERENCE:

heart hospital

neuro hospital

heart and neuro hospitals

\$415 million budget

216 inpatient rooms

20 operating rooms

78 clinic exam/procedure spaces


FAST FACTS

BUILDING DESIGN GOES GREEN

With this new construction, we are pursuing a Green Globes Certification, an assessment that measures environmental performance and sustainable design. The American National Standards Institute criteria include indoor air quality, efficient water consumption and recycling efforts.

PATIENT PARKING? NO PROBLEM.

A 600-space parking garage adjacent to the hospitals will ensure easy access for patients and visitors if they forgo valet parking. A covered walkway from the garage will lead into the lobby of the building, where metro-inspired wayfinding will help patients, visitors, faculty and staff find their way through the facility.

“This building has two front doors, not a back door,” said Brad Pollitt, A.I.A., UF Health Shands Facilities Development vice president. “We designed it to ensure our patients and visitors can easily access the hospitals, whether they choose to self-park or use the valet service. Everything we’re creating has our patients’ ease in mind.” 

UF HEALTH | EVENTS+ACTIVITIES

CALLING ALL EMPLOYEE ARTISTS!

Nov. 1 is the deadline for faculty and staff to submit original photos

BY NACUYA LEWIS

In 2009, more than 1,000 photographs taken by faculty and staff were submitted to UF Health Shands Arts in Medicine in response to a call to employee artists. Handpicked for their aesthetic appeal and soothing attributes, hundreds of photos now adorn patient care areas throughout the UF Health Shands Cancer Hospital.

Seven years later, AIM is making another call to employee artists, this time seeking original photography submissions for consideration to decorate the UF Health Heart & Vascular and Neuromedicine hospitals. The selection committee is seeking photos of nature, which are said to reduce stress and promote positive feelings and behavior.

“Just as there is evidence-based medicine, there is evidence-based art, which serves a deeper purpose,” said **Christina Mullen**, AIM director. “There’s a science behind it.”

Research demonstrates that properly constructed images can calm and soothe the viewer and act as a care tool. Landscapes that feature horizons, the sky, open space, trees and other forms of scenic nature have the best results.

“The previous calls to employee artists have been incredibly successful,” Mullen said. “Patients and families are so impressed and grateful that our staff share this side of themselves, and I’m looking forward to seeing what this next round holds.”

Please visit artsinmedicine.UFHealth.org for details regarding evidence-based art, submission image size, copyright and other information before emailing your digital files (JPEG or TIFF only) to Mullen by Nov. 1 at mullcm@shands.ufl.edu. ■

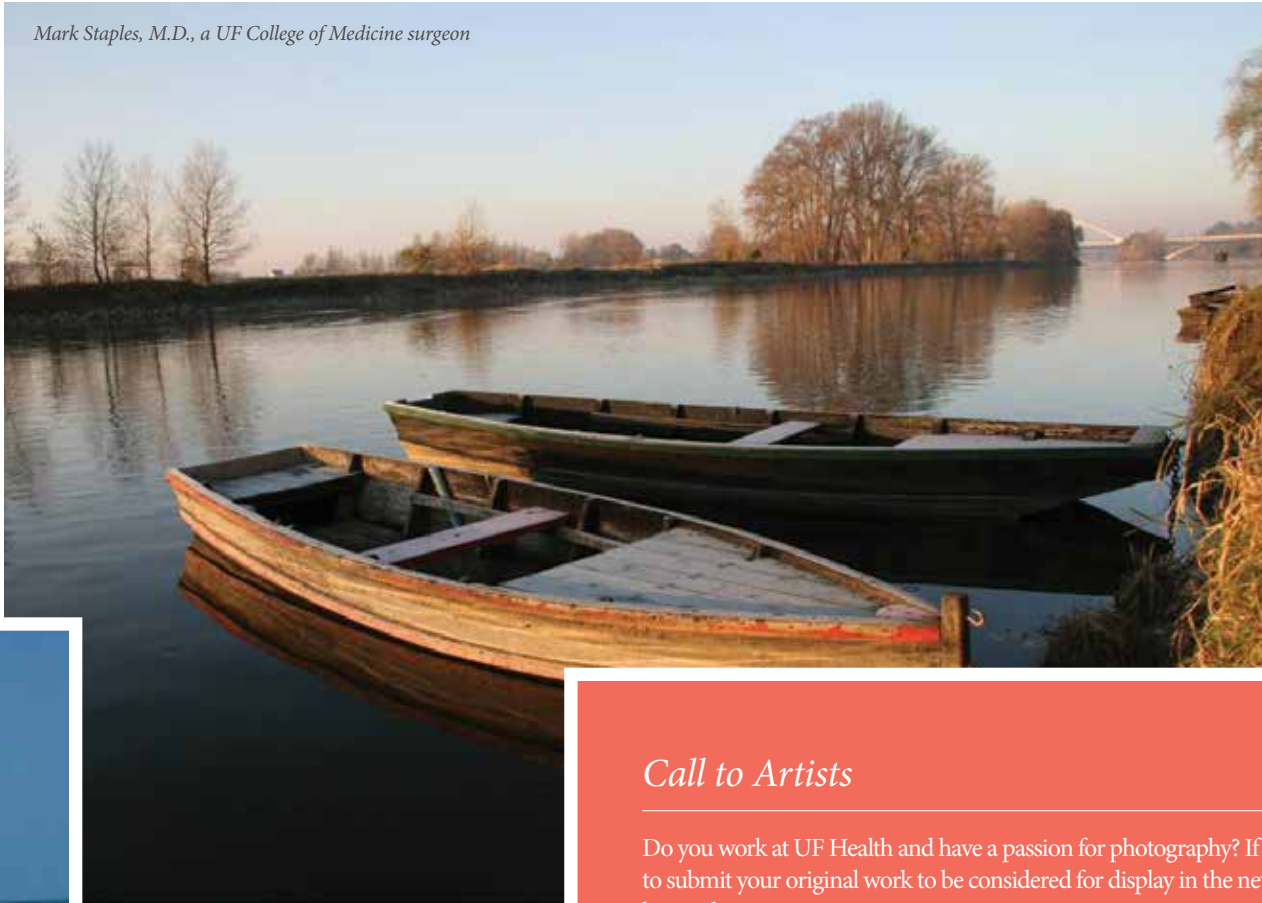


Bud DesForges, UF Health Shands Facilities project superintendent



Kathy Donovan, R.N., UF Health Shands Hospital Operating Room

Mark Staples, M.D., a UF College of Medicine surgeon



Call to Artists

Do you work at UF Health and have a passion for photography? If so, you are invited to submit your original work to be considered for display in the new heart and neuro hospitals opening in 2017.

We're looking for natural landscapes that feature the following:

- Horizons
- Skies with fair weather
- Open spaces
- Fresh water
- Trees
- Very few, if any, man-made objects or buildings
- Low growth (flowers, bushes or tall grasses)

*Submissions are
due by Nov. 1, 2016*

Visit artsinmedicine.UFHealth.org for details regarding evidence-based art, submission image size, copyright and other information before emailing your digital files (JPEG or TIFF only) to Mullen by Nov. 1 at mullcm@shands.ufl.edu.

UF HEALTH | CARE+QUALITY

BE A FLU BUSTER – GET YOUR VACCINE BY OCT. 30

Get vaccinated or opt out and wear a mask in patient care areas

BY TODD TAYLOR

Last flu season, more than 92 percent of our UF Health Shands and UF College of Medicine workforce received their flu vaccination. Thanks to these efforts to protect our patients, visitors, co-workers and the community, we saw a low number of flu cases among our employees last flu season.

“Our health care community is accustomed to working together to treat diseases. However, the prevention of disease is the greatest service we can provide to our patients and one another,” said **Nicole Iovine, M.D., Ph.D.**, hospital epidemiologist for UF Health Shands Hospital and UF College of Medicine associate professor of infectious disease and global medicine.

As our care teams continue to encounter increasingly complex cases, it’s paramount that we don’t put these vulnerable patients at risk.

“Given the nature and severity of the types of illnesses some of our patients are battling, it’s not hard to imagine how a mildly sick worker can put a patient at great risk,” said **Ed Jimenez**, UF Health Shands CEO. “This has to be at the front of our minds when we think about flu vaccination.”

Starting Sept. 7, the groups listed on the following page can get no-cost flu vaccinations at UF Health Shands Occupational Health Services, located at UF Health Shands Hospital, Room 1004. OHS will also host flu vaccination events on our Archer Road campuses, at our specialty hospitals and in several other Gainesville locations.

All UF faculty, staff and students can get a no-cost flu vaccination when the UF Student Health Care Center is on site during flu vaccination events at UF Health. UF students are eligible for no-cost flu shots at SHCC locations at any time.

If you belong to one of the priority groups listed on the following page and choose to get a flu vaccination from a provider outside UF Health or UF, you’ll be asked to show proof of vaccination paperwork to obtain a vaccination sticker for your ID badge.

Beginning Oct. 31, those who choose to opt out of receiving the vaccination for medical, religious or personal reasons will be required to follow a formal opt-out process and to wear a mask in patient care areas. ■

(Right, clockwise) Marvin Dewar, M.D., J.D., UF College of Medicine senior associate dean and UF Health Physicians CEO; Ed Jimenez, UF Health Shands CEO; and Timothy Flynn, M.D., FACS, UF College of Medicine senior associate dean for clinical affairs and UF Health Shands chief medical officer, each received their flu vaccinations last year. Get yours today!



GET YOUR VACCINE BY HALLOWEEN
Visit flu central at bridge.UFHealth.org/flu



The following workers are eligible for a no-cost flu shot through UF Health Shands Occupational Health:

- UF Health Shands employees and volunteers
- UF Health Physicians employees
- UF College of Medicine faculty physicians, residents and fellows
- Credentialed ARNPs
- Credentialed physician assistants
- Credentialed medical staff

All UF faculty, staff and students can get no-cost flu vaccinations when the UF Student Health Care Center is on site during flu vaccination events at UF Health.

FLU VACCINATION EVENTS:

UF Health Shands Hospital Atrium

Sept. 7-9: 6:45 a.m. to 5 p.m.
 Sept. 12: 6:45 a.m. to 2 p.m.
 Sept. 15: 5-10 p.m.*
 Sept. 19: 6:45 a.m. to 10 p.m.
 (SHCC will attend through 4 p.m.)
 Sept. 21: 6:45 a.m. to 5 p.m.
 Sept. 22: 5-10 p.m.*
 Sept. 26: 7 a.m. to 4 p.m.
 Sept. 27: 3-10 p.m.*
 Sept. 29: 7-10 a.m. & 2-4:45 p.m.
 Sept. 30: 1-4:30 p.m.
 Oct. 10-13: 7 a.m. to 4:30 p.m.

Oct. 14: 7 a.m. to 4:30 p.m.*
 Oct. 26: 6:45 a.m. to 5 p.m.
 Oct. 27: 6:45 a.m. to 5 p.m.*
 Oct. 28: 6:45 a.m. to 5 p.m.

UF Health Shands Cancer Hospital – Room 1205

Sept. 13: 1-4:30 p.m.
 Sept. 14: 6:45 a.m. to noon
 Sept. 20: 9 a.m. to 2 p.m.
 Sept. 23: 10 a.m. to 2:30 p.m.
 Oct. 20: 6:45-10 a.m.
 Oct. 21: 2-4:30 p.m.
 Oct. 24: 6:45-11 a.m.

*Events followed by an asterisk will be staffed by OHS only. For co-hosted events starting at 6:45 a.m. or 7 a.m., SHCC will arrive at 8 a.m.

All staff and volunteers need to bring an **ID badge** and those receiving vaccination through SHCC also need to bring an **insurance card**.

OHS will visit several other locations, including locations in the Medical Plaza, on 39th Avenue, Hull Road and more. To view an updated schedule of flu vaccination events across UF Health, visit bridge.UFHealth.org/flu.

Dates are subject to change based on flu vaccine availability.

UF HEALTH SHANDS | CARE+QUALITY

UF HEALTH SHANDS OCCUPATIONAL HEALTH SERVICES

A behind-the-scenes look at a vital team

BY AILEEN MACK • PHOTOS BY MINDY MILLER



LOCATION AND HOURS

UF HEALTH SHANDS HOSPITAL • FIRST FLOOR, ROOM 1004 • 7 A.M. TO 5 P.M., MONDAY-FRIDAY

UF Health Shands Occupational Health Services staff members (top, from left) Shannon Robinson, ARNP; Francene Smith, L.P.N.; Monica King; Beverly Hernandez, R.N.; Mary Floyd, R.N.; Karyn Wagner, ARNP; (bottom, from left) Tam Spitzer Johnson, ARNP; Anne Bogar; Terri Hodgson, R.N.; Patty Brimm; and Susie Miller, L.P.N.

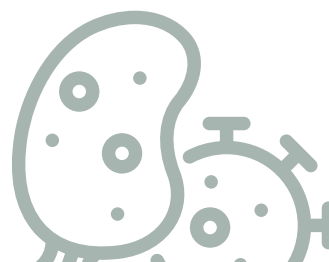
Our employees are dedicated to providing an exceptional experience for our patients and visitors, but sometimes they need timely care and health resources themselves. On these occasions the UF Health Shands Occupational Health Services, or OHS, team is here to help.

While most patients won't encounter an OHS team member, their work ensures that our staff can provide the best service possible.

"It's very rewarding to help employees get and stay healthy," said **Karyn Wagner, ARNP**, OHS director. "I enjoy the variety of

work we do and being able to provide compassionate care for our colleagues, who are committed to helping others."

Collectively, the members of this 12-person team boast more than 260 years of experience at UF Health Shands and pride themselves on being vested in the community. Wagner also credits **Trina Girimont, ARNP, COHN-S**, the longtime OHS director who recently retired, for building such a strong team.





HERE ARE SOME OF THE SERVICES THE OHS TEAM PROVIDES OUR STAFF:



OCCUPATIONAL ILLNESS, INJURY OR EXPOSURE

When an employee experiences an illness, injury or exposure — including bloodborne pathogen exposure— while on the job, they should report to OHS immediately to obtain evaluation and necessary care. In the case of bloodborne pathogen exposure during non-business hours, call the

Exposure Hotline at 352-265-2727 and a health care provider will triage the exposure, initiate source patient testing and provide instruction for further care.



TUBERCULOSIS SURVEILLANCE

To protect patients, visitors and staff from TB exposure, each new employee undergoes a blood test to detect the infectious disease. Certain departments require annual TB surveillance for its employees, which is provided by OHS staff.

IMMUNIZATIONS

OHS offers staff a number of immunizations, including influenza, Tdap (tetanus, diphtheria and pertussis), varicella (chickenpox) and MMR (measles, mumps and rubella). Certain immunizations —influenza during flu season, varicella and MMR — are required for new UF Health Shands employees to protect our patients, visitors and staff. Employees are

encouraged to update their tetanus vaccine with a single dose of Tdap if they haven't received it as an adult. With the assistance of UF Health Shands Nursing staff during on-site flu vaccination events, OHS staff administered and received proof of more than 12,450 employee vaccinations during the 2015-16 flu season.



FITNESS FOR DUTY

If an employee is feeling ill and/or may have a condition that makes him or her unfit for duty, an OHS team member will perform a brief medical evaluation to determine his or her ability to work.



CLEARANCE TO RETURN TO WORK AFTER ILLNESS OR INJURY


Employees are required to provide a medical clearance note to OHS if they have been out for five or more days and must be evaluated in OHS prior to returning to work. Employees may be required to be screened for clearance from shorter absences if there is a safety or infection control concern. Any employee with work restrictions must present a work status form to OHS indicating his or her limitations, including duration and/or re-evaluation date for assessment prior to his or her return.

PERSONAL HEALTH APPOINTMENTS

Did you know UF Health Shands employees can be seen at OHS for episodic care for acute, self-limiting conditions? These include upper respiratory conditions, urinary tract infections, minor wound infections, sore throats and sprains. The OHS team also provides school physicals for employees. Same-day appointments are available and the cost for OHS personal health appointments is \$20-\$25, which can be paid in cash or via payroll deduction.



WORKSITE ERGONOMIC EVALUATIONS

Worksite evaluations help departments decrease the risk of employees developing a work-related musculoskeletal disorder. Recommendations for work or worksite modifications can provide an overall improvement and reduce injuries for staff. Search ergonomics on the Bridge for information about setting up safe work stations, and email Wagner at wagnek@shands.ufl.edu to set up an ergonomic assessment. 



UF HEALTH SHANDS HOSPITAL | AWARDS+KUDOS

EIGHT ADULT MEDICAL SPECIALTIES RANKED AMONG NATION'S BEST

Hospital tied for most top-50 honors in Florida by U.S. News

BY MORGAN SHERBURNE

EIGHT SPECIALTIES RANKED

- 11th (tied)** Nephrology
- 21st** Neurology and neurosurgery
- 25th** Pulmonology
- 29th** Gynecology
- 33rd** Geriatrics
- 33rd** Urology
- 48th (tied)** Diabetes and endocrinology
- 49th** Cancer

The outstanding efforts of our faculty and staff were recognized in U.S. News & World Report's annual rankings, as UF Health Shands Hospital was recognized as one of the nation's best in eight adult specialties — tied for the most in Florida.

U.S. News & World Report assessed 16 adult medical specialties ranging from cancer to urology in approximately 5,000 hospitals.

Nephrology, tied for 11th, is our highest-ranking specialty. Also ranked are neurology and neurosurgery (21st), pulmonology (25th), gynecology (29th), geriatrics (33rd), urology (42nd), diabetes and endocrinology (tied for 48th) and cancer (49th). Neurology and neurosurgery jumped to 21st from 40th place last year. Of these, UF Health is highest-ranked in Florida in four specialties — gynecology, nephrology, neurology and neurosurgery, and pulmonology.

"These rankings reflect our unwavering dedication to providing high-quality care for our patients, and our focus on continually evolving our standard of care," said **David S. Guzick, M.D., Ph.D.**, UF senior vice president for health affairs and UF Health president. "Our continued rise in the rankings validates the work that our physicians, nurses and staff do every day."

UF Health was also rated as "high performing" in three specialties: cardiology and heart surgery, gastroenterology and gastrointestinal surgery, and orthopaedics.

The rankings are based on three dimensions of health care: patient safety and survival; resources related to patient care, such as the hospital's volume and nurse staffing; and the hospital's reputation among specialists for developing and sustaining the delivery of high-quality care for patients who have the most challenging conditions or need difficult procedures.

While the specialty rankings focus on patients with complicated diseases, many people still need routine care — and U.S. News & World Report has begun evaluating these procedures. Among these, abdominal aortic aneurysm repair, aortic valve surgery, colon cancer surgery, hip replacement, lung cancer surgery, chronic obstructive pulmonary disease and heart failure were given a "high-performing" rating at UF Health.

"At UF Health, we focus on care not only for patients with rare conditions, but also the everyday health conditions that plague us all," said **Ed Jimenez**, UF Health Shands CEO. "These rankings and ratings show that our physicians, nurses and staff represent a range of expertise, and are fully equipped to take good care not only of patients here in Gainesville, but patients who travel across the state and country to find care here as well." ■



UF Health Shands Hospital
was tied for the most top-
50 honors in Florida.

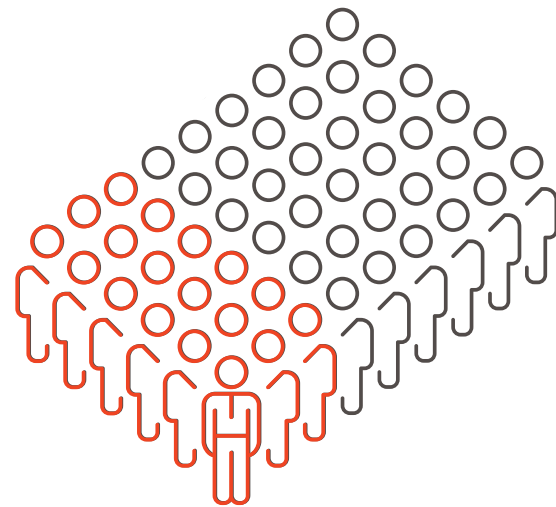
UF HEALTH | RESEARCH+DISCOVERY

LAB NOTES

Check out recent research developments at UF Health

OLD DRUG, NEW USE

Researchers have found that an existing diabetes drug can be used to halt the progression of a disease that is a leading cause of liver transplants. A three-year clinical trial led by UF Health researcher Kenneth Cusi, M.D., found that the drug pioglitazone is safe and effective in certain patients who have nonalcoholic steatohepatitis, a chronic liver disease caused by a buildup of fat.




SKINNY ISN'T ALWAYS HEALTHY

A third of slender adults over the age of 45 who don't look like they could be at risk for developing diabetes may actually meet the criteria for prediabetes, according to a UF study. The findings are cause for concern, the researchers say, because under current guidelines, these individuals would likely not be screened for the condition.



HUNGRY PARENTS, STUFFED KIDS

The hungrier parents are at mealtimes, a new study shows, the more they may feed their young children, which could have implications for childhood obesity. In a small pilot study of 29 children ages 3 to 6 and their mothers, UF researchers asked the mothers to rate their hunger as well as their child's hunger prior to a meal. Among women who were overweight or obese, those who rated their own hunger higher also perceived their child's hunger as higher, and in turn, served their child larger portions of food. 

UF HEALTH SHANDS | CARE+QUALITY

IMPROVING REHAB RESOURCES AND PERSPECTIVES

New partnership with Select Medical will improve and expand rehab services

BY MORGAN SHERBURNE



“Our employees deliver outstanding quality rehab care and we know we can take our services to the next level with improved resources and a broader perspective.”

Marina Cecchini
UF Health Shands Rehab Hospital
and UF Health Shands Psychiatric
Hospital administrator

UF Health and Select Medical are collaborating on long-term plans for UF Health Shands Rehab Hospital. We have begun an “interim management services” agreement with Select Medical to share information and explore how to evolve services and operations. As the collaboration evolves, the plan is for Select Medical and UF Health Shands to eventually share ownership of the rehabilitation hospital, while Select Medical will oversee operations and manage staff and programs.

“Our employees deliver outstanding quality rehab care and we know we can take our services to the next level with improved resources and a broader perspective,” said **Marina Cecchini**, UF Health Shands Rehab Hospital and UF Health Shands Psychiatric Hospital administrator. “We want to build on existing strengths to keep improving patient services, and take advantage of access to research and education.”

Select Medical operates the nationally renowned Kessler Institute for Rehabilitation in New Jersey and also collaborates with Baylor Scott & White, the Cleveland Clinic, Cedars-Sinai, Emory Health and other respected centers. Cecchini, UF Health Shands CEO **Ed Jimenez** and Select Medical leaders hosted town hall meetings with rehab hospital staff in July to discuss the benefits of Select Medical’s highly successful model of rehab care.

The current interim management services agreement is slated to last through 2016 and into early 2017. A detailed, long-term plan will address issues of capacity, private patient rooms and facility challenges, which have been acknowledged as constraints, as we strive to develop services and achieve preeminence in rehabilitation.

Meanwhile, UF Health and Select Medical now co-own Select Specialty Hospital – Gainesville. Select Medical continues to operate the long-term acute-care hospital, which is located on Southwest Archer Road and staffed by Select Medical employees. UF College of Medicine physicians will join the medical staff and assume key clinical oversight roles and our leaders will be involved in developing the facility’s best practices and standards for quality care, patient safety and service.

“We’re excited about the potential this opportunity provides us to go beyond the levels of care and breadth of services we can achieve alone,” Jimenez said. “We have the chance to work with a successful organization to elevate the continuum of rehab and acute-care services available for our patients.” ■

UF HEALTH | CARE+QUALITY

WITH SEPSIS, SECONDS COUNT

➤ Time is the enemy for patients with sepsis. Their bodies are mounting a massive, life-threatening response to infection that can destroy tissue and damage organs in a matter of minutes.

Septic patients rely on clinical staff to know the signs and symptoms, and to react quickly and efficiently to help save their lives.

Sepsis is a challenge for hospitals nationwide. At UF Health, our care teams treat about 3,300 septic patients every year. Interdisciplinary teams are using new tools, strategies and processes to identify sepsis and respond swiftly with treatment. The goal is to halt the infection early on to reduce complications and mortality.

The elderly, premature infants and patients with weakened immune systems or chronic, serious illnesses have the highest incidence of sepsis. However, any patient with an infection can become septic.

Recognition and a fast response are crucial. Know the signs:

- Chills
- Confusion
- Fever
- Light-headedness
- Elevated heart rate
- Shaking
- Skin rash

Talk to your unit or department leader if you have questions about your team's response plan for sepsis. Visit UFHealth.org/sepsis or search "Quality Center" on the Bridge for sepsis awareness material.



**Our patients
rely on
us**

UF HEALTH SHANDS | GROWTH+EXPANSION

FREESTANDING E.R. TO OPEN IN OCTOBER

➤ UF Health will expand critical care services with a new 911-receiving, free-standing E.R. on Southwest Archer Road: the UF Health Emergency Center at Kanapaha. The new center is located in a heavily populated area of southwest Gainesville, providing patients with access to fast, high-quality emergency care close to home. It is set to open Oct. 1.

The 10,000-square-foot facility with 11 exam rooms and three fast-track rooms is located about 2.5 miles west of Interstate 75, near Tower Road, provid-

ing area residents convenient, 24-hour access to the full expertise of UF Health.

Kanapaha is UF Health's second freestanding emergency facility in Gainesville. Like the UF Health Shands Emergency Center at Springhill, Kanapaha will be staffed by board-certified UF College of Medicine emergency medicine physicians and critical-care nurses and support staff associated with UF Health, along with all the resources of our academic health center.



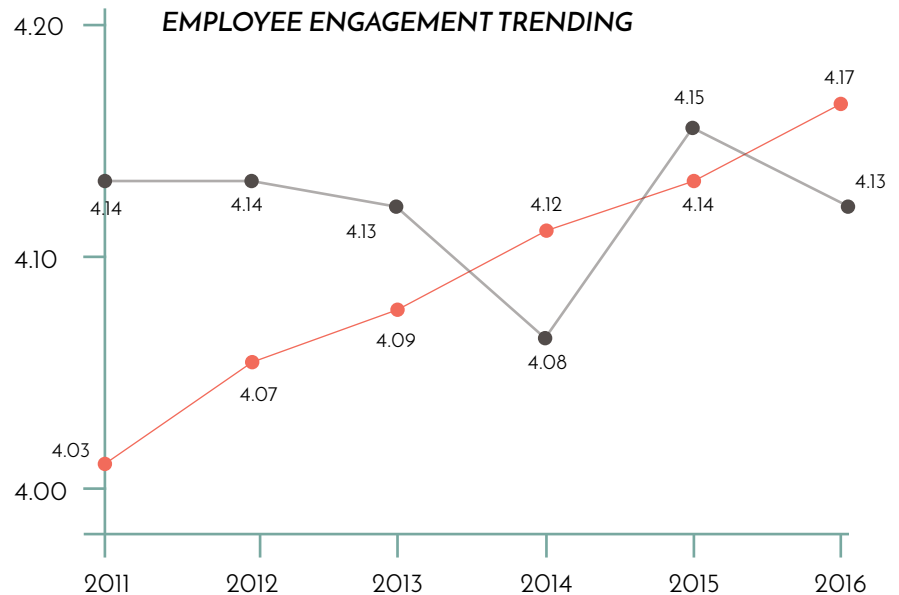
Learn more about this project and other renovation and construction news at blueprints.UFHealth.org.

UF HEALTH SHANDS | CARE+QUALITY

ENGAGEMENT SURVEY RESULTS SHOW UPWARD TREND

➤ In March, more than 7,500 employees completed the UF Health Shands Employee Engagement Survey, the most to date. The survey results show we're making positive strides as an organization. Over the past five years our overall engagement score has improved each year, from 4.03 to 4.17 (on a scale of 0 to 5). Our 2016 score puts us in the 73rd percentile among academic medical centers. The chart to the right shows the trajectory of our scoring over the past five years compared with other academic medical centers nationally.

Managers will continue to review results with staff to build on strengths, make improvements and chart the best path forward together. Thank you for taking the survey and helping to make UF Health Shands an even better place to work.



The orange line shows UF Health's engagement score over the years, while the gray line shows the national average for academic medical centers. Source: Press Ganey.

UF HEALTH | EVENTS+ACTIVITIES

RE-ENERGIZE YOUR WORKDAY

➤ Each quarter, the UF-UF Health Wellness Committee, along with GatorCare, focus on a variety of wellness topics. The third-quarter spotlight, Well@Work, promotes resources to help you take care of yourself while taking care of business. One initiative this quarter aims to help employees maximize their work breaks to improve focus, increase productivity and ultimately renew their energy.

Traditionally, our workday includes little to no time for rest or renewal. Just like our phones, if we don't recharge during the day, we constantly battle with depleting energy. Our minds can only focus for short periods of time, so if we use our breaks for rest or renewal our energy level remains steady throughout the work day.

HERE'S HOW TO MAKE THE MOST OF YOUR NEXT WORK BREAK:

- Be sure to take breaks when possible, even if they are only for a few minutes.
- Be intentional with your breaks by incorporating activities to help you renew physically, mentally and spiritually. Avoid engaging with your phone or computer.
- Go for a walk, hit the stairs, spend time outdoors, play a game with a co-worker, reconnect to the things that matter most to you, practice gratitude or take a few deep breaths.

Visit GatorCare.org to find more resources about boosting your mood, efficiency and creativity at work.

GatorCare
Your Partner in Health

Wellness
University of Florida and UF Health

UF HEALTH | FINANCE+FUNDRAISING

GRATEFUL PATIENT ENGAGEMENT – A NEW LEARNING OPPORTUNITY

➤ Philanthropic support for the missions of UF Health is increasingly important. Faculty endowments, research funds, patient care initiatives and capital projects have all benefited from gifts made by UF Health patients who had a positive experience with faculty and staff.

The UF Health Office of Development hopes to expand upon this avenue of fundraising through a seminar series that is intended to help physicians and caregivers identify grateful patients and successfully refer them to the Development team.

The Power of Patient Gratitude is a curriculum being created by the UF Health Office of Development. It will help us embrace the special attributes of our academic health center and show how everyone can play a part in helping grateful patients express their thanks for excellent care through philanthropy. Envisioned as a seminar series with customized delivery, The Power of Patient Gratitude will be unveiled to a pilot group soon.

For more information, contact Heather Mears, senior director of program management, at heather.mears@shands.ufl.edu.



UF HEALTH SHANDS PSYCHIATRIC HOSPITAL |
CARE+QUALITY

NEW PATIENT CARE SUITE DEBUTS AT PSYCHIATRIC HOSPITAL

➤ In June, UF Health Shands Psychiatric Hospital staff hosted an open house to showcase a newly developed state-of-the-art electroconvulsive therapy, or ECT, suite. ECT is currently used to treat patients suffering from severe depression, treatment-resistant depression, severe mania, depression with psychosis or suicidality and catatonia. A team of physicians and support staff who specialize in ECT offers customized treatment plans for patients. Visit UFHealth.org/electroconvulsive-therapy for more information. Pictured are (from left) Holly Wojcik, R.N., UF Health Shands Hospital Psychiatry Unit 52 nurse manager; Lisa Dowd, B.S.N., R.N., CRRN, NE-BC, UF Health Shands Rehab Hospital director of nursing and patient services; and Brent Carr, M.D., UF Health ECT program chief.

UF HEALTH | CARE+QUALITY

CARING FOR THE CAREGIVERS

Chief residents use resources to thrive in leadership roles

BY LAURA CASTRO • PHOTO BY JESSE S. JONES



(From left) Chief residents Joshua Kramer, M.D.; Kristopher Kline, D.O., M.P.H.; and Hasan Rasheed, M.D., speak with Cristin Owens, UF College of Medicine Graduate Medical Education assistant director. Chief residents receive crucial support from the UF College of Medicine Graduate Medical Education Housestaff Affairs office.

A group of UF College of Medicine physicians file into a large conference room at UF Health Shands Cancer Hospital. It's an important day — they are learning how to be successful in their weighty new role as chief resident.

UF College of Medicine chief residents are select leaders chosen within their residency programs. They are a crucial resource for residents and work with program directors to enhance program effectiveness. In addition to their daily clinical care responsibilities, chief residents assist with recruitment efforts, enhance staff morale, manage interpersonal conflicts, schedule rotations and more.

“For most chief residents, this is their first official leadership role,” said **Lisa Dixon, M.D.**, UF College of Medicine associate dean and the designated institutional official for graduate medical education. “They already have a level of respect and are natural leaders, but when their title changes it's different — their responsibilities increase significantly and they have to conform to a new relationship with their peers.”

The UF College of Medicine Graduate Medical Education Housestaff Affairs Office is a crucial resource for these new chief residents. Before chief residents begin their new role, the housestaff affairs team hosts a half-day program to equip them with skills to handle difficult situations. Chief

residents from different disciplines meet, discuss goals, share excitement and express concerns.

“We have an honest conversation about what they're tasked with for their new role: the good, the bad and the ugly,” said **Cristin Owens**, UF College of Medicine graduate medical education assistant director. “We talk a lot about coaching, influencing, human resource procedures and how to empower people — it's information that's not really taught in medicine, and we want to fix that.”

Christopher Ong, M.D., UF College of Medicine department of psychiatry chief resident, is one of 43 chief residents in the College of Medicine. He recalls first learning about his role and feeling incredulous.

“I thought it was interesting, but also kind of insane,” said Ong. “You really have to take it seriously and weigh whether it's right for you, because you're responsible for things that really impact the program. There are a lot of late nights and after-hours work.”

The Housestaff Affairs department provides day-to-day support, manages complaints, offers free counseling and ensures housestaff have a successful experience. Staff members also host team-building activities and social events to connect the chiefs.

“Life happens even within residency,” Ong said. “Whether it's figuring out the best way to accommodate a resident with disabilities or just being there when we're stressed out, the office makes sure we're aware of the resources available.” ■

UF HEALTH | HOSPITALITY+SERVICE

NEW VOLUNTEER OPPORTUNITIES

➤ Every year, UF Health Shands Volunteer Services places nearly 4,000 volunteers throughout our hospitals and other UF Health departments and practices. The program allows volunteers to work alongside our care teams in a variety of health care settings.

Following the completion of the UF Health Heart & Vascular and Neuromedicine hospitals, additional volunteer opportunities will open up.

"Many of our volunteers are very goal-driven in terms of their career plan," said **Lindsay Krieg**, Volunteer Services director. "The new hospitals will allow us to place volunteers directly in the field of medicine that they are interested in."

Volunteers devote thousands of hours of their time and work alongside our teams to make a positive impact on patients, staff and visitors. Assignments vary depending on program

availability, need and volunteer interest. Some deliver flowers, serve at information desks or guide patients to appointments; others work in clinical areas such as patient units, outpatient practices or ORs.

Volunteer Services is continuously searching for new faces to brighten our hospitals and outpatient practices.



Visit UFHealth.org/volunteering or call 352-265-0360 and become a volunteer today!

UF HEALTH | CARE+QUALITY

UF HEALTH SHANDS NAMES ASSOCIATE CHIEF MEDICAL OFFICER



Shelley Collins, M.D.

➤ **Shelley Wells Collins, M.D.**, has been named UF Health Shands associate chief medical officer. She joined UF Health in 2006 and has served as a UF College of Medicine

associate professor of pediatrics and medical director for inpatient pediatrics programs since 2012. For the past year, she also served as associate medical director of Ped-I-Care at UF.

In her new role, Collins will report to **Timothy Flynn, M.D.**, UF Health Shands

chief medical officer and UF College of Medicine senior associate dean for clinical affairs. Working with colleagues across children's services, she will help guide the delivery of high-quality care for pediatric inpatients. She will also continue her responsibilities in pediatrics under the leadership of **Scott Rivkees, M.D.**, UF College of Medicine pediatrics professor and chair.

"Dr. Collins will be a liaison between hospital administration and faculty physicians and medical staff," Flynn said. "She will partner with hospital and department leaders to develop, evaluate and implement clinical programs and oversee quality and safety standards for pediatric inpatient programs."

Collins will serve on the UF Health Patient Safety and Quality Committee and guide the physician directors of quality for the children's hospital. She will help guide growth and development of pediatric hospital-based services and support philanthropic efforts.

"I am honored to take on this additional role to support exceptional care for our patients," Collins said. "We have a strong foundation built over 50 years by faculty and staff committed to the health and well-being of children in Alachua County, Florida and the Southeast. I look forward to helping UF Health continue this tradition."

UF HEALTH | FINANCE+FUNDRAISING

WALK, RIDE OR DINE TO HELP BEAT BREAST CANCER

Local activities in October support breast cancer causes

BY JESSICA BARTON • PHOTOS BY MINDY MILLER



October is Breast Cancer Awareness Month and there are many opportunities for the UF Health community to offer support to those researching, fighting and surviving this disease.

MAKING STRIDES AGAINST BREAST CANCER

The American Cancer Society Making Strides Against Breast Cancer walk will be held Saturday, Oct. 22 in downtown Gainesville.

Registration begins at 7:30 a.m. and the walk starts at 9 a.m. Dollars raised enable the ACS to fund groundbreaking breast cancer research; provide free, comprehensive information and support to those touched by the disease; and help people take steps to reduce their breast cancer risk or find it early when it's most treatable.

To learn more about the Making Strides Against Breast Cancer event or to join a UF Health team, visit makingstrideswalk.org/gainesville/ and search "UF Health."



PANERA GOES PINK

On Friday, Oct. 7, 100 percent of every Pink Ribbon Bagel sold in Panera's Gainesville and Ocala cafes will benefit women's cancer research at UF Health. Flavored with select ingredients, including cherry chips, dried cherries, honey, vanilla and brown sugar, the cherry vanilla bagel is a seasonal staple made especially for the month of October.

To build awareness and raise funds for breast cancer research, Panera offers the opportunity to pre-order Pink Ribbon Bagels. This allows Panera to fulfill the demand for Pink Ribbon Bagels while maximizing the amount raised for UF Health Cancer Center breast cancer research.

Orders can be placed in advance by downloading the pre-order form at UFHealth.org/pinkbagels and dropping it off at your local Panera.



PINK PUMPKIN PEDAL-OFF

Local community breast cancer survivor Barb Thomas and cancer supporter Barb Wills unite annually to put on the Pink Pumpkin Pedal-Off, a charity bike-ride throughout scenic Gainesville. Proceeds from the event go to support UF researchers at a grassroots level with their fight against breast cancer. Last year the event raised \$35,000.

On Saturday, Oct. 1, riders will have their choice of three different routes: 22, 40 or 62.5 miles. All three routes include a tour of the UF campus, Gainesville's restored depot and historic areas and the traffic-free Gainesville Hawthorne Trail.

To join a team or support the event by purchasing a Pink Ribbon Jersey, visit PinkPumpkinPedalOff.org. 

UF HEALTH | EVENTS+ACTIVITIES

AN EVENING OF REMEMBRANCE

➤ The UF Health Palliative Care team will host an evening of remembrance to help griever honor their loved ones on Thursday, Sept. 29. The event is sponsored by the UF Health Bereavement program. In conjunction with two local hospices – Haven Hospice and Hospice of the Nature Coast – the evening will feature speakers, readings and a lighting ceremony.

“For a lot of people, it helps them to remember their loved one outwardly versus internally. When we cope with our grief and bereavement, a lot of times we do it internally,” said **Cathy Silloway, LCSW, ACHP-SW**, a UF Health Shands Patient and Family Resources palliative care social worker. “For some that’s plenty, but others cope better

when it’s in a more external way: telling stories and memories about the person.” Guests are encouraged to bring a photo of those they are grieving to display on the remembrance table. This invites discussions and conversations and shows people that they aren’t alone in the grieving process.

“There’s no one way to cope with loss and grief, and different things help different folks,” Silloway said. “For some it’s a program like this, but I hope people find there are resources to help them in their journey.”

UF Health also offers bereavement support through monthly grief workshops and quarterly emails to help griever through the healing process.

Evening of remembrance
6 p.m. Thursday, Sept. 29
UF’s Baughman Center
982 Museum Road
Free and open to the public.



For more information call 352-265-0111 x44208 or email adultbereavement@shands.ufl.edu.



see ya later
heart disease

UF HEALTH | EVENTS+ACTIVITIES

HELP UF HEALTH IN THE FIGHT AGAINST HEART DISEASE SEPT. 24

➤ Join UF Health in the fight against heart disease and stroke at the 2016 Alachua County Heart Walk. All registered participants get a free UF Health T-shirt! Last year, more than 1,000 UF Health employees, friends and family participated in the walk and raised more than \$44,000. To reach that number again, we will need at least 70 teams to participate. Sign up today!

2016 Alachua County Heart Walk
Saturday, Sept. 24
8 a.m.
Santa Fe College | 3000 NW 83rd St.

To join a UF Health team:

1. Visit AlachuaHeartWalk.org
2. Click “Find a Company” and select “UF Health”
3. Create a new team or join an existing one



**International
Translation Day
Sept. 30**

UF Health Shands
Hospital Atrium

UF HEALTH | EVENTS+ACTIVITIES

A VOICE FOR OUR PATIENTS

➤ Each year, UF Health Shands provides interpretation services to thousands of patients and their families with Limited English Proficiency, or LEP.

Rising patient volumes have increased the number of patients with LEP, heightening the demand for foreign-language interpretation services provided by the UF Health Sebastian Ferrero Office of Clinical Quality and Patient Safety's Patient Experience department.

Medical interpreters give our Spanish-speaking patients a voice by interpreting the information communicated between inpatients and their care providers. The team is available from 8 a.m. to 4:30 p.m. Monday-Friday to provide patients and their families free assistance.

Interpreter phones can be used when medical interpreters are unavailable and for patients who speak languages other than Spanish. The 24/7 phone system provides immediate access to interpretation in 200 languages.

Call the Patient Experience department at 352-353-5084 to request an interpreter.

UF HEALTH | EVENTS+ACTIVITIES

HISPANIC HERITAGE MONTH CELEBRATION SEPT. 23

➤ At UF Health, we're proud to celebrate our faculty and staff's diversity and culture, and we strive to provide an inclusive environment for everyone who walks through our doors.

Join members of the UF Health Shands Diversity Ambassador committee for our annual Hispanic Heritage Month celebration at 11:30 a.m. Friday, Sept. 23 in the UF Health Shands Hospital Atrium. Check the Bridge for more event details.



To learn more about how UF Health celebrates diversity, visit bridge.UFHealth.org/shands-hr/diversity.