

Vol. 12 No. 3 | OCTOBER 2016

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NEWS+NOTES

UF HEALTH SHANDS

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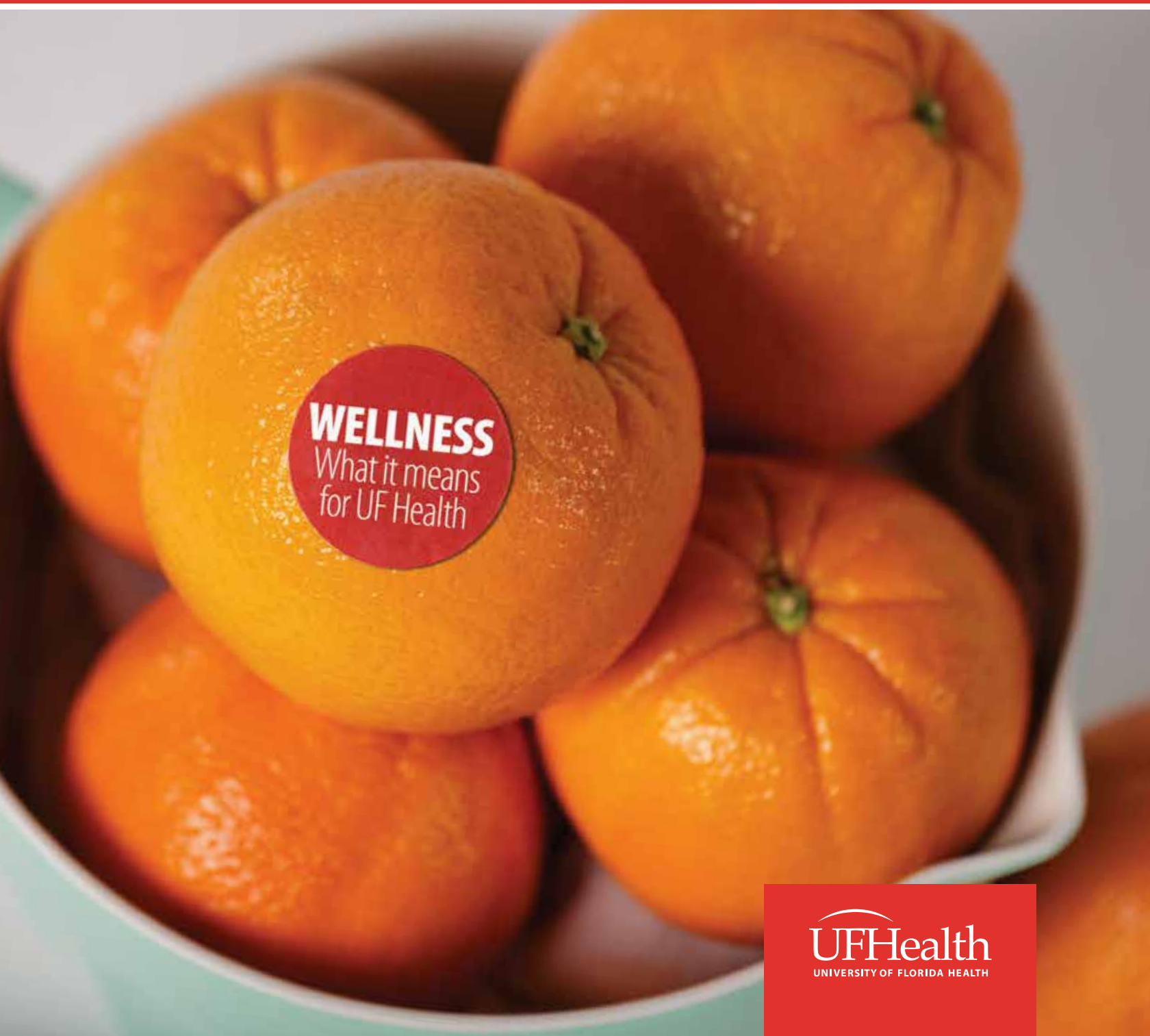
All you need to know prior to the Oct. 30 flu vaccination deadline.

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Medical director and nurse manager answer questions about Kanapaha facility.

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Select your benefits for 2017 during Open Enrollment from Nov. 2-15.



UF HEALTH | EVENTS+ACTIVITIES

WELLNESS RESOURCES ABOUND

No time to exercise? There's help!

BY TODD TAYLOR

I don't exercise much.

Don't worry, like many people who don't exercise much, I have excuses lined up:

My wife and I both work.

My work hours aren't flexible.

I have two small children.

By the time the kids are sleeping I'm too tired to exercise.

I have to wake up before 6 a.m. just to get everyone out the door.

As you can see, I have excuses for days. But the truth is, some of us really don't have much time to exercise. So what can we do?

As employees here we have plenty of resources at our fingertips to help us work on our wellness, thanks to the UF-UF Health Wellness Committee and GatorCare. There are too many to list in this edition, but here are a few that have helped me.

The Gator Gulp Summer Water Challenge — For the second year, my co-workers and I took part. Our team didn't win, but I drank a ton of water. I felt much better, and less hungry, while doing it — and developed better habits.

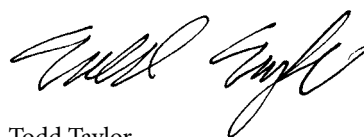
Step it Up — At this point in my life I don't have time for the gym, but I can take the stairs. Now I have more motivation. In the UF Health Shands Hospital stairwell located near the Atrium elevators, there are decals created by our News+Notes designer, **Madelyn Hyder**, offering encouragement to take those extra steps as part of the Step it Up initiative.

Break Boost — This program provided great tips to re-energize my workday by maximizing my breaks. I was inspired to put down my phone, stop surfing the internet and be active during my work breaks.

I also try to make day-to-day decisions to promote my wellness — choosing the lower-calorie option at lunch, taking the parking spot farther down the road and doing the yardwork myself.

While I won't be mistaken for a bodybuilder or training for a marathon any time soon, I'm doing the best I can. And I'm grateful to have an employer that supports my endeavors.

Visit GatorCare.org/wellness and find wellness resources to help you.



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Email taylt@shands.ufl.edu or call
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Please put News+Notes back in the
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or recycle it when done.



FSC LOGO

UF HEALTH SHANDS | CARE+QUALITY

Q&A WITH THE CEO – ED JIMENEZ

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

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

Why are we so focused on our employees' health and wellness?

In the UF Health family, we rely on and trust each other. We develop relationships with one another and want to prevent health issues from arising for those we care about. When a co-worker becomes ill, it takes an emotional toll on his or her colleagues. From a work perspective, one person being sick can also cause strain and have a domino effect on other people's health. There are so many reasons to care about each other's wellness, but it starts with the human element. Each year we host the Annual Wellness Event so employees can keep tabs on their health, earn incentives and learn about our wellness resources. Personally, I use the UF Health Fitness and Wellness Center and participate in some of the wellness challenges that happen throughout the year. Visit GatorCare.org/wellness to learn more.

We seem to be receiving mixed results with some of the hospital rankings and scorecards that have come out this year. What does this mean?


Right now, there's information overload. We're getting rankings and scorecards from a lot of different sources, and it's easy to chase the idea that we should be the best in all of them. We've chosen to stay focused on specific activities that we believe are indicative of quality care and we're working hard to get better at those. We take pride in the things we're doing well. In the patient safety section of the Vizient scorecard, we ranked 29th in the country, which is outstanding. And you won't find many hospitals with more pediatric and adult specialties ranked in the top 50 of U.S. News & World Report's Best Hospitals rankings than we have. You'll notice that many of the top-ranked hospitals in the U.S. News rankings don't fare well in the CMS star ratings, and that's because CMS doesn't have a good adjustment for the social issues and complex medical conditions many of our patients face. We should stay focused on improving our care and try not to get too hung up on every report card and ranking that comes out.



PHOTO BY JESSE S. JONES

UF Health Shands CEO Ed Jimenez recently visited with UF Health Shands Hospital Guest Services team members (from left) Elisa Nelson, Destiny Gillum-Butler and Tracy Smith.

Benefits Open Enrollment for UF Health Shands employees runs Nov. 2-15 this year. Why is this so important for staff?

We work hard to provide a benefits structure that meets our employees' needs. Benefits Open Enrollment is a great opportunity for staff to learn more about our robust benefits package. I encourage staff to ensure their selections make the most sense for themselves and their families. Even if you don't plan to make changes, it's a good time to double-check selections. Please take time to participate actively in Open Enrollment this year. 

WANT TO SUBMIT A QUESTION?

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

UF HEALTH | EVENTS+ACTIVITIES

WORKING ON OUR WELLNESS

Results from the annual UF-UF Health Wellness Event show how healthy we are

BY TODD TAYLOR • PHOTO BY MINDY MILLER



UF and UF Health Shands employees participate in a free yoga class held each Tuesday and led by Kim Holton, Ph.D., UF Human Resource Services wellness coordinator.

For the fifth consecutive year UF Health and UF teamed up to host our Annual Wellness Event series in May. The monthlong initiative at UF Health locations throughout Gainesville encouraged employees to make simple, positive changes to improve our health and wellness.

Wellness staffers provided free biometric screenings and assessed 3,083 UF and UF Health Shands benefits-eligible employees. Participants reviewed their

results during a one-on-one meeting with a wellness coach and enjoyed a complimentary boxed lunch or gift certificate from SweetBerries eatery. Additional incentives were available for those who completed an online personal health assessment, received a flu vaccination and were either tobacco-free or participated in a tobacco-cessation course.

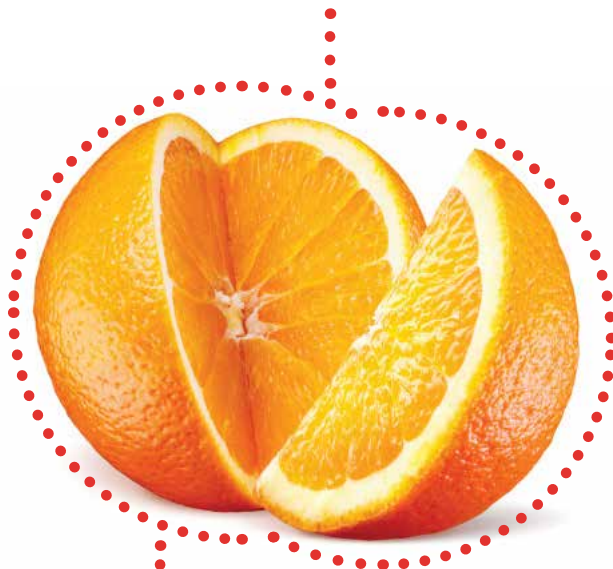
Thanks to our employees' willingness to participate, each year we can assess

our faculty and staff's general wellness, report our findings and offer resources to improve the health of our workforce. In this edition of News+Notes, we will share some of the data from the Annual Wellness Event and highlight a few of the many resources available to help everyone lead a healthy, active life.

Visit GatorCare.org/wellness for more information.

WELLNESS SCORE: 72

Our wellness score indicates the percentage of employees at low risk for health issues. Organizations should aim for a wellness score of 70-85.



“We want everyone in our UF Health family to be healthy. I am pleased that each year we draw more attention to wellness, and I am happy that we are able to increase our wellness offerings. This is a great opportunity for all of us to focus on our health and use these resources.”

– ED JIMENEZ, UF HEALTH SHANDS CEO

SOME OF OUR GREATEST RISK AREAS

Of the 3,083 faculty and staff at UF Health who participated, the following percentage had these health risks:



WEIGHT 69%

DIABETES 64%



NUTRITION 67%

STRESS 61%

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

UF HEALTH | EVENTS+ACTIVITIES

STEP IT UP – 12 FLIGHTS A DAY

Nursing teammates takes charge of their health one step at a time

BY NACUYA LEWIS



PHOTO BY JESSE S. JONES

(From left) UF Health Shands Hospital Admission Discharge Transition Unit team members Juanita Colorado, B.A., U.A.; Taylor Reed, A.A., S.T.; John Stephen, M.S.N., NE-BC; Celeste Scott, B.S.N., RN-BC; Anna Torres, A.S.N.; Grace Kang, Ph.D., B.S.N., RN-BC; and Billie Fink, A.S.N.

Twelve. That's the number of flights that **Grace Kang, Ph.D., B.S.N., RN-BC**, UF Health Shands Hospital Admission Discharge Transition Unit clinical leader, and her team ascend each day.

One step at a time, they take on each flight of stairs in the UF Health Shands Hospital stairwell — located near the Atrium elevators — to climb toward a healthier lifestyle.

“Every morning someone always asks what time we’re doing the stairs,” said **Anna Torres, R.N.**, a nurse on the unit.

Kang sprung into action after receiving the results from her biometric screening at the UF Health Annual Wellness Event for faculty and staff.

“I hate to exercise and I love bacon — but still, a cholesterol level of 241?” she said.

Kang challenged herself to begin taking the stairs. Along the way, she discovered there was a 12th floor and was inspired by encouraging stairwell signage from the new Step it Up employee fitness initiative developed by the UF-UF Health Wellness Committee and GatorCare.

She encouraged her co-workers to join her and a new tradition was born. After reaching the top floor, ADTU team members take a selfie in front of the 12th-floor Step it Up sign and add it to a collage on their unit. Nurses from other units have joined in, too.

Kang challenges herself to accept every invitation to take the stairs, and has climbed as many as 48 flights in one day. Since changing her diet and exercise routines, her cholesterol has decreased.

Torres said, “We motivate one another and Grace has truly inspired us to be aware of our health.” 

LEARN MORE about Step it Up and other wellness initiatives at GatorCare.org/wellness.



33% of wellness survey participants have high cholesterol



32% of wellness survey participants have an ideal body mass index

UF HEALTH | BENEFITS+TRAINING

USE WELLNESS RESOURCES TO MAKE POSITIVE CHANGES

From restless nights to tobacco addiction, help is available!

BY AILEEN MACK



TOBACCO CESSATION

Mike Jones, a UF Health Shands Accounting and Finance reimbursement specialist, had used tobacco for about 10 years when he decided to make a change.

Jones attended a tobacco-cessation course called iQuit, offered through the UF Area Health Education Centers in conjunction with GatorCare. The class helps participants overcome addiction to all forms of tobacco

and includes free nicotine patches, gum and/or lozenges.

“The aids were instrumental because I genuinely feared withdrawals would occur while I was at work,” he said.

Tobacco-free since September 2015, Jones says he used the money he would have spent on tobacco to enter and purchase equipment for a half Ironman race he recently completed.

“Every morning, lunch and night that I haven’t used tobacco is a win,” he said.

GatorCare members are eligible to receive additional free quitting aids, like patches, gum and lozenges and free prescription aids, including Chantix and bupropion. Call 352-733-9202 or visit GatorCare.org/tobacco for more information.




SLEEP CHALLENGE

Jennifer Mohr, a UF Health Shands Human Resources Recruitment employment coordinator, was struggling to get a full, restful night of sleep.

She decided to participate in the Seven-Day Sleep Challenge — part of the UF-UF Health Wellness Committee and GatorCare’s quarterly spotlight initiative.

She found some long-term fixes.

The challenge offers more than a dozen suggested sleep behavior changes. What worked best for Mohr was avoiding television, phone and computer screens for 30 minutes before bed and making her bedroom as cool and dark as possible at night. These modifications help her sleep better and feel more rested when she wakes up.

“The challenge has greatly improved my sleep,” she said. “It helped so much that I told my physician about it at an appointment I had shortly after the challenge ended.” 

GET THE HELP YOU NEED.

Visit GatorCare.org/wellness if you’re interested in transforming your sleep behaviors or giving up tobacco.



3% of wellness survey participants have used tobacco products in the past two years



49% of wellness survey participants have an ideal physical activity score





UF HEALTH SHANDS | BENEFITS+TRAINING

FOCUS ON YOUR FINANCIAL WELLNESS

Enroll in a course to keep your fiscal future on track

BY AILEEN MACK

Does the thought of retirement, debt and Social Security stress you out? If so, the UF Health Shands Human Resources Development team has you covered. Visit myTraining today (mytraining.hr.ufl.edu) and sign up for one of the following courses to strengthen your financial wellness.

RETIREMENT REALITY

Whatever your age, it's never too early to begin retirement planning. This course focuses on all stages of retirement preparation, whether you're just starting your retirement plan or ironing out the final details before you retire. You'll come away with information and tools to better prepare for retirement, including interactive worksheets and resources to help set saving goals, tips to make finances last throughout retirement and other financial budgeting tools.

MANAGING DEBT

Financial strain affects more than just our wallets, it can negatively impact our health. Whether you're currently in debt or trying to avoid it, this course can help. You will learn when it makes sense to borrow; how to prioritize spending and saving; and the difference between wants and needs. You'll also participate in a living expense calculation exercise that will give you a new financial perspective.

SOCIAL SECURITY

Confused about Social Security? You're not alone. This course will teach you how to maximize it when the times comes. You'll get tips to determine when to apply for Social Security and how much you should expect to receive, which will help you plan for retirement. [+](#)



WELLNESS STATS:



78% of wellness survey participants have healthy alcohol habits



61% of wellness survey participants are stressed



25% of wellness survey participants are depressed

UF HEALTH | CARE+QUALITY

FLU VACCINATION DEADLINE APPROACHING

Read answers to frequently asked questions about our policies and processes

BY TODD TAYLOR

Employees who haven't received a flu vaccination by Oct. 31 will be required to wear a surgical/procedural mask in patient care areas during flu season, through April 30.

Can I get a no-cost flu vaccination at UF Health?

Yes. In October, UF Health Shands Occupational Health Services and the UF Student Health Care Center co-host multiple flu vaccination events at UF Health. When both OHS and SHCC staff are on site, all UF faculty, staff and students, UF Health Shands employees and volunteers, and credentialed ARNPs, physician assistants and medical staff can receive a no-cost flu vaccination. See the schedule below or visit Flu Central at bridge.UFHealth.org/flu.

Additionally, the following staff can visit OHS (UF Health Shands Hospital, Room 1004) to receive a free flu shot with their employee ID badge:


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

How can I show that I received my vaccination?

When you receive your vaccination at UF Health, you'll be provided with a sticker to display on your ID badge. If you received your flu shot elsewhere, submit proof of vaccination to OHS to get your sticker.

If I opt out of the flu vaccination, where will I have to wear a mask?

If you choose to opt out of flu vaccination, please visit Flu Central at bridge.UFHealth.org/flu for details about the declination process. You will be required to wear a mask in UF Health Shands and UF Health Physicians patient care areas, including:

- Admissions and registration areas
- Examination and procedure rooms
- Inpatient units
- Open care areas such as holding/waiting areas and post-anesthesia care units
- Patient waiting areas
- Outpatient practices and programs
- Off-site home care settings 

OCTOBER FLU VACCINATION EVENTS

UF Health Shands Hospital Atrium

- Oct. 10-13: 7 a.m. to 4:30 p.m.
- Oct. 14: 7 a.m. to 4:30 p.m.*
- Oct. 26: 6:45 a.m. to 5 p.m.
- Oct. 27: 6:45 a.m. to 5 p.m.*
- Oct. 28: 6:45 a.m. to 5 p.m.

UF Health Shands Cancer Hospital Room 1205

- Oct. 20: 6:45 a.m. to 10 a.m.
- Oct. 21: 2 p.m. to 4:30 p.m.
- Oct. 24: 6:45 a.m. to 11 a.m.

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



All staff and volunteers need to bring their employee ID badge. All receiving vaccination through SHCC also need to bring an insurance card. Dates are subject to change based on flu vaccine availability.

UF HEALTH SHANDS | GROWTH+EXPANSION

SPOTLIGHT ON OUR NEW FREESTANDING E.R.

Medical director and nurse manager answer questions about Kanapaha facility

BY ALISHA KINMAN • PHOTOS BY JESSE S. JONES



Wendy Swan, B.S.N., R.N., SANE-A, UF Health Emergency Center at Kanapaha and UF Health Shands Emergency Center at Springhill nurse manager, and Matthew Shannon, M.D., UF Health Emergency Center at Kanapaha medical director.

On Oct. 1, the UF Health Emergency Center at Kanapaha opened for patients. We chatted with **Matthew Shannon, M.D.**, medical director, and **Wendy Swan, B.S.N., R.N., SANE-A**, nurse manager, who serves in the same role at the UF Health Shands Emergency Center at Springhill.

WHAT CAN PATIENTS EXPECT AT THE KANAPAHA E.R.?

Wendy Swan (WS): Patients can expect the excellent level of service that our staff offers at the Springhill E.R. — a welcoming atmosphere, excellent patient care and efficient processes. It's going to be a beautiful space and a great addition to the community.

Matthew Shannon (MS): It was custom-built for the emergency medicine process. Our goal is to ensure that the same patient-centered philosophy we have at our main E.R. (at UF Health Shands Hospital) and Springhill carries over to Kanapaha.

WHAT IS THE INTENT BEHIND HAVING FREESTANDING E.R.S?

MS: The faculty and staff at our freestanding E.R.s bring the expertise that you'll find at our main E.R.. More access for emergency care is great for the community and allows the faculty and staff at our main E.R. provide an even better patient experience.

WS: The public will appreciate having more locations to choose from related to emergency care. Patients will feel secure knowing that the physicians and staff have the same high level of skills and credentials at each of our emergency rooms.

WHAT KIND OF SERVICES ARE PROVIDED AT OUR FREE-STANDING E.R.S? WHEN SHOULD A PATIENT GO TO THE MAIN E.R.?

MS: Faculty and staff at the UF Health Emergency Center at Kanapaha will handle everything from broken bones to animal bites, with coordination of care by experts at our main E.R. Any patient with a condition that meets trauma alert criteria — including severe orthopaedic trauma, gunshot wounds and traumatic brain injuries — will be taken immediately to our Level 1 Trauma Center at UF Health Shands Hospital. When patients suffering from these types of trauma come through our doors, we will assess, stabilize and immediately transfer the patient. The teams at the main E.R. will be alerted and waiting for the patient.

WE ARE ALWAYS FOCUSED ON ENHANCING PATIENT SAFETY AND QUALITY. HOW DOES TEAMWORK HELP ACHIEVE THESE GOALS?

WS: Patient safety, quality and customer service are always our priorities. At Springhill, we've created a culture of caring, and we will continue to meet the mark at Kanapaha. We will have a shared model of staffing that will ensure consistency at both locations and promote staff engagement. We are always looking to improve, so if there are questions or concerns — we want to know. At Springhill, our faculty and staff communicate constantly throughout the patient experience. The relationship that I have with the medical directors is crucial, and I am thankful to have **Zachary Wilson, M.D.**, UF Health Shands Emergency Center at Springhill medical director, and Dr. Shannon to work with.

MS: There's a feeling of camaraderie at Springhill. The secret sauce is people getting along with each other. The nursing staff at Springhill is one of the most responsive and team-focused groups I've ever worked with.



Swan and Zachary Wilson, M.D., UF Health Shands Emergency Center at Springhill medical director, look on as Kori Drake, B.S.N., R.N., C.E.N., UF Health Emergency Center at Kanapaha nurse coordinator, pulls up information on the computer.

WHAT MAKES THIS NEW FACILITY UNIQUE?

WS: It was designed to provide faster access and efficiency for all. It features a spacious waiting area, plenty of triage and laboratory space and a focus on patient privacy. Every aspect of this E.R. was designed with the patient in mind! We also cross-train support staff so that as the needs change within the unit everyone is supported and the patient benefits. ■

UF HEALTH SHANDS | BENEFITS+TRAINING


GET INFORMED FOR BENEFITS OPEN ENROLLMENT

Nov. 2-15: Select your employee benefits for 2017

BY JACKY SCOTT

Benefits Open Enrollment for UF Health Shands employees begins Nov. 2 and closes Nov. 15. Take time to use the tools our UF Health Shands Human Resources department provides to ensure you are enrolled in the benefits that best satisfy your and your family's health needs.

Figuring out the perfect plan for you and your family doesn't have to be challenging.

Stay informed! Resources will be posted on the Bridge under "Employee Services" then "HR Gainesville – Shands." Make sure to check your home mailbox, read Shands News, visit with an enroller in person at one of many open enrollment events and stay tuned for upcoming email announcements. 

STRAIGHT FROM THE SOURCE

We asked UF Health Shands Human Resources employees which benefits they enjoy the most.



"I appreciate the Wellness program and the many helpful tips provided throughout the year."

Vicky Tomlin-Simmons, employment specialist



"If I had to choose one, I'd have to pick the Paid Time Off benefit."

Cindy Herndon,
executive assistant



"The fact that UF Health provides employees with tuition reimbursement shows that the organization desires to invest in the education of those employees wanting to excel in their UF Health careers."

Danny Anderson, employment coordinator

SCHEDULE OF EVENTS

WEEK OF OCT. 24

Check your home mailbox for an open enrollment news-letter from Human Resources.

NOV. 2

Open enrollment begins online.

NOV. 2-15

Enrollers come to the UF Health Shands Hospital Atrium to answer questions and offer guidance.

NOV. 7-9

Benefits Fair in the UF Health Shands Hospital Atrium.

NOV. 10

Benefits Fair at UF Health Shands Rehab Hospital and UF Health Shands Psychiatric Hospital.

NOV. 15

Open enrollment closes to allow time for requests to be processed. Last day enrollers will be in the Atrium.

NOV. 28 - DEC. 2

Enrollment reopens for staff to confirm requests and make last-minute changes.

DEC. 2

Last day of enrollment.



"UF Health Shands provides my family with exceptional health insurance coverage at an affordable cost, all while not sacrificing quality."

Lavonia Mack, employment manager



"With almost 27 years of service, I'm looking forward to the great retirement benefits."

Direne G. Glen, benefits specialist

Be sure to stay up-to-date on your benefits plans as there are changes for the upcoming plan year (2017).

- Dental plan rates are decreasing.
- The Shands Preferred Dental Plan is moving from a direct dental plan to a preferred provider organization, or PPO, arrangement. Review the provider network to be sure your dentist is in the network. The plan's orthodontic services benefit now has a separate calendar year maximum.
- For employees with GatorCare health insurance, there will be a \$100 deductible on pharmacy benefits for Tiers 2-5, but the deductible will not be applied to Tier 1 (generics).
- GatorCare plan participants will see an increase in the annual out-of-pocket maximum.
- There will be an employee cost-share increase of 3 percent for both the Prime Plus and Premium GatorCare plans.
- Each year, employees who waive health insurance coverage through UF Health Shands are now required to show proof of other coverage. This will be done through employee self-service during Benefits Open Enrollment. If a current employee who has previously elected the waive-coverage option does not elect to opt-out or waive coverage during Benefits Open Enrollment, he or she will be defaulted to individual coverage in the Prime Plus Plan.

LEARN MORE ABOUT YOUR BENEFITS.

On the Bridge, click on "Employee Services" then "HR Gainesville – Shands."

UF HEALTH | FINANCE+FUNDRAISING

THANK YOU FOR RAISING HOPE!



Over the summer, more than 1,550 UF Health Shands employees and UF College of Medicine faculty and staff members joined together for the annual UF Health Raising Hope at Work giving campaign. In only 11 weeks, employees raised an inspiring \$203,286 for the UF Health Heart & Vascular Hospital, the UF Health Neuromedicine Hospital and the George T. Harrell, M.D., Medical Education Building.

This year, teams earned points based on dollars raised and participation. Congratulations to the winning teams:

First place: UF Health Sebastian Ferrero Office of Clinical Quality and Patient Safety (pictured)

Second place: UF Health IT Services and the UF College of Medicine department of psychiatry (tie)

Third place: UF Health Shands Finance

Congratulations to the following departments that reached 100 percent participation:

- UF Health Shands Cancer Hospital Surgical/Trauma Intensive Care Unit 4 West
- UF Health Shands Children's Hospital Pediatric ICU
- UF College of Medicine department of OB/GYN
- UF Health IT Services
- UF Health Shands Hospital Management Engineering Consulting Services
- UF Health Office of Development

Thank you to each faculty and staff member who participated in this campaign. You are making a visible difference in our mission every day.

UF HEALTH SHANDS HOSPITAL | GROWTH+EXPANSION

PATIENT BATHROOMS RECEIVE A FACELIFT

New sinks, shower panels and floor finishes are just a few of the updates patients and their families can expect during their visit at UF Health Shands Hospital. In the last three years, 101 bathrooms – including 36 completed so far this year – have been refurbished.

Although the updates are aesthetic, they will help improve our patients' experience. Positive changes like this also reflect our commitment to continue enhancing

UF Health's culture of care.

Improvements, such as replacing hard-to-clean tile and grout with a solid surface, will result in better infection control and help our Environmental Services team clean more efficiently. Other new upgrades include replacing sinks and flooring as well as fresh paint throughout patient care areas.

"I know that the staff are really excited about the updates and feel good about

improving patient safety and satisfaction," said **Ken Williams**, UF Health Shands Facilities Development project superintendent.

The Facilities Development team plans to refurbish 34 more restrooms before the end of this year.

For more facility and construction updates, visit blueprints.UFHealth.org.




UF HEALTH | RESEARCH+DISCOVERY

LAB NOTES

Check out recent research developments at UF Health

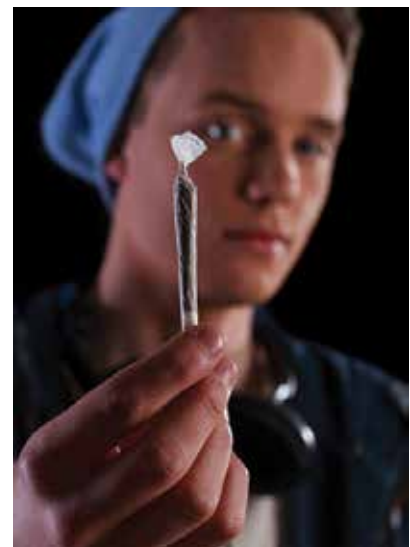


A NEW STRAIN OF "SEAL FINGER"

Researchers at the UF College of Veterinary Medicine report that seals are a potential source of a new bacteria strain that could cause more severe disease in people than previously thought possible. The scientists discovered the organism, a new strain of the bacteria mycoplasma, in tissue samples taken from the hips of an Alaskan hunter who became critically ill days after returning home from a subsistence seal hunt. Among his symptoms: high fever, a swollen right middle finger and acute pain in both hips. The researchers knew the finger indicated an infection caused by mycoplasma called "seal finger," but this was the first time that infection spread systemically, which led the researchers to identify the new strain. 

UNBREAK MY HEART

For the first time ever, UF Health researchers are evaluating whether or not the combination of heart and bone marrow stem cells can repair heart damage. The first patient in the clinical trial, who has had several heart attacks and other cardiac issues, recently received the stem cell mixture during a procedure, said Carl J. Pepine, M.D., a professor in the UF College of Medicine's department of medicine.



WHEN TO LEARN TO SAY NO?

The likelihood adolescents will try marijuana rises steadily from age 11 to age 16, then decreases before hitting another peak at age 18, according to a new UF Health study. The study findings may help experts develop new marijuana-prevention strategies.



UF HEALTH SHANDS | CARE+QUALITY

TUNE IN TO "IN THE Q"

"In the Q" is a new video series that features quality-improvement information, patient safety updates and other news to help us provide the best possible experience for our patients.

Randy Harmatz, M.B.A., UF Health Clinical Quality and Patient Safety senior vice president and chief quality officer, kicked off the series in July with a segment about publicly reported quality data.

"The goal of this video series is to keep staff informed about changes and updates to our quality and patient safety initiatives and other news that affects the work we do every day," Harmatz said. "This is one way we can connect with staff and share information to help us continue to provide exceptional service to every patient at every encounter."

The videos will be posted quarterly on the Leaders Online portion of the Bridge home page. You can also find them on the Quality Bridge site: Search "In the Q." Submit questions or leave a reply in the comment box under the video.

Also, don't forget to pick up the newest edition of The Q Report or visit qreport.health.ufl.edu to read about quality and safety initiatives taking place around UF Health.

To view "In the Q" videos, visit the Bridge and search "In the Q."

UF HEALTH SHANDS | CARE+QUALITY

MORE PATIENTS, GREATER NEED FOR EFFICIENCY

As UF Health's reputation flourishes and demand for our services continues to rise, a coalition of more than 250 executive leaders, managers and frontline staff are working to help provide efficient, effective care to those we serve.

The Efficiency, Effectiveness and Patient-Centeredness, or EEPC, initiative is directed by **David Guzick, M.D., Ph.D.**, UF senior vice president for health affairs and UF Health president, and a steering committee of executive leaders from across the organization. The committee oversees 14 interdisciplinary work groups of faculty and staff from diverse service areas. The work groups are assigned to analyze and improve factors that affect

the patient experience and length of stay. A data support group tracks the teams' efforts in real-time with a quality metrics dashboard to help them stay on track.

Each group relies on the others to help advance our big-picture goal: To deliver exceptional service, value and quality to every patient at every encounter.

To learn about how the teams are addressing and improving key quality and safety measures, read the latest edition of The Q Report: qreport.health.ufl.edu. You can also pick up an edition in a magazine rack near you!

UF HEALTH SHANDS REHAB HOSPITAL | EVENTS+ACTIVITIES

A WALK IN THEIR SHOES

Physician provides peer support for amputees

BY LEAH HARMS



(Top) Fred Southwick, M.D., a UF College of Medicine professor of medicine and infectious disease specialist, hasn't let his prosthetic leg stop him from enjoying rowing. (Above) Participants in this year's Certified Peer Visitor Training program gathered for a photo at the Alachua County Senior Recreation Center.

On an average day of patient rounding, **Fred Southwick, M.D.**, a UF College of Medicine professor of medicine and infectious disease specialist, takes 5,000 steps.

Years ago, that number wouldn't have been significant, but after he unexpectedly lost his leg in 2012, Southwick has a new outlook on every step he takes.

"It takes one-third more effort for me to walk than a normal person, but I'm still happy I can do it," he said.

During his strenuous recovery process, Southwick wasn't able to connect with a support network for patients undergoing amputation.


"I remember wanting to talk to someone who had an amputation," he said. "But I didn't know anyone and my care team didn't have anyone to put me in contact with."

Southwick knew the importance of community for recovering patients and the value of learning from someone with similar experiences, so he joined Gator Amps, a local support group affiliated with the Amputee Coalition of America, or ACA. The group meets monthly at UF Health Shands Rehab Hospital and allows amputees to support and learn from each other.

"Gator Amps facilitates opportunities for individuals with limb loss to live life to the fullest, learn from one another and grow as a limb-loss community," said **Becky Piazza, M.S., OTR/L, BCPR**, UF Health Shands Rehab Hospital occupational therapy clinical coordinator.

Southwick recently took his Gator Amps membership a step farther and attended the annual national Certified Peer Visitor Training program, held at the Alachua County Senior Recreation Center. As a physician, Southwick has the opportunity to speak with many new amputees, and any time he's asked to visit a patient in his new role as a certified peer visitor, he proudly takes the extra steps to their room to provide whatever support he can.

Southwick said, "As a peer visitor, I can describe my journey and it helps them know what to expect with theirs. The No. 1 thing is to listen and empathize."

Gator Amps meets at the rehab hospital the first Tuesday of each month from 6 to 8 p.m. For more information, visit UFHealth.org/events/gator-amps-support-group. 



Adela Van Antwerp, a UF College of Medicine department of surgery administrative specialist, rings the Liminal Bell in the UF Health Davis Cancer Pavilion to celebrate life after treatment.

Treatment path



Mammography

For average-risk patients, annual mammogram screenings begin at age 40.



Referral to surgeon

If an area of concern is detected and a biopsy reveals cancer, the patient is referred to a surgical oncologist. Van Antwerp is pictured with **Lisa Spiguel, M.D.**, a UF College of Medicine oncology surgeon.

UF HEALTH | CARE+QUALITY

BREAST CANCER SURVIVAL TAKES A VILLAGE

Employee combats breast cancer with support of care teams and co-workers

BY KARIN LILLIS

“It’s no big deal.” That was the first thought of **Adela Van Antwerp**, a UF College of Medicine department of surgery administrative specialist, when her radiologist found a questionable mass in her right breast.

It was the same spot the radiologist had monitored through annual mammograms — but until now it had caused no concern. The next step was a biopsy.

“I thought it was probably just a cyst,” Van Antwerp said.

She got the call at work on July 31, 2015. The results came back positive for stage 1 breast cancer, the most common type.

“When the doctor said ‘cancer,’ it was like a bomb went off,” Van Antwerp said. “I immediately was scared that I would not be here for my husband and my boys.”

With the support of her UF Health family, Van Antwerp’s journey began.

She credits her co-workers in the department of surgery — **Heather Porter**, office manager; **Josh Moncada**, clinical services coordinator; and **Edra Ijames**, senior administrative assistant — with helping her over the first hurdle.

“Adela is one of the strongest ladies I’ve ever met,” Ijames said. “Even as a breast cancer survivor myself, she inspires me by her strength, ability to carry on in the face of adversity, and sense of humor through a tough diagnosis and rough road.”

Van Antwerp’s radiologist referred her to **Lisa Spiguel, M.D.**, a UF College of Medicine oncology surgeon, who was concerned she may have a more extensive disease and ordered additional testing. The diagnosis was stage 3 invasive ductal carcinoma. The treatment consisted of surgery, chemotherapy and radiation.

She underwent a modified radical mastectomy on Aug. 20, 2015, having her breasts and 28 lymph nodes removed. She endured 18 weeks of chemotherapy, followed by 30 rounds of radiation.

Van Antwerp said she received outstanding care from faculty and staff at UF Health, including **Pamela Clevenger, R.N.**, UF Health Cancer Center oncology nurse navigator.

“Adela is a very sweet woman with a positive attitude and an infectious smile,” Clevenger said. “It makes my job wonderful to see how patients like Adela come through a tough

ordeal with such strength and grace. It’s been a joy to work with her.”

Van Antwerp’s family stood by her through the entire journey. Her younger son rearranged his school and life plans to help care for his mother.

“Without family at home or my work family holding me through this whole thing, I never would have made it,” she said.

Her friend **Karen Brezner**, UF College of Medicine division of endocrinology office manager, was also instrumental in her recovery and took her to every chemotherapy treatment.

Van Antwerp eventually returned to work part-time and was finally given clearance by her physicians to return full-time in May.

She is optimistic that **Coy Heldermon, M.D., Ph.D.**, a UF College of Medicine medical oncologist, will give her the all-clear at her follow-up appointment this month.


Van Antwerp said, “I’ve come out of it stronger, brighter and more determined to do what I have to do to be here.” 

PHOTO BY JESSE S. JONES



Chemotherapy and/or radiation

After surgery, a patient may receive chemotherapy and/or radiation treatments, depending on the diagnosis.



Post-treatment celebration

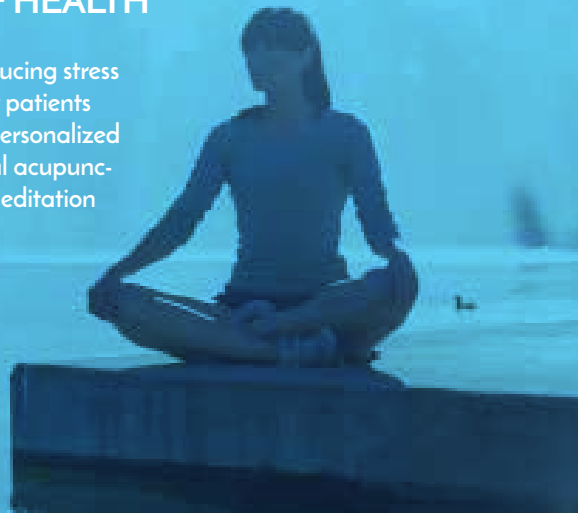
Following radiation and chemotherapy, Van Antwerp rang the Liminal Bell to celebrate life after treatment.

UF HEALTH | CARE+QUALITY

TREAT YOUR MIND, BODY AND SPIRIT AT UF HEALTH

Acupuncture, meditation and massage – these practices once considered alternatives to conventional medicine are becoming mainstream in hospitals nationwide. Did you know that UF Health offers integrative medicine services for interested patients? Integrative medicine is a healing-oriented practice of medicine focused on the whole person – mind, body and spirit. The UF Health Integrative Medicine team provides detailed, individualized

assessments aimed at reducing stress and optimizing health for patients through a wide array of personalized services, including medical acupuncture, massage therapy, meditation and yoga.



For more information or to schedule an appointment, visit UFHealth.org/integrativemedicine or call 352-265-WELL (9355).

UF HEALTH | AWARDS+KUDOS

RECOGNIZE A TEAMMATE WHO GOES THE EXTRA MILE

Providing compassionate care and excellent service to our patients, their families and each other is at the center of who we are as an organization. The Customer Service is Key program allows us to highlight colleagues who exceed expectations. Here's a recent example of a CSK nomination:

"One evening, Veronica and I walked out to the parking garage together only to discover I had a flat tire. Without a word, she jumped right in and helped me change it. Truth be told, she did all the hard work while I simply looked on in amazement. It was after midnight and we were both exhausted, but she didn't complain once. She truly went above and beyond to help a co-worker!"

– Submitted by Jeanette Fitts to acknowledge Veronica Yuja – both are UF Health Shands Admissions specialists in the E.R.

To submit a CSK nomination, visit the Bridge and search "CSK" or call 352-265-0495 for more information. To read more CSK stories like those featured above, visit news-notes.UFHealth.org and read the May edition. All of our print publications are also located on the Bridge under "News & Events."

To all of our CSK nominees, thank you for going the extra mile for our patients and colleagues!

