SAVING LIVES IN A HEARTBEAT

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Like most families, mine has plenty of health issues. Fortunately, heart problems aren’t among them. So admittedly, I know very little on the topic. But while coordinating and editing this issue, I learned a lot.

As one of our most important organs, the heart is often referred to as our engine — beating 100,000 times a day and pumping blood throughout our bodies. It’s also an organ that causes countless fatalities — heart disease is the No. 1 cause of death in the U.S. for men and women. Referred to as the “silent killer,” what’s scary about heart disease is its ability to sneak up on you. Many times it remains undiagnosed until it surfaces, culminating in a heart attack.

This edition’s feature story focuses on our ST elevation myocardial infarction (STEMI) team in honor of American Heart Month. The work they do is amazing. We all feel pressure in our jobs, but for these individuals, there is literally no time to waste. STEMI is the deadliest form of heart attack. The faster these patients receive care, the more heart muscle is preserved, which — as UF Health Chest Pain Center STEMI coordinator Carla Schmidt, B.S.H., CCCP, C.V.T., says — “can mean the difference in resuming the lifestyle they are used to or becoming an individual with a failing heart.”

Along with a closer look at the STEMI team, this issue will provide you with heart-health tips, early signs of a heart attack and symptoms of congenital heart disease. At the bottom of many of the pages in this edition, you’ll also notice interesting heart facts that we compiled from the American Heart Association and the Centers for Disease Control and Prevention. Even if your heart is healthy and your risk is low, take note — odds are someone close to you might not be so lucky.

I hope you enjoy learning about our STEMI team as much as I did. We’re lucky to have one of the area’s best units right here in our backyard. They are just one of many teams that provide heart care to our patients. We thank each member of our heart care departments for the lives they save and enrich every day here at UF Health.

Todd Taylor
News&Notes Editor
UF Health Communications
Heart Month highlights an important priority for UF Health

Why we're giving from — and for — the heart

February is American Heart Month, which hits close to home for us at UF Health. Cardiovascular disease is the No. 1 cause of death for Americans. It kills more women than all cancers combined, and congenital heart defects are the leading cause of infant death from birth defects.

At UF Health, we’re advocates for preventing and treating heart conditions. Those of you caring for patients with heart disease, heart attack or stroke can attest to these statistics and why we must remain focused on heart care at UF Health. Every day, we’re helping patients and families whose lives are changed by cardiovascular conditions. Maybe, like me, you have loved ones who have fought heart issues.

We support the American Heart Association Heart Walk each fall, and this month we’ll be involved in the AHA Heart Ball. These efforts tie right back to our community: AHA supports cardiovascular research here at UF and receives far more funds than what are raised locally.

And now at UF Health, we’re making our biggest commitment to date to serve cardiovascular patients and expand the capabilities of our expert heart care teams. We’ve broken ground for the new UF Health Heart & Vascular Hospital and UF Health Neuromedicine Hospital, to be built on our south campus. We need to meet increasing demands for these specialized services. The hospitals will offer 216 private beds, including 120 ICU beds, 20 new ORs, access to the latest imaging technology and state-of-the-art cardiac cath labs.

This expansion will let us consolidate services in the new facilities and accommodate growth on the north campus, but it comes with a price. Construction for the hospitals will cost $415 million, funded through UF Health Shands reserves, financing — and philanthropy. That’s where you’re making a difference.

We recently asked employees to participate in the Raising Hope at Work campaign and pledge to help fund the new hospital construction. Thank you! I’m humbled by your spirit of generosity. Raising Hope unites us. We’ll see the new hospitals transform the south campus, knowing they are more than bricks and mortar. They will represent our personal commitment and symbolize the perfect patient experience we strive to provide our patients and loved ones.

To me, an employee giving campaign is not about how many dollars a person donates. Even one dollar makes a statement — it’s about a shared connection and sense of ownership. It’s exciting to contribute and then walk into a hospital we’ve built together. Participation is a form of engagement and a rewarding, shared experience.

Thank you for the care and service you provide our patients and colleagues and the way you’re engaged and involved in the future we’re building at UF Health.

Sincerely,

Edward Jimenez
Interim CEO
UF Health Shands

Ed Jimenez visits the UF Health Pediatric Cardiac ICU, part of the UF Health Congenital Heart Center, with Joshua Campbell, R.N., B.S.N., CCRN, interim nurse manager, and Stephanie R.A. Oliveria, R.N., B.S.N., CCRN, interim clinical leader.

Heart disease is the leading cause of death for both men and women.
Working against the clock
STEMI team mobilizes quickly for patients suffering from serious heart attacks

At any moment a patient with a STEMI could arrive at the UF Health Shands E.R. When they do, time is of the essence, and our STEMI team provides top-notch care faster than the national goal.

What is a STEMI?
A STEMI is the deadliest form of heart attack. The name is an acronym for ST elevation myocardial infarction. In a STEMI, the coronary artery is completely blocked off by a blood clot, and as a result virtually all the heart muscle being supplied by the affected artery starts to die. This severe type of heart attack is usually recognized by the characteristic changes it produces on an electrocardiogram, or ECG. One of those ECG changes is an elevation in what is called the “ST segment.” The elevated ST segment indicates that a relatively large amount of heart muscle damage is occurring (because the coronary artery is totally occluded) and this is what gives this type of heart attack its name.

What is the team’s biggest challenge?
“Time is critical for patients experiencing STEMI,” said Carla Schmidt, B.S.H., CCCP, C.V.T., UF Health Chest Pain Center STEMI coordinator. “The precision and excellent skills of multiple teams have allowed us door-to-balloon times* well below the national goal.”

What makes this team special?
“Of course, as any critical care STEMI team knows, for the patient with a STEMI, time is muscle. The sooner we can re-establish blood flow to the heart muscle by opening an occluded coronary artery, the more heart muscle is preserved and less damage occurs,” Schmidt said. “For the patient, that can mean the difference in resuming the lifestyle they are used to or becoming an individual with a failing heart. By working rapidly together, this team knows they are providing the best possible outcome for the patient.”

* The amount of time between a heart attack patient’s arrival at the hospital to the time he/she receives percutaneous coronary intervention, or PCI, such as angioplasty.

WHAT HAPPENS WHEN A STEMI ALERT GOES OUT?
UF Health ShandsCair dispatch receives a report from EMS that they are currently inbound with a patient with a STEMI and issues a STEMI alert.

HERE’S HOW WE MOBILIZE:
A critical care team of nurses and physicians in the E.R. prepares for the patient’s arrival. This team includes a critical care tech for electrocardiogram, at least two E.R. nurses, an E.R. attending and resident physicians, a fellow, an X-ray tech and a pharmacist.

Stat nurses head to the E.R. to assist staff with patient care and transport the patient to the cardiac catheterization lab.

The cardiac cath team prepares for the patient’s arrival while cardiology fellows and attending physicians care for the patient in the E.R. The cardiac intensive care unit (CICU) prepares for the patient’s arrival to their unit post cath/intervention.

THE NUMBERS TELL THE STORY
250,000 Americans experience STEMI each year.

In the U.S., someone has a heart attack every 34 seconds.
Nationally, 30% of patients with a STEMI fail to receive the correct treatment — percutaneous coronary intervention, or PCI, or thrombolytic therapy.

Of those who receive thrombolytic therapy, fewer than half are treated within the recommended door-to-needle timeframe of 30 minutes.

40% of PCI recipients are treated within the critical “medical contact-to-device” timeframe of 90 minutes, recommended by the American Heart Association.

All statistics provided by the American Heart Association.
In November, the UF Health Shands Comprehensive Stroke Center was officially certified by The Joint Commission. Comprehensive stroke center certification recognizes hospitals that have state-of-the-art infrastructure, experienced staff and specialized training to receive and treat all patients, including those with the most complex strokes. At the celebration event on Nov. 17, members of the stroke team and their supporters and co-workers gathered in the UF Health Shands Hospital Atrium to recognize the outstanding efforts of everyone involved. Senior leaders recognized the stroke center faculty and staff and a former stroke patient shared her story. To watch an event recap, visit bit.ly/1tAgdMs. To learn more about the stroke center, visit stroke.UFHealth.org.
Facilitator makes learning fun
Hospitality and Service trainer uses playing cards to engage staff

“Pick a card, any card,” says Kathryn Parker, R.D., L.D./N, UF Diabetes Institute Diabetes Education Program manager.

The attendee smiles and grabs a card from the middle of the deck. Another Hospitality and Service training session is off and running.

Parker is a volunteer Hospitality and Service class facilitator. Her keys to success, she said, are two decks of playing cards.

“I keep one deck and distribute the other between everyone in the class,” Parker said. “I’ll ask someone to pull a card from my deck, and the person with the corresponding card has to answer a question about the topic we’re on.”

The result is a classroom full of engaged and interested faculty and staff. Another volunteer facilitator is Joseph Tyndall, M.D., M.P.H., FACEP, UF College of Medicine emergency medicine chairman and UF Health Shands chief of emergency services. He introduced the playing cards idea to Parker.

“It breaks the ice and gets people talking,” Parker said. “Once the person with the card answers, others can add their own comments.”

The UF Health Hospitality and Service sessions have been underway for several months, and the turnout has been impressive. By January, more than 4,000 UF Health Shands, UF Health Physicians and UF College of Medicine staff had completed the training.

Comfortable with the class format and material, facilitators like Parker and Tyndall are trying out new ways to make information click with participants.

“What we’re really teaching is how to be courteous to one another, which we all know how to do, but sometimes day-to-day life gets in the way,” Parker said. “This class reminds us to walk in someone else’s shoes, to put on another pair of boots.”

To sign up, visit mytraining.UFHealth.org and choose a three-hour Hospitality and Service session from a list of dates and times. And be ready — you never know when your card might be pulled! N&N
Taking on tough situations
Patient advocates step in as a resource for patients and staff

“How do you do it?”
It’s a question our UF Health Shands patient advocates are accustomed to hearing. Most people don’t understand how these individuals handle emotionally charged situations and solve complaints for patients and their families every day.

But patient advocates see past the clenched jaws and furrowed brows. They listen, evaluate and solve problems to “recover” service and keep their patients’ experiences as positive as possible.

Patient advocates act as liaisons between inpatients and health care providers. They receive referrals from patients, family members, staff and physicians throughout our hospitals and remain objective in often difficult circumstances.

“Patient advocates have a broad view of the entire UF Health system and the resources available,” said Christine Cassisi, Sebastian Ferrero Office of Clinical Quality and Patient Safety at UF Health Patient Experience department director. “They have the time to listen effectively and sort through jumbled details to arrive at a solution for most patient issues.”

Patient advocates screen and handle about 200 complaints per month. Most of the time they work at the bedside, speaking with the parties involved and directing concerns.

When a staff member has done everything they can to de-escalate a situation, a patient advocate is a welcome, neutral participant in the conversation.

“It’s not always easy, but what we do gives me a lot of joy,” said Beth Smith, the Patient Advocate Services coordinator for the department. “If we can use a patient’s experience, even if it’s a bad one, to change our behaviors and processes for the next person, that’s a success.”

Patient advocates should be called after other attempts to solve a patient’s concerns are unsuccessful. Staff should first listen to the patient’s feedback, respond in a reassuring manner, share their intention to help solve the issue and then immediately address the situation with a supervisor.

“One patients are given an opportunity to share their frustrations and can understand that we’re here to help them, they begin to calm down,” Smith said. “They just want to be heard.”

With everything we do at UF Health to provide caring and hospitable service and ensure a positive patient experience, we thank our Patient Experience team for their devotion to the patients and family members they support. N&N

Patient Advocate Services
Call 352-265-0123
The office is staffed from 8 a.m. to 4:30 p.m., Monday-Friday.

Other helpful resources
• For reports of lost or damaged patient property, contact Security at 352-260-7713.
• For dietary issues, contact Food and Nutrition Services at 352-258-1810 (north campus) or 352-260-7255 (south campus).
• For concerns about cleanliness, contact Environmental Services at 352-265-0480.

Jana Olutola is a patient advocate for the UF Health Clinical Quality and Patient Safety department Patient Experience team. She works with hospital inpatients and has been in her role for nearly a year.
Lab Notes: What’s happening at UF Health?

Check out some recent research developments at UF Health

- For many underrepresented minorities, pursuing careers in cancer research can be daunting. Nontraditional academic backgrounds and lack of exposure to research experiences often are impediments to underrepresented minorities' preparedness for successful cancer research careers. These minority students and investigators will now have support from the Florida Minority Cancer Research and Training Center, the state's first and only National Cancer Institute minority institution/cancer center partnership focused on cancer research and training for African-Americans. Funded by a $1.3-million award from the NCI — augmented with $320,000 in funding from the UF Health Cancer Center — the center will provide research mentoring and training opportunities that burnish minority students' and junior faculty members' research skills, better preparing them for biomedical careers that could impact cancer health disparities in Florida's minority communities.

- In patients with leukemia, cancer cells can embed within the walls of blood vessels and hide from chemotherapy. Now, UF Health researchers are using a two-year, $800,000 grant from the Leukemia and Lymphoma Society to screen for new drugs that disrupt the tight-knit relationship between leukemia cells and blood vessels. Christopher R. Cogle, M.D., a UF College of Medicine associate professor of medicine, has found that leukemia cells hug the branches of blood vessels. When they do this, they integrate into the lining of the blood vessels. They also change shape, mimicking the long, thin cells lining blood vessels, called endothelial cells. “The blood vessel walls are a shelter for leukemia cells, and we found that leukemia cells can nestle within blood vessel linings and go to sleep,” Cogle said. This can cause traditional chemotherapy to wash over leukemia cells. After some time has passed, these hidden cells reawaken as a form of relapse, Cogle said. Relapsing leukemia is one of the greatest challenges in treating patients with blood cancers.

- Researchers have mapped the cellular origins of external genitalia by studying bird embryos, giving scientists insights into the evolution and embryonic development of mammals and other closely related species as well as clues to the origins of genital birth defects. "We've only just started to understand the development of external genitalia — the penis, urethra, scrotum, clitoris and labia — at the molecular genetic level," said Martin Cohn, Ph.D., a Howard Hughes Medical Institute scientist and UF College of Medicine professor in the department of molecular genetics and microbiology. "At the genetic level, little is known about how the development of external genitalia is controlled. This has only been studied for a little over a decade, lagging years behind our understanding of other organ systems." This new study provides insight into how the origin of cells that form the genitalia and the location of such cells during embryonic development play a role in genital birth defects.
UF Health Running Medicine keeps you on track
Program hailed as one of the nation’s best

Along with Florida’s fantastic weather comes an abundance of opportunities for outdoor hobbies, sports and activities suited to the climate. Of these, running is one of the most popular.

Like many hobbies, running doesn’t come without risk. Fortunately for running enthusiasts in Florida — and across the Southeast — Gainesville is home to UF Health Running Medicine, one of the most advanced and respected running medicine programs in the U.S.

Housed in the UF Health Orthopedics and Sports Medicine Institute, UF Health Running Medicine combines state-of-the-art gait analyses from the UF Human Motion and Biomechanics Laboratory with specialized medical evaluations and care from orthopaedic physicians fellowship-trained in running medicine. The team also offers rehabilitation therapy and coaching from a designated running medicine physical therapist. This combination of expertise and evaluation is available at only a handful of U.S. facilities and is the only such facility in the Southeast, according to Kevin Vincent, M.D., Ph.D., FACSM, CAQSM, a UF College of Medicine associate professor of orthopaedics and UF Health Running Medicine director.

“What truly sets us apart from other programs is our medically based running analysis,” Vincent said. “Through precise gait analysis, running, physical and medical evaluations, we can fit all of the pieces together to see exactly what the source of the runner’s problem is and what needs to be done to eliminate it.”

Vincent, an avid runner, marathoner and frequently quoted national expert, says that although many runners come to him complaining of shin splints or knee pain, few are aware of the underlying problems and mechanisms responsible for the pain.

With medically based running analysis, we can determine if it’s the shoe, the anatomy of the foot, a runner’s particular gait, weak hips or some combination of factors that’s responsible for their injury and coach them to prevent these types of injuries in the future.

What’s most exciting to the staff is figuring out and showing runners how to avoid injury and become better at what they love to do.

“There are two primary groups of runners that come to UF Health Running Medicine: Those who are already injured and those who are looking to improve their performance,” he said.

Like anything else in medicine, it’s better to prevent injuries before they happen.

“You need to listen to your body and be happy in your own skin,” said Vincent. “If you are experiencing pain, your body is telling you that it hates the way you are running. Our job is to find out why.”

For more information about UF Health Running Medicine, or to schedule an appointment or gait analysis, please visit UFHealth.org/running-medicine-clinic.

About half of Americans (49 percent) have at least one risk factor for heart disease.
Our new intranet portal, the UF Health Bridge, offers a range of functional features to enhance our work environment. Here are some top tips from a few people “behind the screen” of the Bridge. Get an in-depth guide to the UF Health Bridge by visiting bridge.UFHealth.org/bridge-help.

“From the Bridge home page, clicking on the weather graphic will show you real-time traffic cameras around campus, local radar and the extended local forecast. Another neat feature: You can create documents right in the Bridge. Click ‘Files’ from the Utility Belt (the thin blue bar running across the top of the home page) and click ‘Add New.’”

“The ‘My Links’ feature is a great way to easily store and access your most-used websites. You can add links and control the privacy settings from public, to friends-only to hidden, so only you can see the link.”

“You can keep track of a group’s event calendar easily using the ‘Subscribe’ feature. From any group’s ‘Events’ tab, click ‘Subscribe.’ Click the pop-up link and open in Microsoft Outlook or your preferred calendar application. It will be added as an additional calendar for easy access.”

Explore the UF Health Bridge early and often! Take the Bridge Pop Quiz at bridge.UFHealth.org now through Friday, Feb. 27. Pass the quiz with a score of 70 percent or higher and you’ll be entered to win an iPad Mini 3.

A person’s chance of surviving a heart attack increases if emergency treatment is administered as soon as possible.
As we recognize American Heart Month with red clothes and red hearts, let’s remember why we do it. Nearly 600,000 people die of heart disease in the U.S. every year. One of the best ways to prevent heart disease is by protecting your heart through a healthy lifestyle. Here are some fun tips to help you maintain a healthy heart!

**Just dance!**
Even if it’s in your own living room, dancing raises your heart rate and burns calories. The heart is a muscle and needs exercise to keep fit.

**Chocolate does the heart good**
According to a study in the American Journal of Clinical Nutrition, dark chocolate not only tastes fantastic, but the flavonoids it contains can help fight heart disease.

**Snuggle up with your furry friends**
A National Institutes of Health study found that owning pets can reduce stress and blood pressure and therefore may reduce the risk of cardiovascular diseases.

**Stairs or elevator?**
STAIRS! Even if it’s just one flight. Every extra step helps.

**Tea time!**
Studies from Harvard University and the NIH show that drinking black and green tea varieties can improve arterial health.

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**LEARN ABOUT THE MOST COMMON BIRTH DEFECTS**

Not only is February American Heart Month, it also includes Congenital Heart Defect Awareness Week — Feb. 7-14. CHD week is a national event designed to educate the public and raise awareness about the frequency and effects of congenital heart disease. Here are some quick facts about congenital heart disease:

- An average of 1 in 110 babies is born with a CHD, making it the most common of all birth defects.
- CHDs are the most common cause of infant death related to birth defects.
- About 40,000 children in the U.S. are diagnosed each year with a CHD, and about 10 percent don’t live to see their first birthday.
- There are more than 35 identified CHDs and a baby may be born with one or multiple heart defects.
- Common symptoms of CHD include problems breathing, pounding heart, weak pulse, very pale or blue skin color, poor feeding, lethargy and extreme sleepiness.
- More than 20,000 people with CHD underwent cardiovascular surgery in 2010 in North America. Of those, 55 percent were newborns or infants and 38 percent were children between 1 and 18 years old.

Ranked in the Top 50 congenital heart centers in the nation, the UF Health Congenital Heart Center provides the full range of congenital heart services to newborns through adults, including fetal cardiology, noninvasive imaging, interventional cardiology, cardiothoracic surgery, heart and heart-lung transplants and adult congenital cardiology. Visit UFHealth.org/uf-health-congenital-heart-center/overview for more information.

Sources: Congenital Public Health Consortium, American Heart Association, Centers for Disease Control and Prevention.

**Smokers are twice as likely to have a heart attack than nonsmokers.**
everything we do at uF Health focuses on patients and our commitment to provide them with the highest standards of quality care.

Patient Safety and Quality week highlights our dedication to that mission.

The uF Health Sebastian Ferrero Office of Clinical Quality and Patient Safety aims to raise awareness with a series of fun, educational and interactive activities throughout the week. Here’s what to expect, but watch for more details from your managers and via internal communication tools as the week approaches!

On Jan. 23, we celebrated uF Health’s newest and most ambitious initiative to enhance the patient experience with a groundbreaking ceremony for the UF Health Heart & Vascular Hospital and the UF Health Neuromedicine Hospital.

The event featured a video illustrating “The Power of Together” through patient stories, the unveiling of a sand sculpture of the new hospitals and speakers, including David S. Guzick, M.D., Ph.D., UF senior vice president for health affairs and UF Health president; Ed Jimenez, UF Health Shands interim CEO; Steven M. Scott, M.D., UF Board of Trustees chairman; and new UF President W. Kent Fuchs, Ph.D.

The new specialty hospital building will be located east of the UF Health Shands Cancer Hospital. It will offer 216 beds, including 120 ICU beds and 20 state-of-the-art ORs, and it will also have a new 600-space parking garage for patients and visitors. Construction will cost approximately $415 million and the facility will open in 2018.

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**Monday, March 9 — Virtual Scavenger Hunt**
A weeklong virtual scavenger hunt kicks off! Visit the UF Health Bridge home page, bridge.UFHealth.org, under “FYI: Announcements” to identify recent patient safety initiatives from a variety of departments and inpatient units.

**Tuesday, March 10 — Patient Safety Expo**
Check out a variety of patient safety booths and displays in the UF Health Shands Hospital Atrium; then visit a temporary “problem” inpatient room to identify set-ups for clinical errors and potential risks. Point out all the mistakes to win a prize. In addition, 2014 patient safety and quality heroes will attend a recognition dinner in their honor that evening.

**Wednesday, March 11 — Poster Displays**
Visit poster displays in the UF Health Science Center Founders Gallery depicting the patient safety and quality initiatives that staff implemented last year.

**Thursday, March 12 — Keynote Speaker Colleen Sweeney, R.N., B.S.**
Attend a compelling presentation by guest speaker Colleen Sweeney, RN, B.S., and learn how exceptional customer service and patient-centered care impacts employees, physicians and patient satisfaction.

**Friday, March 13 — Virtual Scavenger Hunt Winners Announced**
The scavenger hunt wraps up; winners will be announced via email and awarded prizes.

Only about half of sudden cardiac deaths happen to patients when they’re at a hospital.
Finding strength and hope in art
Young patient inspires others with her creative spirit

This page: Brianna Medina, who was diagnosed with a rare heart disease at age 7, enjoyed a sunny day in the Academic Research Building Courtyard outside UF Health Shands Hospital.

Opposite page top: Brianna Medina’s parents, Brian and Maria Medina, joined her for an art project at UF Health Shands Children’s Hospital.
Brianna Medina was born healthy. A vibrant and active child, she loved to play sports, paint and sing along to "Frozen." Nothing in her medical history indicated congestive heart failure, until an X-ray revealed her enlarged heart.

At age 7 Brianna was diagnosed with restrictive cardiomyopathy, a rare heart disease, and admitted to UF Health Shands Children’s Hospital. She was fighting for her life and a new heart was the only remedy.

Brianna spent seven months waiting for a life-saving transplant. Her hospital stay was intensified by surgeries, physical therapy and, for 10 terrifying days, a medically induced coma.

The young pediatric patient’s one unfailing escape from her condition was the UF Health Shands Arts in Medicine program. AIM strives to transform the hospital environment through various forms of art and music.

“In hospitalization, we unfortunately have to remove people from all the things that are familiar in their life,” said Tina Mullen, UF Health Shands AIM director. “But we have this beautiful way through the AIM program to bring something to patients that is very much about them and not their illness.”

Art became Brianna’s refuge, a way to cope with her emotions and feelings. It was an escape from the long days of waiting, the pain and the medical tubes that snaked around her small body.

“AIM made such a difference in Brianna accepting what we had been handed and the journey we had to go on,” said Maria Medina, Brianna’s mother. “It allowed her to remember everything she loved about being a child.”

Brianna met with AIM team members frequently. During hourlong sessions in her hospital room she produced all types of beautiful art — from whimsical watercolors, to drawings of colorful peacocks, to decorative strings adorned with tiny hearts. Her body grew weaker, but her creative spirit flourished.

“At that particular hour of the day Brianna wasn’t a patient, she was a painter, a poet, a songwriter, an explorer and a masterpiece-maker,” said Amy Bucciarelli, a UF Health Shands AIM art therapist who worked with Brianna nearly every day.

The hardest times were when Brianna was too weak to paint, draw or sing.

In May 2014, just a few months after her eighth birthday, Brianna passed away while waiting for a heart transplant. Her hospital room was adorned with vibrant crafts and creations.

In honor of her strength, endless courage and artistic affinity, the Medina family created Brianna’s HOPE Fund. HOPE stands for Healing Opportunities through Purposeful Expressions. Through AIM, the fund will give children the chance to create lasting works of art.

Stories written by UF Health Shands Children’s Hospital pediatric patients, with the help of art therapists, will become books that illustrate the children’s journeys through the hospital experience. Songs they compose will be recorded and turned into CDs.

“If we can give another child even a minute of feeling like they’re not sick, it’s worth more than anything,” Maria Medina said. “We want to keep their hope alive.”

Because of Brianna and her family, hospitalized children will see their words come to life.

“There is absolute beauty in the way Brianna’s loved ones turned a tragedy into something positive that will impact other families,” Mullen said. “It really speaks to the utter strength the family has.”

Slowly, the Medina family is starting to mend, to smile and to once again find beauty in life. The colorful pieces of art Brianna left behind give them strength and the determination to help other sick children.

“We hold on to her memory through her art pieces,” said Maria Medina. “They’re gifts — priceless and amazing.”

To contribute to Brianna’s HOPE Fund, visit briannashopefund.com. N&N

While receiving treatment, Brianna Medina created art through the UF Health Shands AIM program. She used painting, drawing and crafts to express her emotions and cope with her long hospital stay.
Former pediatric patient returns to spread joy
Foundation makes largest annual toy delivery

Each year, Brianna Atkins, a former pediatric patient and director and co-founder of the Bring Joy to the Children Foundation, comes to UF Health Shands Children’s Hospital to spread holiday cheer.

On Dec. 21, the Bring Joy to the Children Foundation delivered its largest annual toy donation to our children’s hospital, passing out toys, candy canes and handmade angels. Volunteers caroled through the halls and visited with patients, while Atkins shared her story of hope and inspiration with the families.

“When I was 4 months old, I was diagnosed with neuroblastoma, a rare type of childhood cancer,” she said. “I was in the hospital through the holiday season, and my mom and I were out of the room for one of my chemotherapy treatments. When we returned, there was a tiny rattle left in my crib. This simple gift inspired Bring Joy to the Children.”

Since 1996, the Bring Joy to the Children Foundation has supported Children’s Miracle Network Hospitals by sharing the inspiration and joy of the holiday season with children in the hospital.

Atkins said, “The amount of pure happiness and inspiration this gives the children is life-changing.” N&N

High blood pressure, high LDL cholesterol and smoking are key risk factors for heart disease.
Patient Transportation team congratulates patient
Team members surprise patient who spent more than a year in the hospital

When you spend 430 days in the hospital, you get to know the people around you. That's how long Lora Mills waited for a heart transplant at UF Health Shands Hospital.

She finally received her new heart last summer.

“We transported her every day for over a year,” said Thomas Weaver, a UF Health Shands Hospital Patient Transportation patient flow coordinator. “We built routines and relationships with her.”

As Mills prepared to leave the hospital weeks after her transplant, the transportation team surprised her with flowers and a large, handmade card with the signatures of everyone who had transported her. She teared up when they presented her with the framed card that said, simply, “Congrats from Patient Transport,” and was covered with dozens of signatures from the people who escorted her around the hospital for tests, therapy, scans and sometimes just for some fresh air.

“They became like friends and family,” Mills said. “They all went over the top for me.”

Learn more about Mills’ story in April’s edition of News&Notes. N&N

Every year about 720,000 Americans have a heart attack.
UF HEALTH SHANDS | SERVICE

ONLINE SCREENING TOOLS AT YOUR FINGERTIPS
On National Depression Screening Day last fall, UF Health Shands was recognized for having one of the state’s top 25 online depression screening tools for employees, their families and the public. It is located on the UF Health Shands Employee Assistance Program, or EAP, website — eap.UFHealth.org. The UF Health Shands EAP is designed to help employees and their families with concerns or problems that may be troubling them. The EAP’s mission is to help employees and support a positive and productive workplace. If you or someone you know is struggling with life’s challenges, visit the EAP website to take the screening and learn more about how UF Health Shands can help.

UF HEALTH SHANDS REHAB HOSPITAL | PEOPLE

REHAB HOSPITAL EMPLOYEE EARNs UF OUTSTANDING SCHOLAR AWARD
In December, UF Health Shands Rehab Hospital patient care assistant Nhi M. Do, P.C.A., graduated from UF with a bachelor of science degree in food and human nutrition and a minor in health disparities in society. UF awarded her with an Outstanding Scholar Award because of her exceptional GPA, curriculum, academic awards, research projects and honors thesis. UF Health Shands Rehab Hospital patient care assistants provide direct care and rehabilitative therapy to patients with spinal cord and brain injuries.

UF HEALTH | SERVICE

QUALITY DEPARTMENT WALKS TO BETTER HEALTH
This fall, 25 UF Health Clinical Quality and Patient Safety department employees competed in a six-week walking challenge sponsored by GatorCare. Participants formed teams and logged their exercise each week. At the end of the challenge, employees were awarded certificates of completion and the winning teams and individuals were recognized. Overall, the group logged more than 700 hours of physical activity and walked more than 3,000 miles! We congratulate the team on their commitment to wellness.

People with high cholesterol have about twice the risk of heart disease compared to people with lower levels.
Tools for your New Year’s resolutions
Get up and go! 2015 first-quarter spotlight

Each quarter of 2015, the UF-UF Health Shands Wellness Committee, along with GatorCare, will bring employees information, activities and programs to help you make healthy behavior changes.

Turbo Fitness at UF Health Shands Fitness and Wellness Center
This 30-minute circuit training class focuses on the upper and lower body, as well as core exercises. Classes begin at 11 a.m. and run every half-hour until 2 p.m., for a total of six classes each day, Monday through Friday. Class size is limited to 10 participants (online signup is required to guarantee a spot in a particular class). All Turbo Fitness participants can use any of the equipment available before and after participating in a class between 11 a.m. and 2 p.m. Cost is $35 per month, on a month-to-month basis with no initiation or early termination fee. Visit fitness.UFHealth.org for more information.

Group Fitness Classes, including Zumba and Pilates
Free weekly fitness classes located at the Facilities Administration Building on the UF Health Shands Hospital north campus, behind the east visitor parking garage. Parking is available. Visit GatorCare.org/wellness for more information.

Couch to 5K (January through March)
Get support and resources to complete a 5K this spring! Visit GatorCare.org/wellness for more information.

COACH (Combating Obesity for Alachua County’s Health)
Weekly Wellness Walks
From 8-11 a.m. each Saturday through Feb. 28 at the Santa Fe College track, these free community-based walks often feature guest speakers, physicians and vendors from local wellness organizations. Visit walkgainesville.weebly.com for more information.

Blood pressure and body composition screenings
Screenings will be conducted at various locations throughout February. Get your blood pressure and body composition checked and meet with a health educator to discuss your numbers. Visit the calendar at GatorCare.org for dates, locations and times.

Nutritious You From Blue
This five-week nutrition course focuses on calories and nutrients, portion sizes, reading and using food labels, comparing food products, healthy cooking methods, dining out, meal-planning tools and more. Visit GatorCare.org/wellness for more information about course dates and registration. N&N

More than one in three female adults has some form of cardiovascular disease.
TO DO

HELP US KEEP STAFF DIRECTORIES CURRENT!

Be sure that your personal information is correct in our CHRIS online directory. Follow the steps below to update your phone number, email address and other personal information — it's a quick, easy process. Here are two ways to start:

START

• Visit UF Health Bridge (bridge.UFHealth.org)
• Hover over “Employee Services” in the main menu bar. A floating menu will pop up; click “Employee and Manager Self Service” (the first link below the “HR, Admin & Benefits” column). You’ll be redirected to the UF Health Shands Human Capital Management page.
• Log in using your regular workstation user ID and password.
• Click on “Self Service”
• Click on “Personal Information”

THEN

• Visit UF Health Bridge
• Hover over “Employee Services” in the main menu bar. A floating menu will pop up; click “CHRIS” (the first link below the “Service Requests” column). You’ll be redirected to the CHRIS home page.
• Select “CHRIS Interview” and follow the instructions leading you to the Employee and Manager Self-Service page.

Simply review and update or confirm all of your personal information, which is included in our internal employee directory.

Taking several minutes out of your workday to update this directory will make a positive impact on internal communications. Greater accessibility makes for better teamwork and helps us serve each other within the organization. Thank you.

Call the UF Health IT Help Desk at 352-265-0526 with any questions.

CELEBRATING DIVERSITY AT UF HEALTH

At UF Health, we value the cultural diversity of our faculty, staff, volunteers and students. We strive to be an organization that creates an open and accepting environment for our workforce and those we serve.

We believe in celebrating our diversity because our differences make us stronger. Visit bridge.UFHealth.org/shands-hr/diversity for dates and times of our internal diversity celebrations as they become available.

February
Black History Month
This celebration offers cultural and historical education about African-Americans’ struggles, successes and scholarship and usually includes music, dance performances and a keynote speaker.

May
Pan-Asian History Month
Employees and visitors can learn about the generations of Asians and Pacific Islanders who have enriched America’s history and their cultures.

June
American-Indian Heritage Month
Celebrate rich traditions of the American-Indian culture through music, art and dance during American-Indian Heritage Month.

July
African American History Month
Our Veterans Day celebration honors veterans and those serving in the U.S. Armed Forces and includes a parade of the U.S. Armed Forces flags carried by employee veterans.

August
Hispanic Heritage Month
This celebration provides a colorful window into the many nationalities that make up Hispanic culture and features a great variety of food, live music and dancing.

September
Hispanic Heritage Month

November
American-Indian Heritage Month

and Veterans Day

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