



UF HEALTH SHANDS EMPLOYEE NEWSLETTER

VOL. 9 NO. 14 | OCTOBER 2014

NEWS & NOTES

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*This month's cover shows **Sheri Harris, R.N.**, a UF Health Shands Hospital Surgical ICU 4 East nurse, during a workout at the UF Health Fitness and Wellness Center.*

To view online, visit news-notes.UFHealth.org or the Employee tab on BESTnet, located on the ShandsConnect Portal.

Please put News&Notes back in the rack! Share it with co-workers or recycle it when done. Thank you.



FSC LOGO

Achieving wellness requires effort on multiple fronts

After reviewing the eight “Windows to Wellness” categories illustrated on pages 8-9 of this publication and reflecting on my own well-being, I have to admit, I felt like a student who forgot their homework. Surely I’m not doing a good enough job of achieving wellness in eight categories, let alone one.

I’ve always thought of wellness in terms of being physically healthy — make sure you exercise, eat right, take a multivitamin, drink plenty of water ... the whole nine yards. The UF-UF Health Wellness Committee’s Windows to Wellness icons reminded me that being healthy is more than running on a treadmill or eating green vegetables. Wellness is a balance of emotional, social, spiritual, environmental, financial, occupational, physical and intellectual satisfaction and stability. An excess of any of these factors to the detriment of others compromises your ability to achieve overall wellness.

You may be capable of running a marathon, but if you are constantly plagued with worry about financial debt, you will likely be unhappy. Likewise, you can love your job and enjoy a great benefit package, but if you fail to make time for family, friends and socialization your life will feel unbalanced.

I admit, I do not consciously address all eight of these areas of wellness, but that’s OK. Being well isn’t about being perfect. It’s about doing your best to fulfill your own life needs.

In this edition we highlight many resources that are available to you right here at work across the entire wellness spectrum. You’re sure to find at least one you didn’t know existed. And these resources are just the tip of the iceberg. Visit GatorCare.org/wellness to learn about even more that are available to you. They’ve recently been categorized into each “icon” of wellness, so it’s easy to navigate.

Also in this edition, you’ll find results from this spring’s wellness event; Q&As with a few of your co-workers who shed light on how they stay well; information about Open Enrollment (happening this month); and a reminder about why it’s so important to get your flu shot by Nov. 15.

I wish you luck in your own quest to finding and sustaining wellness.

Todd Taylor
News&Notes Editor
UF Health Communications

Improving health not only for patients, but also for employees

It's a busy fall in our college town, with the excitement of kids back in school, football season and holiday planning. And there's a lot happening here at UF Health.

We recently opened the new entrance and Sebastian Ferrero Atrium to welcome families at UF Health Shands Children's Hospital. It's another step in our multi-year, big picture plan to invest in children's services. As a hospital administrator, your colleague and a parent, I'm proud to have elite pediatric physicians and staff at UF Health. Now they're thriving in a beautiful, state-of-the-art facility that reflects the quality care they provide. Thanks to everyone involved in this milestone.

We're making our hospital system the nation's best. We ask you to invest a lot of energy into the important work you're doing. In return, we offer excellent resources to help you stay balanced and enjoy a healthy life.

We've partnered with the university to create a UF-UF Health Wellness Program for faculty and staff. Employee health screenings and surveys help the team identify specific health risks among our workers, and then we develop programs to address those concerns. Please take advantage of free wellness education, for example. Or work out at the UF Health Fitness and Wellness Center on our south campus — I'm a member, please join me.

As an employer, UF Health Shands also offers competitive benefits options. We regularly evaluate our health, vision, dental and other plans to ensure they're as good as — if not better than — other employers in the market. Benefits Open Enrollment begins this month, so be sure to make the most of our great health plan choices to meet your family's needs.

This fall, we're also taking flu vaccination to another level, introducing new policies for all UF Health Shands employees, medical staff and practitioners. We must protect ourselves from contracting and spreading the flu virus, so we can protect patients and the community. The vaccination deadline is Nov. 15 and there's information online at Flu Central (bridge.UFHealth.org/flu). We're making it very convenient for staff to do the right thing to protect each other, our patients and visitors.



Jimenez spent some time with support techs (from left) Shakeyla Grimes and Chasidy Ford during a recent visit to the UF Health Pediatric Cardiac ICU, part of the UF Health Congenital Heart Center.

Meanwhile, please register for UF Health Hospitality and Service training. New behavioral standards form the framework for how we should treat each other to create teamwork, respect, communication and a shared responsibility. The way we support each other is the foundation that leads to quality patient care. Get involved to create a more caring work culture.

Feeling good about our work environment contributes to our quality of life. We're happiest when we integrate who we are into our daily work. Know yourself and what works for you. If you love camaraderie, recharge by checking in with a co-worker, friend or mentor. If you need inspiration, take a moment to connect with a patient. You may do great work, but you need to look after yourself to be your best and be fulfilled.

Take good care.

Edward Jimenez

Ed Jimenez
Interim CEO
UF Health Shands

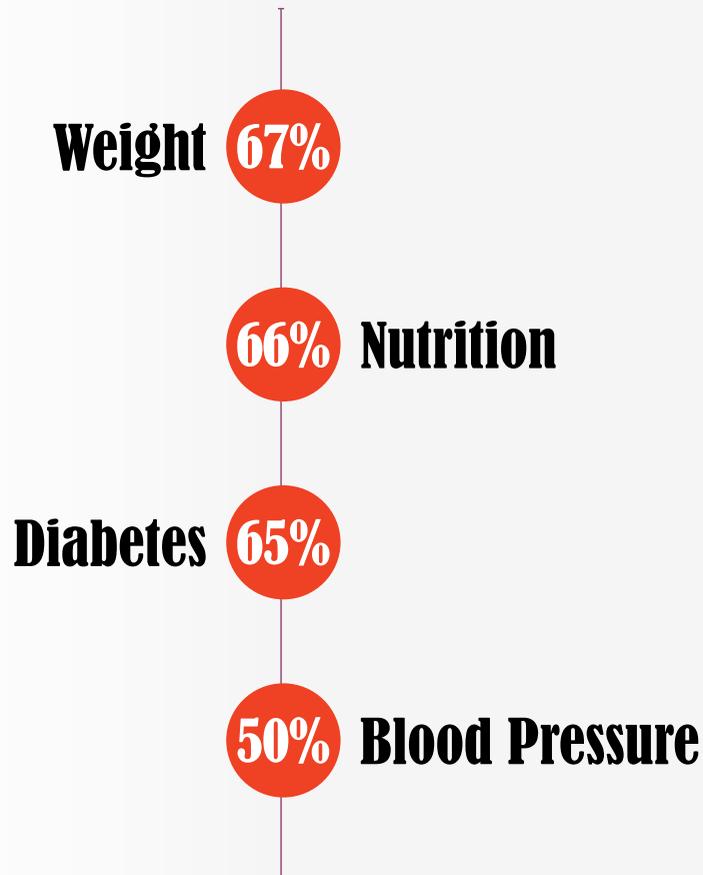
UF HEALTH | SERVICE

HOW *HEALTHY* ARE WE?

We used results from the annual UF-UF Health
Wellness Event to find out

Our greatest risk areas:

*Of 2,983 UF Health faculty and staff surveyed



Percentages based on the number of people who ranked borderline or high-risk in each area



“Our overall UF Health wellness score increased four points! We improved our general wellness habits, but we’re still not at an ideal level. Next year, let’s aim to get our score above 80 and decrease the likelihood that we will develop certain medical conditions.”

–Denise Huggins, UF Health Shands Human Resources benefits manager

UF Health teamed up with UF to host our Third Annual Wellness Event in April. The monthlong initiative included information sessions and demonstrations at UF and UF Health facilities throughout Gainesville and encouraged employees to make simple, positive changes to improve wellness. Themed workshops focused on topics including fitness, financial and emotional well-being, nutrition and aging, while counselors offered personalized guidance.

Wellness staffers provided free biometric screenings and assessed 2,983 UF Health benefits-eligible employees — nearly 200 more than last year. Participants reviewed the results from their personal health assessment during a one-on-one meeting with a wellness expert and enjoyed a complimentary boxed lunch from SweetBerries eatery. Results from the personal health assessment survey are displayed throughout this issue.

Because of employee enthusiasm and willingness to participate, each year we can assess the general wellness of UF Health employees and report our findings throughout this newsletter. In this issue of News&Notes we will highlight positive changes in overall health, examine top risk areas, share employee fitness stories and provide resources available to help every UF Health staff member lead a healthy, active life. **N&N**

UF Health faculty and staff stay active

For this special wellness edition of News&Notes, we chatted with a few faculty and staff members who make health and fitness a priority in their everyday lives. Each has a unique story and techniques to get them moving, proving there is no cookie-cutter way to achieve a healthy lifestyle. Find what works for you, keep fit and have fun!



Frank Catalanotto, D.M.D., UF College of Dentistry community dentistry and behavioral science chair



Dana Nemenyi, UF Health Shands Business Development director

Frank Catalanotto, D.M.D., UF College of Dentistry community dentistry and behavioral science chair, is a colon cancer survivor who attributes his recovery to being in otherwise excellent physical condition.

What motivated you to be healthy?

Prior to my medical problems, I was a pretty fanatical exerciser. I would work out seven days a week before work and on weekends. It turns out my hard work paid off. I got colon cancer back in 2006. The treatment was successful, but after one surgical procedure I went into septic shock. I was hospitalized for 50 days and was on a respirator for two days. The doctors said the only reason I survived was the good physical condition I was in.

What did you do to get fit again?

When I recovered, I started physical therapy. I was so weak at that point I used 1-pound vegetable cans as weights at my house. By the time I was reasonably healthy, they had opened the UF Health Fitness and Wellness Center. They put me on a routine and knew my limits. Also, my wife and I will sometimes walk or bike together at the end of the day.

What advice would you give about getting healthy?

Get help. Get advice. Get to a training program that helps get you into a routine. There are a couple of us in at 5:30 a.m. at the UF Health Fitness and Wellness Center and there's peer pressure. If I don't go one day they will tease me. We say that if we miss one morning it's easier to miss another.

Dana Nemenyi, UF Health Shands Business Development director, exercises with her daughter so they both stay healthy.

What's your motivation to stay healthy?

My daughter and I work out to help relieve the stress of the day. It's good together time and it keeps us physically strong and healthy.

What are your favorite ways to stay fit?

We run trails and sidewalks, work out at a gym or in our garage, lift weights and do calisthenics. We also swim, snorkel, boogie board and wakeboard, which makes staying active fun.

What advice would you give about being healthy?

Don't quit or beat yourself up when you don't stick to your goals, just start over tomorrow! Instead of saying "I will work out six days a week," I challenged myself to stretch, run, walk or go the gym six days a week. I can do that. Lastly, make it social. Work out with a friend, spouse or child. Somehow you hold each other accountable and it's way more fun!

UF HEALTH
WELLNESS SURVEY OUTCOMES

74% of survey participants over 50 reported having had a colonoscopy screening.

Did you know? Adults over age 50 should receive a colonoscopy exam every 10 years.

48% of UF Health benefits-eligible employees are stressed!

66%

UF HEALTH WELLNESS SURVEY OUTCOMES

of surveyed staff have dietary habits that put them at risk of developing certain medical conditions.

But there's hope!

77%

of respondents want to eat healthier.

In 2011, **Peggy Foreman**, UF Health Shands Hospital Nursing and Patient Services executive assistant, shifted her entire lifestyle to achieve her health goals.

What do you do to get fit?

I have always done some sort of exercise. In 2011, I joined the UF Health Fitness and Wellness Center and have been hooked ever since! I go to the gym Monday through Friday with my husband, and we work with the trainers there who are all excellent.

What advice would you give to those trying to be healthy?

I watched a documentary "Forks Over Knives." Before I saw it I had already started to cut down on how much meat and chicken I ate. After I watched it I went vegetarian 100 percent. I do not consider this a "diet." It's a way of life for me. I would just say eat clean.

UF HEALTH WELLNESS SURVEY OUTCOMES

65% have ideal exercise levels

According to the CDC, this puts us well above the national average, which is 48%.

Scott Rivkees, M.D., UF Health College of Medicine pediatrics professor and chairman, has been a competitive rower since college.

Why did you start crew?

I have been a competitive rower since my freshman year in college. Crew is a fun, physically demanding and infectious sport that hooks everybody who participates. There is something peaceful about being in the middle of a lake just a few inches above the water in a paper-thin boat, surrounded by beautiful wildlife.

How did you feel when your team won the Florida Cup?

We are very proud that the Gainesville Area Rowing masters team again won the Florida Cup for sculling. This is a trophy that is given to the Florida masters team that scored the highest number of points over the course of the spring/summer racing season. This is the fourth consecutive year that Gainesville Area Rowing won this trophy. There are several other physicians and UF employees on our team, which has greatly contributed to this success.

What do you do to stay fit?

Rowing is a very rigorous and physically demanding sport that requires aerobic fitness, strength and technical proficiency. We train throughout the year both on water and on land. Activities include strength and weight training, long rowing pieces, interval workouts, drills that focus on improving rowing technique and training on rowing machines. I typically practice four to six days a week. **N&N**



Scott Rivkees, M.D., UF Health College of Medicine pediatrics professor and chairman



Peggy Foreman, UF Health Shands Hospital Nursing and Patient Services executive assistant

Stress by the numbers: **Ideal: 52%** **Borderline: 41%** **High Risk: 7%**

Wellness resources abound for UF Health staff

“Windows to Wellness” icons help frame the big picture of wellness



Occupational Wellness

UF Health Shands HR Occupational Services

Receive blood pressure and weight screenings, HIV testing, skin screenings, immunizations and other work-related resources. Also available for UF Health Shands employees is a return-to-work program that helps reintegrate those whose work capabilities are impacted by injury or illness. Call 352-265-0250 for information.



Social Wellness

Lake Wauburg (University of Florida)

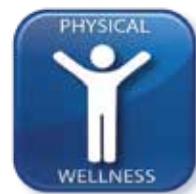
Relax by the lake or enjoy a variety of activities, including boating, swimming, volleyball, rock-wall climbing and more. Entrance is free for all UF Health employees with a UF Gator 1 card or UF Health Shands ID badge. Badge-holders can bring up to four guests. For more information, visit www.recsports.ufl.edu/lake-wauburg or call 352-466-4112. Address: 133 Regatta Dr., Micanopy, FL 32667.



Spiritual Wellness

UF Health Integrative Medicine Program

Achieve optimal health and well-being in all aspects of your life. Classes in martial arts, meditation and yoga focus on relaxation, balance, calmness of mind and stress relief. Prices and times vary. Visit UFHealth.org/integrativemedicine or call 352-733-0880 for details.



Physical Wellness

UF Health Fitness and Wellness Center

Equipped with state-of-the-art gear, an upscale facility and an expert team of exercise specialists, the UF Health Fitness and Wellness Center can help you achieve your personal fitness goals. Located conveniently on the first floor of the UF Health Shands Cancer Hospital parking garage on Southwest 13th Street, the fitness center is open to faculty and staff and the public through a range of affordable membership options. Call 352-733-0834 or email mcgehc@shands.ufl.edu for membership pricing and information.

83%

of UF Health benefits-eligible employees received an annual wellness exam.

The UF-UF Health Shands Wellness Committee offers a variety of wellness resources available to faculty and staff, regardless of participation in GatorCare. Most resources are either free or reasonably priced, so take advantage of them to enrich your life and boost your health. A few are listed below, organized by different aspects of wellness, but for even more choices visit GatorCare.com/wellness.



Emotional Wellness

Confidential Online Screening

If you're depressed, anxious or dealing with substance abuse or eating disorders, take a confidential, Web-based screening that will determine if you need help and pair you with necessary resources. Visit the Employee Assistance Program site at eap.ufhealth.org/confidential-screenings to start the screening, or call 352-265-5493 for immediate assistance.



Environmental Wellness

Gator Community-Supported Agriculture

Sign up to get a weekly delivery of fresh, seasonal produce from a local farmer, to be picked up on the UF campus or at your farm of choice. Email info@sustainability.ufl.edu or visit sustainable.ufl.edu/gatorcsa for more information.



Financial Wellness

Shands Wellness PRESENTS

Learn about retirement planning, Medicare, values-based decision making and more in a variety of classes offered by UF Health Shands HR Human Resource Development. To register, email hrd@shands.ufl.edu or call 352-265-0441, ext. 85396.



Intellectual Wellness

UF Health Shands Arts in Medicine

UF Health Shands Arts in Medicine has grown into one of the largest, comprehensive arts-in-health care programs in existence. Designed to expand the hospital experience, this art-based program offers a variety of courses for patients, staff, visitors and caregivers. AIM has 16 paid artists in all disciplines working in six UF Health buildings in Gainesville and Jacksonville. Opportunities include coursework in health care arts, creative writing, oral histories, painting and more. Volunteer to bring the arts to patients, or participate in a class that interests you. For more information call 352-733-0880. **N&N**

Did you know?

Adults should have a physical exam by a physician at least once a year.

10 things you should know about breast cancer

October is National Breast Cancer Awareness Month, and there are some things every woman should know when it comes to breast health, cancer prevention and early diagnosis

Here are 10 facts and tips to help guide your own health decisions.

- 1 One out of eight women will be diagnosed with breast cancer — that's one every three minutes.
- 2 One woman will die of breast cancer every 13 minutes — nearly 40,000 women each year.
- 3 Monthly breast self-examinations and annual clinical exams and mammograms in women ages 50 and older could prevent as many as 30 percent of those deaths.
- 4 The American Cancer Society recommends women begin annual screening mammograms at age 40. Women should begin breast self-examinations as early as in their 20s.
- 5 Breast cancer death rates have been steadily decreasing due to increased awareness of the importance of early detection and because of improved treatments. Today, there are more than 2.5 million breast cancer survivors in the U.S.
- 6 Between 5 to 10 percent of breast cancers are linked to inherited genes. Women who have inherited these genes are 80 percent more likely to develop breast cancer. If your family history includes close relatives on either your mother's or father's side who have had breast cancer at an early age, you may wish to seek genetic counseling to learn if you are at higher risk for breast cancer.
- 7 If your mother, sister or daughter have had breast cancer, your risk for it more than doubles. Genetic counseling and aggressive surveillance/treatment may be recommended by your doctor.
- 8 More than 85 percent of women diagnosed do not have a family history of breast cancer — that's why breast self-examinations and annual exams and mammograms by your doctor are so important to early detection, treatment and survival.
- 9 You can reduce your risk of breast cancer with simple lifestyle choices — maintain a healthy weight; exercise regularly, even if it's just a brisk walk 20 minutes each day; eat healthy foods; and drink alcohol only in moderation.
- 10 Tobacco use is clearly linked with many kinds of cancers and other diseases, such as cardiovascular disease. If you smoke, consider quitting.

Visit UFHealth.org/breastcenter for information about preventing breast cancer through prevention and early detection and to view videos on topics such as what to expect during a mammogram, who is at high risk for breast cancer, what are dense breasts and why does it matter, and breast cancer in men.

Adapted from American Cancer Society materials.



80%

of women over 40 have mammograms at least every two years.

Flu shots are underway for mandatory vaccination

Get your flu shot by Nov. 15 or wear a surgical mask in certain patient areas



(From left) Shannon Robinson, ARNP, BC-FNP, COHN-S, UF Health Shands HR Occupational Health Services nurse practitioner, and his mobile flu cart (with a Mardi Gras theme) were visited by Marina Cecchini, UF Health Shands Rehab Hospital and UF Health Shands Psychiatric Hospital administrator; Timothy C. Flynn, M.D., UF College of Medicine senior associate dean for clinical affairs and UF Health Shands Hospital chief medical officer; Ed Jimenez, UF Health Shands interim CEO; Marvin Dewar, M.D., J.D., UF College of Medicine senior associate dean and UF Health Physicians CEO; and Irene Alexaitis, D.N.P., R.N., NEA-BC, UF Health Shands Hospital chief nursing officer and Nursing and Patient Care Services vice president. Visit bridge.UFHealth.org/flu for upcoming flu vaccination events.

Last month, UF Health introduced a new flu vaccination policy for staff as a way to protect patients, visitors and each other against the flu. Already, thousands of employees have received their vaccinations.

“My wife is a pharmacist. She reminds me every flu season that the virus can develop new strains that the previous year’s vaccines can no longer fight,” said **Derek Murray**, UF Health Shands Management Engineering senior engineer. “Working in a hospital environment, it is necessary that we keep our patients safe by vaccinating ourselves and protecting each other from contracting the virus.”

By Nov. 15, all UF Health Shands employees and UF College of Medicine medical staff — plus all faculty and staff who provide service at UF Health Shands, UF Health Physicians and UF College of Dentistry facilities and programs — are expected to be vaccinated.

Individuals who follow the formal opt-out process by Nov. 15 because they do not wish to get the vaccination for medical, religious or personal reasons will be required to wear a surgical mask whenever they are within 6 feet of a patient in certain areas.

Staff members who have already received the vaccine are asked to display a flu vaccination sticker on their employee ID badge. UF Health needs everyone’s participation and compliance to support a healthy community and help prevent a public health crisis.

“If I didn’t get a flu shot and one of my immunosuppressed transplant patients came down with the flu, I would be devastated to think I may have unknowingly given it to them,” said **Jeff Majewski, R.R.T.**, UF Health Shands Transplant Center respiratory clinical care coordinator. “I’ve gotten vaccinated for the sake of my patients, family and fellow co-workers.”

Free flu vaccinations are available through UF Health Shands Occupational Health for UF Health Shands employees and volunteers; UF Health Physicians employees and volunteers; and UF Health Shands medical staff and providers, including UF College of Medicine providers and credentialed medical staff, ARNPs and physician assistants. Other UF faculty and staff can obtain the flu vaccination for free when the UF Student Health Care Center is onsite at UF Health this fall.

Visit Flu Central at bridge.UFHealth.org/flu for detailed information and a schedule of vaccination events and locations. **N&N**

70%

of employees received their influenza vaccination last flu season.



UF HEALTH | SERVICE

Hospitality and Service standards in action

Are you on the “Energy Bus?”

Susan Wigglesworth, UF Health Endoscopy Center clinical coordinator, shows off her team’s “Energy Bus.” Staff members are given a ticket that they sign and return to their file, then place a picture of themselves on the bus. They are encouraged to abide by the rules of the road and drive the bus with purpose.



With UF Health Hospitality and Service training underway, how will we work to incorporate our new Standards of Behavior into our everyday work routine?

Susan Wigglesworth, UF Health Endoscopy Center clinical coordinator, attended a Hospitality and Service training session for leaders and was excited to share what her team already does to incorporate Hospitality and Service behaviors.

“We call it the ‘Energy Bus,’ and we follow a set of rules to help each person discover their own strengths and provide opportunities for everyone to grow,” said Wigglesworth. “The fuel to make your bus go is the positive energy of the people on that bus. We talk about navigating potholes in your road to your goals; that it’s OK when you have a flat tire because positive people on your bus — your teammates — will help you change the tire to keep the bus moving.”

The bus concept has caught on. Wigglesworth said everyone has bought in, and it’s now part of their workplace culture. Staff is

reminded that the ultimate goal isn’t to be better than anyone else, but better than you were yesterday.

“We reward and encourage positive behavior and discourage negative behavior,” Wigglesworth said. “We always look at change and challenges that we run across and talk about them as opportunities asking ourselves, ‘How can we grow, and what other opportunities can we learn from this?’”

Wigglesworth sees the Hospitality and Service focus as an extension of behaviors her team is already practicing. After participating in the training session, Wigglesworth says that everyone, in every role, can benefit from the class.

Hospitality and Service training will continue this fall with classes opening to all staff. Managers — if you have not signed up, please contact UF Health Shands HR Human Resource Development to enroll in a class. Look for more updates on how to sign up via Shands News this fall. **N&N**

96%

of participants have ideal vehicle safety habits. Risk Factors:  riding with drivers who are under

UF HEALTH SHANDS REHAB HOSPITAL | SERVICE

Technology helps patients engage in therapy and speeds recovery

New Mondopad is well-received by rehab inpatients and staff



More than 90 percent of UF Health Shands Rehab Hospital patients said the Mondopad has improved their satisfaction with their hospital experience.

Recovery can be a long and difficult journey for even the most dedicated and resilient patients. Support from loved ones, trained expert care and other external factors can serve as reinforcement to help people heal after major traumatic injuries like strokes, amputations or burns.

At UF Health Shands Rehab Hospital, technology is speeding up the journey to recovery for patients using the InFocus Mondopad — a giant, touchscreen computer that runs Windows programs and has built-in video calling and white board capabilities.

Lana Watson, M.H.S., OTR/L, a UF Health Shands Rehab Hospital occupational therapist and clinical coordinator, said her team purchased the device to help engage patients in therapy activities.

“We wanted a tool to use in therapy that would keep our patients interested and more eager to participate in the treatments we provide. The Mondopad has done just that,” Watson said. “Patients can stand or sit and use it for puzzles, word searches and other games to help them rehab both physically and cognitively. Without thinking of it as treatment, they’re maintaining their balance and practicing hand-eye coordination and critical thinking.”

In addition to facilitating oversized puzzles and games such as Fruit Ninja and Angry Birds, Mondopad’s video calling capabilities allow patients to virtually attend injury support group meetings when they can’t go in person. This helps them to get the peer reinforcement and empathy they otherwise may not have received had they not been able to physically attend the meeting.

In a recent survey, 87 percent of the hospital’s rehabilitation therapists said the new technology improved their treatment sessions, and 94 percent of patients said the technology improved their satisfaction rating of the facility.

“Technology is no longer part of our future; it is a part of our ‘now,’” Watson said. “The Mondopad is just one more piece of technology that allows us to be leaders in our health care field, providing the best, most creative care for our customers.” **N&N**

Under the influence of alcohol,  safety-belt use and  speed.

Only 1% are at high-risk due to these activities in a vehicle.

Collaboration thrives at new translational research hub

Science, art and Gator spirit intersect at the UF Clinical and Translational Research Building

Quick facts

- Achieved platinum Leadership in Energy and Environmental Design certification, signifying it meets the highest standards for environmentally friendly design
- Received a 2014 City Beautification Award in recognition of its aesthetic and artistic appeal



Mentors, scholars and collaborators gather in the CTRB lobby to discuss research spanning multiple colleges at the CTSI's annual research day.

The UF Clinical and Translational Research Building has been bustling with activity since it opened last summer. The modern glass-walled structure, located at 2004 Mowry Road, is home to an estimated 500 employees who staff the UF Institute on Aging, UF Clinical and Translational Science Institute and research groups from multiple colleges.

The building's main purpose is to bring together research teams from different scientific spheres to speed the translation of research discoveries into better health. A healthy work environment is also a major theme, with bike racks, showers, treadmill desks and sustainable design features throughout the building.

"It's great to come to work every day and see our health mission reflected in both our work and our physical space," said **David R. Nelson, M.D.**, CTSI director and UF assistant vice president for research.

During the CTRB's first year, teams in the building collaborated on more than 300 health research projects funded by grants totaling more than \$43 million. More than 2,800 research visits for adults and children occurred in the UF Clinical Research Center, which is on the first floor of the CTSI wing. UF Health Senior Care, located on the first floor of the Institute on Aging wing, provided care to more than 2,800 patients in 2013.

Cross-campus collaborations even extend to the building's art. CTRB occupants commissioned various pieces from the UF College of Fine Arts, and University Galleries donated a colorful, large-scale piece titled "Alphabet Soap" for the UF Clinical Research Center's pediatric waiting area.

In the fall, Gator spirit is especially vibrant on Friday afternoons: The building has a front-row seat while the UF Marching Band practices across the street. **N&N**



UF Institute on Aging employees can walk while they work, with a view of the CTRB courtyard.

41% of men rarely or never conduct testicular exams.

UF HEALTH | SERVICE

LAB NOTES

• The UF College of Pharmacy is reforming its doctor of pharmacy four-year educational program to prepare graduates to work in an evolving environment where interprofessional team-based approaches to patient care are increasingly the norm. UF will build on and enhance the best features of its current Pharm.D. program by integrating the fundamental basic sciences with clinical sciences, so that courses are taught within a clinical context. There also will be increased focus on the elements of personal and professional development that are key to a highly effective clinician, what some refer to as soft skills, said UF College of Pharmacy Dean **Julie A. Johnson, Pharm.D.**, a distinguished professor who is a researcher and a clinical pharmacist. Johnson made curriculum reform a high priority in her first year as dean, appointing a Curricular Revision Task Force in November 2013.

• On the football field, concussion signs aren't always subtle. A player often takes a big hit but isn't showing symptoms yet, and either doesn't notice anything is wrong or won't report the incident to avoid leaving the game. Devastating injuries can occur if a concussed athlete continues to play. Luckily, researchers at UF and New York University have discovered a way to improve sideline detection of concussions. In an article published in the journal *Neurology: Clinical Practice*, the researchers report that adding one simple test to a team physician's sideline repertoire detected 100 percent of concussions suffered during games. "If an athlete is playing with a concussion, there is a greater risk of getting a worse injury. Most of the time that means it takes longer to get better," said one of the study's co-authors, **James Clugston, M.D.**, a UF College of Medicine assistant professor of community health and family medicine and a UF team physician.

• UF Health has been awarded a \$12 million five-year grant from the National Institutes of Health to create a one-of-a-kind center to help generate treatments and prevention strategies for one of the most devastating issues critically ill patients face. The Sepsis and Critical Illness Research Center, the first of its kind in the nation, will study long-term outcomes in patients treated for sepsis in the surgical and trauma ICUs at UF Health Shands Hospital, with the goal of developing clinical solutions for sepsis as well as illnesses that stem from it and their enduring, dismal effects. Sepsis is a severe, systemic combination of infection and inflammation that can shut down organs, depress or overactivate the immune system and cause death.

UF HEALTH SHANDS PSYCHIATRIC HOSPITAL | SERVICE

AREA ORGANIZATIONS TEAM UP FOR BAKER ACT TRAINING

UF Health staff recently participated in a Baker Act training course hosted by UF Health Shands Psychiatric Hospital, Meridian Behavioral Healthcare, the North Central Florida Mental Health Coalition and the North Florida/South Georgia Veterans Health System.

About 140 local mental health and law enforcement professionals learned about their responsibilities under Florida's Mental Health Act and about requirements involved with examination criteria, eligibility, release compliance and patient rights.

Due to funding cuts, this year the State of Florida did not provide local professionals the training it typically does, so area mental health care providers joined forces to bring the training to Gainesville.

Beverly Carter-Quandt, LCSW, UF Health Shands Psychiatric Hospital's lead case manager for adult units, said the Baker Act is in place to protect patients in Florida.

"The biggest reason it exists is to protect patient rights," Carter-Quandt said. "It helps us, as providers, have a better understanding of the law."

➔ **Testicular self-exams should be performed every month to detect any abnormalities.**

UF Health met the ALS ice bucket challenge!



(From left) Good, Guzick and Jimenez were doused with ice water to raise awareness about ALS.



UF College of Medicine students show their support.

Responding to a challenge from our colleagues at North Florida Regional Medical Center and medical students at University of South Florida, several UF Health leaders, researchers and students completed the ice bucket challenge in August to raise awareness about amyotrophic lateral sclerosis, also known as Lou Gehrig’s disease.

David S. Guzick, M.D., Ph.D., senior vice president for health affairs at UF and president, UF Health; **Michael L. Good,**

M.D., UF College of Medicine dean; **Ed Jimenez**, UF Health Shands interim CEO; UF College of Medicine faculty members; and dozens of UF College of Medicine students were doused with buckets of ice water while gathered on the helipad atop UF Health Shands Hospital. Good then challenged UF mascots Albert and Alberta to partake in the ALS ice bucket challenge. Visit [youtube.com/user/UFHealthscience](https://www.youtube.com/user/UFHealthscience) to view the video. **N&N**

88%

of women received a Pap exam in the past three years.



(Back, from left) Ed Jimenez, UF Health Shands interim CEO; Steven M. Scott, M.D., UF Board of Trustees chairman; David S. Guzick, M.D., Ph.D., senior vice president for health affairs at UF and president of UF Health; Scott Rivkees, M.D., UF Health College of Medicine pediatrics professor and chairman; David Kays, M.D., UF Health Shands chief of pediatric surgery; Michael Good, M.D., UF College of Medicine dean; Irene Alexaitis, D.N.P., R.N., NEA-BC, UF Health Shands Hospital chief nursing officer and nursing and patient care services vice president; and artist Romero Britto joined the Ferrero family (front, from left) — Luisa, Santiago, Sergio, Stefano and Horst — for the children’s hospital lobby ribbon-cutting.

UF HEALTH | GROWTH

Children’s Hospital debuts a colorful new entrance

Sebastian Ferrero Atrium opens doors

On Sept. 3, a colorful new façade, a dedicated entrance and the Sebastian Ferrero Atrium were unveiled at the UF Health Shands Children’s Hospital — part of a series of renovations focused on creating a welcoming setting and augmenting high-quality care for children.

The Sebastian Ferrero Atrium, designed with the youngest patients and their families in mind, features interactive video displays to entertain children and parents, nature-themed art, a reception desk and elevators that travel solely to floors housing pediatric units.

The changes are part of \$135 million in improvements that grew out of UF Health’s strategic plan, “Forward Together.” Construction on the \$11 million atrium and exterior, designed by the architecture firm Ponikvar and Associates Inc. and built by Ajax Construction Inc., began April 2013.

“This event marks an important milestone in our work,” said

David S. Guzick, M.D., Ph.D., senior vice president for health affairs at UF and president of UF Health. “Today is a celebration of the progress we have made with a physical transformation that represents the hospital-centered care we give to our youngest patients. With the opening of the Sebastian Ferrero Atrium, we are more than halfway toward completion of the children’s hospital.”

The new space includes a donor recognition wall honoring its namesake, Sebastian Ferrero. In addition, it features “Tomorrow,” a sculpture commissioned by the Sebastian Ferrero Foundation and created by world-renowned Miami-based artist Romero Britto. The piece was created as a tribute to the future of children’s health care and is on display in the entrance to the children’s hospital.

Guzick said, “We share a common vision with the Sebastian Ferrero Foundation — a vision of UF Health Shands Children’s Hospital as a destination of hope for the pediatric patients from our community, the state and the Southeast.” **N&N**

→ These tests are recommended for women over the age of 21, and are used to detect precancerous cells.

Staff empowerment translates into engagement

Improvements and innovation help Unit 65 reach Tier 1



Medical/Surgical Unit 65 day shift staff.

Over the last three years, the staff of UF Health Shands Hospital Medical/Surgical Unit 65 has seen positive changes and improvements thanks to an innovative management team that listens and takes action.

Unit leaders **Sherry Augustine, M.S.N., R.N., B.C.**, nurse manager, and **Michelle Robinson, B.S.N, R.N.**, clinical leader, are using the UF Health Shands Employee Engagement Survey as a tool for positive change. They keep employee engagement top-of-mind by having an open-door policy and developing collaboration and unity across shifts. Ensuring ongoing communication with staff helped Unit 65 become a top-performing Tier 1 unit with high overall workforce commitment requiring minimal action-planning.

“We’ve worked very hard to reach this milestone,” said Robinson. “We look at all the survey results closely and think through how we can improve and meet expectations. Our staff is very vocal and we involve them in our action plans.”

The survey has become a tool for Augustine and Robinson to empower staff to provide suggestions and solutions and their colleagues have been pleased with the results.



Medical/Surgical Unit 65 night shift staff.

Three years ago, the unit began holding activities to boost employee satisfaction, including outdoor get-togethers, holiday parties and birthday celebrations. They also developed an employee recognition program called Above & Beyond, which

rewards employees doing an outstanding job through a peer-nomination system.

The unit’s latest initiative has proven to be its biggest success — implementing monthly lunches and breakfasts with staff.

“We got this idea from watching magnet surveyors take small groups of people out to eat, and we thought it would be a great way to foster communication and involve our staff in reaching our goals,” said Augustine. “We’ll take five people from day shift to lunch or five people from night shift to breakfast and just sit around and chat. We’ll talk about what’s working well and what needs improvement.”

The 36-bed medical/surgical unit achieved close to 100 percent participation in this year’s engagement survey.

“We very much believe in camaraderie and teamwork,” said Robinson. “Our job can be a tough one and we can have bad days, but having a team that is engaged and happy makes it easier to get through the difficult days.” **N&N**

50%

of participants have high blood pressure.



50% are ideal: Less than 12

10th anniversary for our Level 1 Trauma Center

Center has treated more than 22,000 patients since opening in 2004

Over the last 10 years, plenty of tears, hugs and close calls have passed through the UF Health Shands Trauma Center, which has provided service to more than 22,000 patients over the past decade.

“We feel honored to have touched so many lives over the years,” said **Donna York, M.S.N.**, UF Health Shands Trauma Center program manager. “We have come a long way since we opened our doors in 2004, and are more prepared than ever to serve patients in need of trauma care.”

Opened on Oct. 1, 2004, the trauma center was originally located within UF Health Shands Hospital on the north campus and housed two 200-square-foot resuscitation rooms. When it relocated to the new UF Health Shands Cancer Hospital building in 2009, it expanded to include four resuscitation rooms at 400 square feet each, as well as two smaller medical resuscitation rooms, and is fully equipped with the latest technology. The skilled trauma team of College of Medicine critical care faculty and residents and UF Health Shands nursing and clinical staff manages about 2,000 critically ill patients a year, with an average of six to seven trauma patients per day.

Years of preparation and work built the foundation of our trauma program. The leadership included trauma surgeon **Lawrence Lottenberg, M.D.**, a College of Medicine associate professor of surgery and anesthesiology, who had 20 years of experience when the center opened. Lottenberg and the team created the guidelines and procedures that enabled the center to

achieve and maintain Level I certification by the state of Florida.

In all trauma alert cases, a trauma attending physician, emergency room attending and resident, two registered nurses, a critical care tech and other staff members are alerted and present. An attending trauma physician is in house 24/7. With our regional burn center and highly specialized experts teams, our academic health center environment offers incredible support and expertise for trauma patient care. What keeps the trauma center team at the top of its game is the combined experience of our diverse experts and their complete focus on trauma patients, said York.

The center houses advanced imaging technology, including three sophisticated CT scanners, an MRI scanner, two ultrasound machines, two digital radiology rooms and a fluoroscopy room to provide comprehensive radiology options.

The team is involved in numerous research studies and collaborates with other departments on clinical investigations. Several attending physicians conduct research on a variety of cases in the trauma center.

In addition to meeting patients’ medical needs, their emotional and physical health is a top priority of the trauma team. Several social workers and nurses are specially assigned to the center to serve trauma patients and their loved ones.

York said, “Trauma is one of those things that no one plans for, happens at the worst time and really puts stress on the entire family.” **N&N**

Quick facts

- Oct. 1, 2004: Received provisional state designation as regional Level 1 trauma center
- 1,546: Number of patients treated during the program’s first year
- 2,528: Number of patients treated last year
- 22,713: Total number of patients treated in the trauma center (through Dec. 31, 2013)
- 48-50: Average number of patients treated in a typical week
- Motor vehicle collisions, falls and burns: Most prevalent types of injuries treated in the trauma center

n 120/80



41%

are borderline: 120/80 to 139/89



9%

are high-risk: 140/90 or higher



UF Health Shands Emergency Center at Springhill staff members are serving high volumes of satisfied patients.

UF HEALTH SHANDS | SERVICE

EMERGENCY CENTER AT SPRINGHILL CELEBRATES ONE-YEAR ANNIVERSARY

The UF Health Shands Emergency Center at Springhill celebrated its one-year anniversary in August and continues to grow. Between Aug. 1, 2013, and July 31, 2014, the freestanding emergency department served 16,236 patients. The current average daily census is 60 patients — which will translate to more than 20,000 patients this year. The team anticipates volumes will keep increasing.

“We are continuing to grow in the number of patients we treat, and there has not yet been a plateau,” said **Wendy Swan, B.S.N., R.N., SANE-A**, UF Health Shands Emergency Center at Springhill nurse manager.

The fully equipped, 911-receiving emergency department can handle all cases and emergencies seen in hospital-based emergency departments.

Although not a trauma center, Springhill receives many critical patients who normally arrive via personal vehicles, Swan said, including patients who meet STEMI, stroke, trauma and sepsis-alert criteria. The center has a permanent ShandsCair ambulance to transport patients to UF Health Shands Hospital, and admits roughly 84 patients to our main campus each month.

Since opening, staffing has increased from eight to 15 registered nurses and from one to six critical care technicians.

A respiratory therapist provides 24-hour coverage, and they have increased their admission staff and CT techs over recent months to accommodate the increasing census.

Despite the tremendous growth at the emergency center, the average waiting time for patients is minimal. The average door-to-discharge time is less than two hours, and patient satisfaction is strong.

“Springhill is a great place to work,” said **Linda Davidson, B.S.N., R.N.**, UF Health Shands Emergency Center at Springhill nurse. “Our entire staff is very team-oriented, and everyone pitches in to get the job done.”

UF HEALTH SHANDS CHILDREN’S HOSPITAL | FINANCE

DAIRY QUEEN PROVIDES SWEET SUPPORT FOR CHILDREN’S HEALTH



Dairy Queen franchisees raised \$400,000 at their annual conference through silent and live auctions. The funds are split between two Children’s Miracle Network hospitals. This year, raffle winners Robert and Janet Wesch — who own four Dairy Queen locations in West Palm Beach — nominated UF Health Shands Children’s Hospital as a recipient. Pictured during August’s check presentation are (from left) Erica Welsh; Ottie Welsh; **Ed Jimenez**, UF Health Shands interim CEO; Nate Ferrell, CMN ambassador child; **Scott Rivkees, M.D.**, UF College of Medicine pediatrics chairman; John Gainor, International Dairy Queen president and CEO; Robert Wesch; and Janet Wesch.

33%

of participants have an ideal body mass index (BMI).

Annual Benefits Open Enrollment runs Oct. 6-24

Select your benefits for 2015

Be sure you take time to review and make any necessary changes to your benefits using employee self-service online Oct. 6-24 or in person with an enroller.

If you're a benefits-eligible employee who already uses a GatorCare health plan, it's important to review your selections even if you don't anticipate making changes. For example, you may want to review your beneficiary information and select a health savings plan.

Be sure to check your enrolled dependents to validate that they are still qualified and eligible, because this information is audited. Listing nonqualified dependents may result in claims being re-processed, denied and subject to repayment collection.

Once the enrollment period ends you will not be able to make changes to your benefits elections unless you have a work/life status change. NOW is the time to review your options to be certain your benefits coverage, beneficiaries and covered dependents are as you intend them to be.

You will have a chance to confirm and/or make additional changes to your enrollment the week of Nov. 10.

SOME CHANGES TO CONSIDER:

Biweekly rates for the GatorCare Prime Plus and Premium Plan, as well as the Shands Preferred Dental Plan, will have a modest price increase this year, yet they remain competitive. Other plan changes include the calendar year deductible, copay and coinsurance. Additionally, prescription drug copays and coinsurance amounts will be included in your calendar year maximum out-of-pocket.

For more information about open enrollment, visit the ShandsConnect Portal under Human Resources — click on Departments, then Benefits. Look for the link to 2015 Benefits Open Enrollment.

You may also contact the UF Health Shands HR Benefits office at 352-265-0043. **N&N**



Quick facts

Important open enrollment dates:

Oct. 1

Information mailed to all benefits-eligible employees

Oct. 6

Open enrollment begins

Oct. 6-24

Enrollers will be in the UF Health Shands Hospital Atrium

Oct. 13

Benefits information days at UF Health Shands Rehabilitation Hospital

Oct. 14-16

Benefits information days at UF Health Shands Hospital Atrium

Oct. 19-25

National Save for Retirement Week — be sure to evaluate your contribution!

Oct. 24

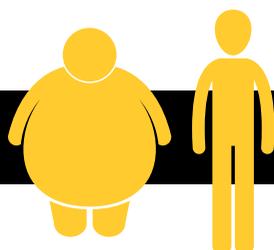
Open enrollment closes

Nov. 10-14

Confirmation week

Jan. 1, 2015

New benefits elections take effect



And nearly 40% of participants have a high-risk BMI score.

UNITE with us

Join us to support Meals on Wheels, ReadingPals and more

Every day, UF Health Shands employees unite with one another for our patients. Whether it's a nurse working with a team of physicians and other caretakers, a quality specialist partnering with an information technology associate or a lab technician teaming up with a pharmacist, our employees know that uniting together is how we best serve our patients.

This fall, we're asking employees to UNITE and support our community by participating in the UF Health Shands United Way campaign. The campaign kicked off with an all-day event at UF Health Shands Hospital Sept. 29 and runs through Oct. 13.

Here are some of the programs you can impact by participating:

2-1-1

When someone dials the 2-1-1 helpline, they're connected to a person in fewer than 60 seconds — 24 hours a day, 365 days a year. From suicide prevention counseling to assistance paying for food or a household bill, 2-1-1 will help 20,000 local residents find the help they need.

Meals on Wheels

Last fiscal year, Eldercare of Alachua County's Meals on Wheels staff and volunteers provided 69,158 hot meals — and countless smiles — to 448 area seniors. Just \$10 per week for a year buys 100 home-delivered meals for low-income clients.

ReadingPals

Imagine what we could achieve if 85 percent of us got the support we need to build a skill. Last year, 85 percent of Alachua County students in the ReadingPals program improved their reading grade level. Just \$5 per week for a year will provide 13 children with a literacy kit to prevent summer learning loss.

Weekend Backpack Program

Every day, one in four Alachua County children doesn't have enough food to eat. The Catholic Charities' Weekend Backpack Program sends chronically hungry children home every Friday with enough food for each child and their siblings to last the weekend. Just \$2 per week for a year funds 120 weekend meals for children.

Seal & Smile

Seal & Smile provides area high-risk elementary and middle schoolers with free sealants, fluoride varnishes and oral health exams provided by UF College of Dentistry students and Santa Fe College dental hygiene students. More than 600 second- and sixth-graders were treated last year. Just \$1 per week for a year funds a dental exam and cleaning for an uninsured child.

Success by 6

With tools like parenting classes, Welcome Baby Kits and home libraries for families, Success by 6 places area at-risk kids on a path to success. Just \$20 per week for a year provides monthly diapers for 10 high-need infants. **N&N**

Participate in the UF Health Shands United Way campaign. For more information, visit the ShandsConnect Portal under 2014 United Way Campaign (portal.unitedwaynefl.org/shands) or Shands News at news.my.shands.org.

UNITE

Imagine.

UF Health Shands United Way Campaign

10%

of participants are at risk for medical problems related to alcohol consumption.

UF HEALTH SHANDS PSYCHIATRIC HOSPITAL | FINANCE

GOLFERS — PLAY AND SUPPORT A GREAT CAUSE

**THURSDAY,
NOV. 13,
10:30 A.M.**



The Cadillac Invitational, presented by Bosshardt Realty, is an annual golf tournament to benefit the UF Health Partners in Adolescent Lifestyle Support, or PALS, Program. This year's tournament will feature an 18-hole golf scramble, lunch and PALS mentor presentation, dinner and prizes. It raises funds for the PALS Program, through which professionals from UF Health Shands Psychiatric Hospital provide peer support and therapeutic intervention to troubled students and leadership skills for teen leaders in local middle and high schools. Licensed child psychologists and mental health counselors work closely with peer leaders to teach students how to deal with issues such as violence, bullying, drug abuse, diversity and low self-esteem. Visit UFHealth.org/partners-adolescent-lifestyle-support-program-pals for more information about the PALS Program. For more information about the golf tournament, visit golf4pals.com.



Participants at last year's Cadillac Invitational tournament prepared for tee-off and supported the PALS program.

UF HEALTH SHANDS | SERVICE

MAKING STRIDES TO HELP FIND A CURE

UF Health is the Pink Premiere Sponsor for the 2014 American Cancer Society's Making Strides Against Breast Cancer Walk, to be held Saturday, Oct. 25, in downtown Gainesville. Last year, UF Health's 15 employee fundraising teams raised nearly \$20,000 for the event, and two UF Health teams were among the Top 10 — UF Health Cure or Bust was No. 4 and UF Health Unit 10-5 was No. 7. Let's do it again this year!

Register your team to walk this year at www.makingstrideswalk.org/gainesvillefl. Remember, all UF Health team members will receive UF Health breast cancer awareness T-shirts to wear during the walk and pink grocery totes — but the most important thing you'll get is the satisfaction of putting your best foot forward toward a cure for breast cancer!



UF Health participants from last year's Making Strides event gathered prior to the walk.



90% of participants are at an ideal level based on frequency and quantity of alcohol use.



UF HEALTH | PEOPLE

“GEAR UP” WITH UF HEALTH

Whether it's a hot cup of coffee or a morning run, we all gear up to face the day in different ways. Show us how you prepare to start your day and to make a positive difference in others' lives.

Submit a photo with a short caption to our photo contest on our Facebook page (facebook.com/UFHealth) showing how you gear up to face the day. Then share the photo with your Facebook friends and ask them to vote for your submission. We want to see how you prepare to go to work to care for your community or inspire others.

Stay tuned — the photos that receive the most votes at the end of football season will win exciting Gator prizes!

To view UF Health's "Gear Up" commercial or for more information, visit UFHealth.org/GearUp.

UF HEALTH | SERVICE

PRIMARY CARE AFTER HOURS NOW INCLUDES WEEKEND APPOINTMENTS

UF Health Primary Care After Hours now offers appointments on evenings (Monday-Friday) and Saturdays for UF and UF Health adult employees as well as patients of UF Health Family Medicine, Internal Medicine and Senior Care practices.

UF Health Primary Care After Hours:
Monday-Friday, 6-9 p.m.; Saturday, 10 a.m. to 1 p.m.

- Routine or same-day appointments available
- Staffed by UF Health Family Medicine and Internal Medicine physicians and nurses
- Conveniently located at the UF Health Orthopaedics and Sports Medicine Institute (3450 Hull Road)

To schedule an appointment at UF Health Primary Care After Hours, call 352-265-1234 during business hours or 352-273-8613 after 5 p.m.

UFHealth.org/afterhours



65%

of participants are still at risk of diabetes, with 24% considered high-risk.