

Vol. 12 No. 5 | JAN 2017

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## NEWS+NOTES

UF HEALTH SHANDS

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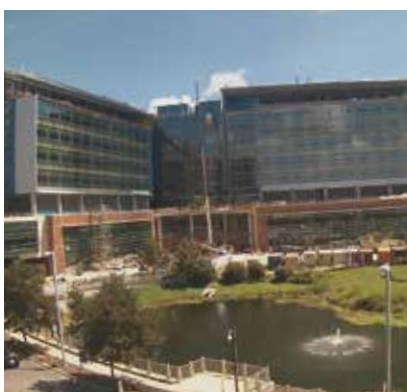
How Hospitality Huddles are influencing our nursing culture.

**PAGE 18: A GREAT ESCAPE**

Child life specialists help young patients cope with treatment.

**PAGE 22: A FITNESS-FILLED LIFESTYLE**

Achieve lifestyle goals at our fitness and wellness center.



# Building a better future

See what we accomplished in 2016 and what's new for 2017.

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UF HEALTH | HOSPITALITY+SERVICE

## CHOOSE TO BE GRATEFUL

*Inspiration surrounds us, but it can be hard to see*

BY TODD TAYLOR

For those of us who work at UF Health, the extraordinary can become ordinary. Each day, diagnoses are made, surgeries are completed, breakthroughs are discovered, lives are saved and sometimes lost — and our days go on.

A few years ago, the script was flipped on my family. Our 4-year-old daughter was diagnosed with cancer, underwent a seven-hour surgery, endured months of radiation and chemotherapy, lost her hair and appetite, and was hospitalized numerous times for complications.

I'm thrilled to report that in October, we celebrated the two-year anniversary of her remission. These days, if you saw her with a group of children on a playground, you'd never guess she's a cancer survivor. She's right back to being a high-energy kid.

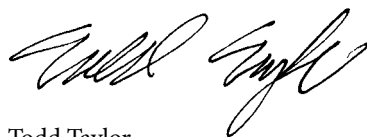
Despite the trials and tribulations our family endured, it's easy to become complacent. Some days, I rarely think about the struggles and sadness we experienced as I'm entrenched in the day-to-day chaos of life. I sometimes forget that every day, every hour, someone is receiving a frightful diagnosis or undergoing a high-risk medical procedure right down the road from where I sit here at work.

Recently, my wife befriended a family whose young child was diagnosed with a terminal illness — every parent's worst nightmare. It's inspiring to witness this family's strength while they face an unthinkable situation. It also provides perspective.

When work gets frustrating, home life feels overwhelming or traffic on Archer Road is unbearable — I try to remember that others are facing obstacles much larger than mine. This may seem cliché, but speaking from experience you never know what bombshell tomorrow can bring, so try not to get caught up with the little things. We never thought our child would be diagnosed with cancer at such a young age, but we also never imagined how quickly she would recover. Our family is fortunate.

As we approach the season of New Year's resolutions and look for ways to better ourselves, I encourage you to choose to be grateful and reach out to others who are hurting, scared or less fortunate than you — talk to a lonely patient roaming the halls; give a confused visitor directions; donate spare change to benefit the Ronald McDonald House or another worthy cause.

I recently read that you should never be the first one to disengage from a hug with a loved one, as you never know how badly they might need it. Here's to long hugs ... and a happy New Year.



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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?*

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

### What stands out when you look back at 2016?

The patient care delivery our teams provide is impressive. It's also gratifying for all of us as we continue to get external validation that great things are happening. On the Vizient Report Card for quality outcomes, we recently received information about our mortality reduction numbers continuing to improve and how well our results stack up against our competitors. Additionally, our strength as a resource for the state continues to grow as we care for more patients from all over Florida. We've broadened our presence in Daytona Beach with Halifax Health and in Pensacola with Sacred Heart. When Hurricane Matthew hit, we were trusted to treat patients who were evacuated from other hospitals. We see everyone's hard work and results daily but this recognition from others is definitely a boost.

### What are some of the biggest challenges we will face as our teams prepare to move into the new hospitals?


First, the building shouldn't become the catalyst for change. If there are areas we need to improve, it's best to have solutions in place before we move. That's what we're always doing — building on what's working and continually improving. Second, we must channel our excitement. When you move into a new building, sometimes you want to do a million things and answer the most complicated questions immediately. We must pace ourselves and do things thoughtfully. Third, we can't allow our focus to stray from our core approach — taking great care of people, making patients and families feel good and paying attention to our colleagues.

### How is UF Health Shands doing financially?

The Wall Street ratings process confirmed in an external way that we're a strong financial organization. That allowed us to borrow money to build the new hospitals and use some of our funds on recognition programs to thank employees for their contributions



Ed Jimenez recently visited with UF Health Shands Environmental Services team members (from left) Tammie Davis, Debbie Sanchez and Patty Wilcox.

to our success. It enabled us to spend on projects like the EPIC Beaker system and the new Kanapaha E.R. I think we are taking calculated and thoughtful approaches to our financial position and balancing our borrowing and spending at a comfortable rate. This is due to strong patient volumes that yield a financial bottom line that allows us to have these options to support future growth. Everything we do has our patients in mind. It's a great time to be part of UF Health. 

### WANT TO SUBMIT A QUESTION?

Email [taylt@shands.ufl.edu](mailto:taylt@shands.ufl.edu) and we'll consider it for an upcoming edition.



## WORKING TOGETHER TO MOVE MEDICINE FORWARD

*Celebrating our 2016 accomplishments and looking ahead to 2017*

BY JACKY SCOTT • PHOTOS BY MINDY MILLER + JESSE S. JONES

# 2016

## YEAR IN REVIEW

**W**e've had an incredible year at UF Health, marked by great accomplishments, recognition and progress. Thanks to the teamwork of our talented faculty, staff and volunteers, we continue to establish ourselves as one of the most successful and respected academic health centers in the Southeast.



Elizabeth Ruszczyk, J.D., CIPP, C.H.C., CHRC,  
named UF-wide chief privacy officer.

**OCTOBER  
2016**

**AUGUST  
2016**

LEADERSHIP

C. Parker Gibbs, M.D.,  
named chief medical officer  
for UF Health Shands.



#### LEADERSHIP

In August, **Elizabeth Ruszczyk, J.D., CIPP, C.H.C., CHRC**, was named the new UF-wide chief privacy officer while continuing her position as UF Health Compliance and Privacy vice president. The unique dual roles and reporting arrangement will help Ruszczyk facilitate greater collaboration and access to shared resources across UF and UF Health. “With her focus on supporting faculty and staff and building teamwork and efficiency, Elizabeth embodies a customer-focused and responsive approach to privacy and compliance,” said **Ed Jimenez**, UF Health Shands CEO.

In October, **C. Parker Gibbs, M.D.**, UF College of Medicine orthopaedic surgery division chief and the Eugene L. Jewett professor of orthopaedic surgery, was named chief medical officer for UF Health Shands. As CMO, Gibbs is responsible for the direction and oversight of medical staff

practicing at UF Health Shands hospitals and outpatient programs. “Dr. Gibbs is the embodiment of a ‘triple threat’ academic physician, and thus has the respect and support of the entire faculty,” said **David S. Guzick, M.D., Ph.D.**, UF senior vice president for health affairs and UF Health president.

After serving in the position for more than six years, **Timothy C. Flynn, M.D.**, stepped down as UF Health Shands chief medical officer. He will continue his 30-year medical career with the UF College of Medicine as senior associate dean for clinical affairs and a professor in the department of surgery’s division of vascular and endovascular surgery. We thank Flynn for his pioneering efforts and contributions to our medical staff and for serving as a champion for our expert nursing and patient care staff.

#### STRATEGIC GOALS & GROWTH

Our teams made rapid progress on construction of the **UF Health Heart & Vascular and Neuromedicine hospitals** in 2016. With an average of 450 workers on site every day, this \$415 million project is scheduled for completion in less than a year, with the doors opening for patients in December 2017. Hundreds of staff are participating in transition planning workgroups and leading this exciting endeavor.

The **UF Health Children’s Surgical Center** opened in April to accommodate the growing need for specialized pediatric care. The 17,500-square-foot building mimics the soothing, nature-themed design of the UF Health Shands Children’s Hospital, and features four large operating rooms constructed specifically for outpatient surgical procedures for children and adolescents.

JULY  
2016



UF Health Pediatrics primary care practice opened at Tioga Town Center.

OCTOBER  
2016



Phase 1 of the Neonatal ICU expansion at UF Health Shands Children’s Hospital was completed.

NOVEMBER  
2016

#### STRATEGIC GOALS & GROWTH



UF Health Shands Emergency Center at Kanapaha opened for patients.

In July, the fourth **UF Health Pediatrics primary care practice opened at Tioga Town Center**. With 6,220 square feet, UF Health Pediatrics at Tioga includes 16 exam rooms for newborns and children up to age 21, and a designated room for outpatient procedures.

The **UF Health Shands Emergency Center at Kanapaha opened Oct. 1**. Our second freestanding emergency room in Gainesville provides patients with 24/7 access to high-quality care close to home. The 10,881-square-foot facility features 14 exam rooms and provides patients with critical care and a full complement of diagnostic radiology and laboratory services, including CT scans. As a 911-receiving center, the team is connected with EMS to handle a broad range of emergency services. More than 2,400 patients were treated in October and November.

In November, we **completed Phase 1 of the Neonatal ICU expansion** at UF Health Shands Children's Hospital. Our most vulnerable critical patients moved into four areas known as "neighborhoods," with a soothing and welcoming wildlife and nature theme. The

cohesive and connected space is designed to meet the needs of all NICU patients, regardless of their level of care.

## **CLINICAL EXCELLENCE & RESEARCH**

The **UF Health Shands Core Laboratory** is now fully automated. With more advanced technology and additional workspaces, the lab automation enables staff to provide faster turnaround times and more precise, reliable specimen testing for even greater quality and efficiency.

In August, 4-month-old **conjoined twin girls who were connected at the heart, liver, diaphragm and sternum were successfully separated** in an extremely rare and complex surgery performed by our physicians, nurses and pediatric teams at UF Health Shands Children's Hospital. After more than a dozen surgeries performed on each girl, their parents were able to take them home thanks to the expert care they received.

**UF investigators were awarded a five-year, \$12 million grant to address the major challenges in the current treatment of tuberculosis.** Our TB

researchers strive to provide a reduction in treatment duration and drug resistance for people suffering with the disease.

In September, **the National Institute on Aging funded UF researchers a five-year, \$5.7 million grant titled "Augmenting Clinical Training in Older Adults: The 'ACT Study'."** The focus is to test whether the benefits of cognitive training can be augmented by transcranial direct current stimulation — a form of noninvasive brain stimulation that uses constant, weak and safe electrical currents delivered to the brain via electrodes placed on the surface of the scalp.

The recently launched **Efficiency, Effectiveness and Patient-Centeredness initiative**, or EEPIC, is a coalition of more than 250 executive leaders, managers and frontline staff working together to further boost clinical quality and the patient experience at UF Health. They are working to address key quality measures like length of stay, patient-centeredness and community engagement.



**AUGUST  
2016**



Four-month-old conjoined twin girls who were connected at the heart, liver, diaphragm and sternum were successfully separated at UF Health Shands Children's Hospital.

**SEPTEMBER  
2016**

## **CLINICAL EXCELLENCE & RESEARCH**



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## MILESTONES

The **UF Health Shands Transplant Center and LifeQuest Organ Recovery Services celebrated 50th anniversaries** this year. More than 8,300 transplants have been performed at UF Health since our surgeons were responsible for the state's first adult kidney transplant in 1966.

Three of our UF Health academic health center colleges celebrated major milestones this year — the **UF College of Medicine and UF College of Nursing both turned 60, and the UF College of Veterinary Medicine turned 40.** We are grateful for the faculty and staff in these colleges for training future generations of care providers.

## ACCREDITATION & RECOGNITION

For the second year in a row, **UF and UF Health were named on Forbes' list of America's Best Employers.** Overall, both moved up the list since 2015. UF Health came in at No. 89 of the top 500 companies, from 154th last year. UF also saw a notable rise to No. 90.

In March, **UF Health was named one of the nation's 150 great places to work in health**

**care by Becker's Healthcare** — a list of the premier health care workplaces developed through nominations and editorial research. **UF Health Shands Hospital was also named one of the 100 great hospitals in America by Becker's Hospital Review.**

In June, UF Health Shands Children's Hospital was recognized in nine medical specialties in **U.S. News & World Report's** annual rankings. In August, UF Health Shands Hospital was recognized in eight adult specialties by U.S. News & World Report — tied for the most in Florida. We were the only Florida hospital ranked in a combined 17 specialties.

The Cardiac ICU, Pediatric ICU and Surgical/Trauma ICU teams each earned a **gold-level Beacon Award for Excellence**, while the Post Anesthesia Care Unit earned a silver-level award from the American Association of Critical-Care Nurses, one of the highest honors in nursing. In 2016 we had six nursing care units with active Beacon Awards, a reflection of our nurses' commitment to providing experienced care and expert caring.

This year, the **Vizient Quality and Accountability Scorecard** (formerly known

as UHC) ranked UF Health Shands 25th out of more than 100 academic health centers for observed versus expected mortality rates, marking our advances in quality and patient safety.

In 2016 we also saw encouraging results from the **annual UF Health Agency for Healthcare Research and Quality Patient Safety Culture Survey**, which provides a critical overview of the perception of UF Health's patient safety culture. Participation increased this year and results showed that staff feel more comfortable reporting safety events and trust that their managers will make patient safety improvements. Quality is Job 1 as we continue to work together to deliver exceptional quality care, value and service to every patient at every encounter.

In July, we launched **"In the Q"** — a new video series that features quality improvement and patient safety updates and other information 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, has used the videos to explain publicly reported quality data and rankings as well as quality and safety goals and progress.



## 2016

The UF College of Medicine and UF College of Nursing both turned 60, and the UF College of Veterinary Medicine turned 40.

## 2016 MILESTONES

## 2016

UF Health Shands Transplant Center and LifeQuest Organ Recovery Services celebrated 50th anniversaries this year.





## **HOSPITALITY & SERVICE**

In February, after a pilot over several months, we rolled out **Hospitality Huddles**, twice-monthly briefings to discuss a monthly Hospitality and Service behavior to model and help us make a positive difference for patients, visitors and staff. Participants are asked to practice and observe specific behaviors and share lessons learned. Staff and patients are already noticing a difference. “Patient and visitor feedback seems to recognize that we’re more welcoming and attentive. Thanks to everyone for participating in our Huddles and making UF Health a better place to work and receive care,” Jimenez said.

This year, UF Health Communications launched a **new staff welcome video** that introduces new hires to UF Health and is used in orientation for UF Health Shands and UF Health Physicians staff, residents, faculty and volunteers. Find the video on the Bridge under “Education” and “Faculty/Staff Development” or search “Staff welcome video.”

## **COMMUNICATIONS**

January 2017 marks two years since we launched the **UF Health Bridge**, our UF

Health intranet site. With more than 37,000 users, the Bridge is the place to access internal communications for employees. Throughout 2016 we made numerous improvements and additions, including the heart icon for users to “like” a story or post. Empathy Corner is the most popular widget on the home page, averaging 10,000 page views per month, followed by FYI: Announcements and Leadership Status Updates. In all, the Bridge receives over a million page views a month!

Launched in April, **UF Health’s new advertising campaign for UF Health Pediatrics and UF Health Shands Children’s Hospital** focuses on our patients who have managed their health issues with the help of our pediatric care teams. The campaign was created by several of our UF Health Communications teams. Visit [UFHealth.org/peds](http://UFHealth.org/peds) to learn more about the campaign.

We hope you noticed **News+Notes’** facelift this year! We listened to your feedback and updated our newsletter to better provide information about the outstanding work being done in our Gainesville hospitals and practices among our faculty, staff, volunteers and students. If you can’t pick up a copy, visit the website at [news-notes.UFHealth.org](http://news-notes.UFHealth.org) to read the latest edition.

## **COLLABORATION & COMMUNITY SUPPORT**

In June, we began a long-term collaboration between **UF Health Shands Rehab Hospital and Select Medical** to build on the outstanding rehab care and take our programs there to the next level. We plan to use the academic health center model used by Select Medical at centers such as the Kessler Institute for Rehabilitation. We’ve been sharing best practices and information to improve quality care. An interim management agreement is underway and plans include shared ownership with Select Medical overseeing operations for the rehab hospital. Meanwhile, the relationship with Select Medical includes co-ownership of Select Specialty Hospital – Gainesville on Archer Road. Our College of Medicine physicians will join the medical staff and focus on quality care and patient safety.

In March, the **Sacred Heart Health System and the UF College of Medicine announced a collaboration** to operate physician residency programs in Pensacola to train medical school graduates specializing in pediatrics as well as obstetrics and gynecology. We continue to explore other collaborative opportunities to help us



In February, we rolled out Hospitality Huddles to help us make an even more positive difference for patients, visitors and staff.

**JANUARY 2017**

**HOSPITALITY & SERVICE**  
**FEBRUARY 2016**

**COMMUNICATIONS**

January 2017 marks two years since we launched the **UF Health Bridge**, our UF Health intranet site.



**2016  
YEAR IN  
REVIEW**



improve care and meet the needs of patients throughout the region and state.

At UF Health, we are engaged in improving the health and wellness of our patients and communities. In 2016, UF Health provided more than **\$190 million in community benefits**, including unsponsored charity care, regional health services, donations and in-kind services, education for health professionals and scientific and clinical research. Learn more at [UFHealth.org/about](http://UFHealth.org/about) under “Social Mission & Community.”

## LOOK AHEAD TO 2017

Looking ahead, leaders at UF Health are preparing teams to transition staff, services and patients to the **UF Health Heart & Vascular Hospital and the UF Health Neuromedicine Hospital in December 2017**. Patients with complex health conditions will receive inpatient and outpatient specialty care from specialized teams co-located in the new facility. “It’s going to be phenomenal to have hospitals where patients can have all of their disease-specific needs met,” Jimenez said.

On Jan. 1 we began a relationship with **Sacred Heart Health System** to provide inpatient pediatric subspecialty coverage for The Studer Family Children’s Hospital at Sacred Heart. We will also be providing outpatient pediatric nephrology support at Sacred Heart’s pediatric specialties practice. We plan to add support for other pediatric specialties as well. These relationships allow

us to improve the lives of even more patients and expand our reach to Northwest Florida and South Alabama.

In 2017, we will open **new offices in Ocala and Summerfield for cardiology and orthopaedic care**. Cardiology will be offered at UF Health Cardiology at Ocala Heath Brook and UF Health Cardiology at Villages. Both locations will offer general cardiology services, and the Ocala practice features a catheterization lab. Orthopaedics will be offered at UF Health Orthopaedics at Villages, offering comprehensive orthopaedic care, including sports medicine; joints, foot, ankle, hand and upper extremity care; and radiology services.

As NICU III patients have moved into the newly renovated space in UF Health Shands Children’s Hospital, NICU II patients will follow close behind. In spring 2017, **the final phase of the NICU transformation is expected to be complete** — increasing from 12,632 to 20,844 square feet.

The **UF Health Cancer Center has been selected as one of 12 initial clinical trial sites to participate in Precision Promise** — the first large-scale medicine trial designed to bring promising therapies to patients with pancreatic cancer. The trials will start in the spring.

Our **UF Health Shands Nursing and Patient Services teams are applying for our fourth Magnet designation** (third redesignation) in October 2017. Magnet designation is the nursing profession’s most

prestigious honor for exceeding standards in quality patient care and nursing excellence. Magnet hospitals are known to attract and retain top talent; improve patient care, safety and satisfaction; foster a collaborative culture; and advance nursing standards and practice.

And we have great news from our Finance colleagues: **A new user-friendly patient billing tool** that will debut in Spring 2017. Our patients will find the UF Health Shands and UF Health Physicians billing process easier with a single itemized invoice and online bill pay that is straightforward and consistent across services.

As you can see, we have much to be proud of and look forward to as we celebrate our accomplishments and anticipate more success and growth across the organization.

“Thank you for everything you’re doing,” Jimenez added. “Everyone’s teamwork and dedication makes all this possible. We are moving medicine forward together for our patients and communities.” ■



In December 2017, the doors to the UF Health Heart & Vascular and Neuromedicine hospitals will open for patients.

OCTOBER  
2017

## LOOK AHEAD TO 2017

DECEMBER  
2017



Our UF Health Shands Nursing and Patient Services teams are applying for our fourth Magnet designation (third redesignation) in October 2017.

UF HEALTH | EVENTS+ACTIVITIES

## IMAGINE. MAKE. PLAY. THRIVE.

*Join #352Creates March 24-25 to create a healthy community*

BY KIM ROSE • PHOTO BY MINDY MILLER



*Last year, 352Creates participants used sidewalk chalk to create art outside the UF Health Shands Cancer Hospital.*

**I**t's time for 352Creates! You're invited to join in two days of participatory art-making March 24-25, throughout our 352 area code.

"Pop-up"-style art activities will promote health and community engagement in unexpected ways and locations. In its second year, 352Creates demonstrates that creativity can be fun for everyone — a mission of presenting partners UF Health, UF Health Shands Arts in Medicine, Arts in Medicine Programs at UF and the city of Gainesville.

"We welcome opportunities to engage our communities in health-promoting activities that improve quality of life. 352Creates allows us to work with local partners to bring healing, interactive arts to people throughout North Central Florida," said **Thomas A. Pearson, M.D., Ph.D.**, UF Health executive vice

president for research and education. Last year, Pearson led a free cookie-decorating activity using his family's almond cookie recipe.

"At UF Health, we see the power of spontaneous and unexpected creativity every day," said **Tina Mullen**, UF Health Shands AIM director. "Our artists engage all kinds of people whose lives have been interrupted by injury or illness. What we witness is that everyone's inherent capacity to create is the single most powerful tool we have to restore our own sense of well-being."

Get involved and host hands-on activity for your colleagues on Friday, March 25. Saturday activities will be free and open to the public. Visit [352Creates.com](http://352Creates.com) and follow on Facebook, Twitter and Instagram — look for the hashtag #352Creates.

### CREATE IN PLACE FRIDAY, MARCH 25

Local cultural groups, artists, community agencies and businesses can encourage creativity at home and in the workplace. Here at UF Health, see if your team can take 10 minutes to enjoy a hands-on creative project to recharge your creative spark and spirit.

### COMMUNITY CREATE SATURDAY, MARCH 26

We're looking for individuals or groups to host free creative activities that are open to the public, regardless of creative experience or skill. The activities can include hands-on art-making, performance, culinary arts, gardening and contemplative arts.

Activities can be as simple as gathering friends or co-workers to create "coffee cup mandalas." Host a sing-along, a poetry reading or sidewalk chalk contest and see your inner artist come to life! In the process, you'll have fun, make personal connections, reduce stress and increase your well-being. And, you'll contribute to the excellent quality of life that makes the 352 region so unique.

"What I love and admire about 352Creates is how it seeks to inspire people to enjoy, appreciate and become a part of making art, whatever their background or profession," said UF President **Kent Fuchs**. "This is a great way of encouraging everyone to learn about and become involved in the arts, helping to ensure that our university community continues to blossom as a place with rich and diverse educational and cultural opportunities." 🎨

UF HEALTH | EVENTS+ACTIVITIES

## AIM SPARKS IDEAS FOR CREATIVITY

*Creative for Health launches prompts for patients, visitors and staff*

BY JACKY SCOTT • PHOTO BY MINDY MILLER



Adria Klausner, artist-in-residence, responds to a creativity prompt during an AIM workshop.

The UF Health Shands Arts in Medicine team recognizes the importance of creativity. Art-making can help patients take their minds off what they're going through and transform their hospital experience. It can also create a bond among faculty and staff.

In July the AIM team expanded its Creative for Health program, encouraging patients, visitors, faculty and staff to participate in creativity prompts with a quarterly theme — Community, Gratitude, Creativity and Hope.

“Creativity promotes self-care,” said **Dylan Klempner**, the AIM writer-in-residence and visual artist who developed the prompts.

“This is essentially a creative challenge that we wanted to extend to the UF Health community and staff.”

The quarterly themes and exercises are meant to inspire art-making, which can be expressed in the form of a sketch, painting, watercolor, collage, photograph, print, sculpture, literary piece or computer-generated image. The team also encourages engaging in performing arts.

“By creating themes to work with, we hope it will act as an inspiration for somebody who is interested in creating art for his or her health,” said **Kris Sullivan**, AIM program coordinator.

### *Community, Gratitude, Creativity and Hope*

Each theme correlates with a specific time of the year. Community was the first theme and encouraged UF Health faculty and staff to connect with patients and visitors in the summer and early fall.

The Gratitude theme coincided with the holidays from October through December.

The current theme, Creativity, runs through March and ushers in 352Creates — a community wide art-making event that encourages people in the 352 Gainesville and North Central Florida area code to engage in creativity to promote health.

AIM artists are using the prompts at workshops and for short, creative exercises at UF Health facilities. The artists read the prompts — a short story or poem — and in return, participants create art inspired by what the prompts described.

Artwork for each theme can be submitted to Sullivan at [sullkm@shands.ufl.edu](mailto:sullkm@shands.ufl.edu), and coordinators will spotlight an artist on the AIM home page. The spotlight highlights the interaction between an AIM staff member and an artist — a patient, visitor or staff member.

The final theme, Hope, will run April through June. ■

Visit [artsinmedicine.UFHealth.org](http://artsinmedicine.UFHealth.org) to learn more about AIM's Creative for Health prompts.



UF HEALTH SHANDS | HOSPITALITY+SERVICE

## CELEBRATING ONE YEAR OF HOSPITALITY HUDDLES

*How huddles are influencing our nursing culture*

BY NACUYA LEWIS • PHOTO BY MINDY MILLER



The UF Health Shands Hospital Medical/Surgical Unit 55 team recently met for a Hospitality Huddle. Pictured (from left) are Nicole Hilliard, M.T., B.S., infection control practitioner; Taylor Adkins, P.C.A.; Brittini Holcomb, R.N., B.S.N., R.N.-C.; Suzanne Huertas, support tech; Ebony Buddington, R.N.-C.; and Beverly Clayton-Scott, M.S.N., R.N., NE-BC, nurse manager.

October marked a year since we launched Hospitality Huddles as a pilot program to engage faculty and staff. We then started Huddles formally in February and they are now making an impact on the way we interact with patients, visitors and each other.

From discussing the importance of professionalism and responsibility to department leaders turning lessons into lively skits, our Huddles have proven to be a fun, innovative way to improve our environment for all who visit and work at UF Health.

Our skilled and caring nursing teams spend a great deal of time with our patients. We asked nursing staff members how Huddles are affecting the workplace culture and enhancing their clinical missions.

Each month's Hospitality Huddle topic can be found in Shands News, on the Bridge FYI Announcements – Human Resources section and on the Bridge Hospitality & Service site. ■

*“It’s always fun once we are in our Huddles to discuss exactly how patients, staff and visitors react to our hospitality efforts. Huddles have increased staff engagement and show us that we are stakeholders in our patients’ care.”*

Beverly Clayton-Scott, R.N., M.S.N., NE-BC  
Nurse manager for UF Health Shands Hospital  
Medical/Surgical Unit 55

*“One of the things I enjoy about our Huddles is seeing staff ‘get it’ and have the ‘ah-ha’ moment when the value of hospitality standards becomes clear and embraced on a personal level.”*

Sherry Augustine, R.N., M.S.N., RN-BC  
Nurse manager for UF Health Shands Hospital Family Medicine  
and Epilepsy Monitoring Unit 65

Visit [bridge.UFHealth.org/hospitality](https://bridge.UFHealth.org/hospitality) and share input (click on “In Your Words”).



UF HEALTH SHANDS | CARE+QUALITY

## PATIENT-CENTEREDNESS: A TEAM EFFORT

*Highlighting a team dedicated to our patient experience*

BY LAURA CASTRO

**M**ore than 250 executive leaders, managers and frontline staff are working together to address key quality and patient experience measures at UF Health. The Efficiency, Effectiveness and Patient-Centeredness initiative, or EEP, is composed of 14 interdisciplinary work groups assigned to improve factors that affect patient experience and length of stay. Here we highlight the Patient-Centeredness at Faculty Practices team.

"The surveys are showing that we do some great things, but we're not there yet in all domains," said Marvin Dewar, M.D., J.D., UF Health Physicians chief executive officer and UF College of Medicine senior associate dean. "We will use these surveys to identify what is most important to our patients and then focus on excelling at that. It's a journey — we're rethinking what represents quality care."

### EEPC TEAM:

### PATIENT-CENTEREDNESS AT FACULTY PRACTICES

#### CO-CHAIRS:

Marvin Dewar, M.D., J.D., and Laura Gruber, M.B.A., M.H.S.

#### GOALS:

Become a more patient-centered organization by garnering patient feedback to assess care, then taking steps to establish patients as active participants in their care.

#### WHY?

Aligning health care around patients is shown to enhance efficiency and increase satisfaction and clinical outcomes.

#### PROCESS:

- Send out electronic surveys to all UF Health Physicians patients
- Assess real-time data and observe trends
- Develop and initiate plans to address specific opportunities

To learn more about the initiative, read the fall 2016 edition of The Q Report online at [qreport.health.ufl.edu](http://qreport.health.ufl.edu).

UF HEALTH | CARE+QUALITY

## TASKFORCE PROMOTES WORKPLACE SAFETY

*Survey results drive safety improvements across UF Health*

BY NACUYA LEWIS

**S**afety. Working in health care keeps this word top of mind. While many of our efforts focus on patient safety, members of the UF Health Violence Prevention Taskforce, or VPT, are brainstorming ways to protect our faculty and staff.

Since 2014, this multidisciplinary team has been tackling personal safety concerns head-on. They are developing and implementing solutions that address issues across the organization. Clinical and nonclinical staff members represent the diversity of roles across UF Health. Our Workplace Violence Survey results show an increase in employee satisfaction with workplace safety efforts.

Your survey feedback allows the taskforce to identify needs and provide solutions to better support and protect you as a member of our UF Health family. Taskforce members have used survey results to revise our Violence Prevention and Response (CP01.018) and Contraband (CP01.056) core policies; implement mandatory trainings for clinical staff, which will soon expand to nonclinical staff; and develop the UF Health Protect App. [+](#)

Violence Prevention Taskforce members used the results from this summer's survey to create four themed workgroups with the goals listed below:

- **Policies/Procedures:** Addresses communication policy availability and awareness, public access to hospital areas and employee protection
- **Education:** Addresses policies and procedures, Crisis Prevention Institute training measures and employees who have not received training
- **Operations:** Improves available security resources and security visibility on campus
- **Facility:** Addresses workplace design, public access, parking security and calling for help

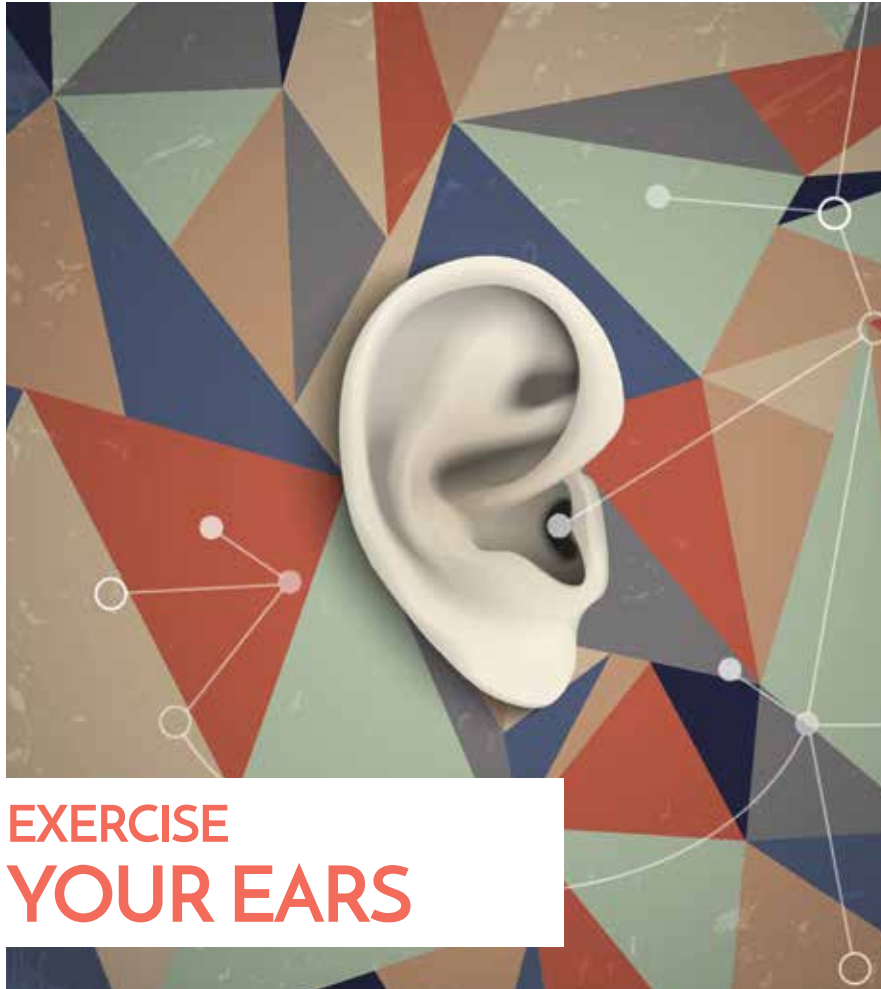





UF HEALTH | RESEARCH+DISCOVERY

## LAB NOTES

*Check out recent research developments at UF Health*



### EXERCISE YOUR EARS

Listen up: Everybody has heard that exercise can help keep you slim and is good for heart health, but UF Health researchers have also found that exercise may also help prevent age-related hearing loss — at least in mice. They found that the sedentary mice lost structures that are important in the auditory system at a much higher rate than their exercising counterparts. This resulted in a 20 percent hearing loss in sedentary mice compared with a 5 percent hearing loss in active mice. The researchers think age-related inflammation damages the capillaries and cells, and that exercising provides protection against that kind of inflammation. 

### RELEASE THE SECRET HORMONES

If a workout feels more like pain than gain, here's some motivation: Exercise releases a hormone called irisin that helps the body shed fat and keeps it from forming. The hormone surges when the heart and other muscles are exerted and inhibits the formation of fatty tissue, according to UF Health researchers. It also significantly increases the amount of energy used by those cells, indicating it has a role in burning fat.



### SNAKES SHEDDING LEGS

About 150 million years ago, snakes roamed about on well-developed legs. Now, two UF Health researchers have discovered how snakes' legs eventually disappeared. Snakes lost their legs due to a trio of mutations in a genetic switch — known as an enhancer — that controls the activity of a gene required for limb development.



UF HEALTH | GROWTH+EXPANSION

## EMERGENCY CENTER AT KANAPAHA BUSTLES WITH ACTIVITY SINCE OPENING

In September, our UF Health leaders, faculty and staff gathered to celebrate the opening of the UF Health Emergency Center at Kanapaha, the new 911-receiving, freestanding E.R. on Southwest Archer Road. Patient volumes have been high and patient feedback extremely positive.

The state-of-the-art 10,881-square-foot facility is located about 2.5 miles west of I-75 and features 14 exam spaces and two rooms dedicated to rapid triaging and patient examinations. The E.R. is open 24/7 and staffed by UF Health physicians trained and board-certified in emergency medicine.



## RENOVATED NEONATAL ICU WELCOMES OUR TINIEST PATIENTS

Phase 1 of the Neonatal ICU expansion at UF Health Shands Children's Hospital is complete, and intensive care patients moved into the new space in November. In the renovated NICU, patients are receiving care in four areas known as "neighborhoods."

"Life is hard enough for the families of these patients," said **Beth Talaga, M.S.N., ARNP**, UF Health Shands Children's Hospital NICU nurse manager. "We like the neighborhoods because they're comforting and make it feel more like a nursery environment."

The final phase of the project – Phase 2 – will focus on creating a large NICU waiting area featuring a sibling play space and additional seating. Intermediate care patients will move into the neighborhood space in spring 2017.



## ACCESS CHANGES TO UF HEALTH SOUTH CAMPUS

As construction on the UF Health Heart & Vascular and Neuromedicine hospitals progresses, access to our UF Health south campus is changing. Please visit [Blueprints.UFHealth.org](http://Blueprints.UFHealth.org) to find the latest updates about vehicle and pedestrian detours and other changes.

Patients, visitors and staff can currently get to and from the UF Health Shands Cancer Hospital and the UF Health Shands E.R. two ways:

- Enter at reopened Circle of Hope at Archer Road
- Enter at Circle of Hope at Southwest 16th Street (by the E.R.)

Thank you for your support as we expand our facilities to meet the needs of our patients.



Keep up with other construction and renovation updates: [Blueprints.UFHealth.org](http://Blueprints.UFHealth.org).



UF HEALTH SHANDS | CARE+QUALITY

## TRACK SHUTTLE BUSES ON CAMPUS

Patients, visitors and staff who seek care or work on our Archer Road campuses will no longer have to guess when our shuttles will arrive.

TransLoc Rider, a convenient and user-friendly app, tracks UF Health Shands shuttle routes to provide riders with convenience and safety. Accessed online or on mobile devices, it shows when shuttles will arrive at stops and displays routes in different colors. Users can even see bus icons moving in real time along the routes. Other features include stop locations and each shuttle's seating capacity.

Access it on your mobile device: Search any app store for "TransLoc Rider." You can also text "UF Health" and the location number of your stop (found on a route sign posted near each stop) to 41411.

"Instead of someone waiting outside in the dark, they can now wait in their car or indoors and walk to a shuttle stop right before the shuttle arrives," said George Richardson, UF Health Shands Transportation and Parking manager.

TransLoc Rider is already used on UF's main campus. Richardson said ridership will be easier for his team to track and if certain routes experience frequent full buses at a certain time, then another shuttle can be added.



UF HEALTH SHANDS | CARE+QUALITY

## APP PUTS SAFETY IN YOUR HANDS

Thanks to another new UF Health app, assistance is just a screen-touch away to help us feel safe and secure on our campuses.

UF Health Protect is a free personal safety app for faculty, staff and students. Intuitive navigation quickly connects users with digital safety tools.

Get it on your mobile device: Search any app store for "UF Health Protect."

### HERE'S A PREVIEW OF WHAT THE APP OFFERS:

#### FRIEND WALK

Virtually connect with someone you trust through the Friend Walk feature. Send your location to a friend to give them access to your real-time movements on a map.

#### SAFETY TOOLBOX

Use the Safety Toolbox to sound an alarm from your mobile device, share your location with a friend or email a question to the UF Health Shands Security team.

#### STAFF RESOURCES

This section is password-protected for first-time users: Enter username "UFHealth" and password "worksafe." Find general emergency guidelines and contact information to use in a variety of situations like hazardous spills, fires and more. Please note: Talk with your unit/department leader for your area-specific emergency response plan.



UF HEALTH | CARE+QUALITY

## A GREAT ESCAPE

*Child life specialists help young patients cope with treatment*

BY COURTNEY GRIGSBY • PHOTOS BY JESSE S. JONES



*(From top, clockwise) UF Health patient Rebecca Haight splatters paint with a syringe across a canvas during a therapeutic activity with Chelsie Thomas, child life specialist.*

*Tubie bear joins UF Health patient Hadley Patterson and Thomas for a photo during a medical play session.*

*The child life team uses realistic dolls to educate young patients and for medical play sessions.*

*Thomas and Rebecca share a laugh. Therapeutic activities are designed to reduce stress and anxiety.*

*Thomas and Rebecca carefully paint a birdhouse.*





**O**n a blank canvas, Rebecca Haight wrote down everything that came to mind about her hospitalization.

When the list was complete, she used a syringe filled with purple paint to splatter over the items on the list she didn't like.

"I like to paint because it's good pain management," said Rebecca, a 14-year-old patient at UF Health Shands Children's Hospital.

In another room, a sandy-colored bear named Tubie wore the same equipment as 4-year-old patient Hadley Patterson — a central catheter, a gastrostomy tube, an IV and a nasal cannula — to help her cope with her diagnosis.

These therapeutic activities are techniques used by UF Health Shands Children's Hospital Child Life Program staff to help children and families manage the stress and anxiety of hospitalization and clinic appointments. Funded by Children's Miracle Network, the program has seven specialists on staff.

"We really focus on the psychosocial needs of children — always collaborating with members of our interdisciplinary team, nurses and doctors to form a treatment plan for a level of high-quality care," said **Chelsie Thomas**, child life specialist.

The team offers a variety of services for patients and families, such as educational procedural preparation and distraction techniques. Other forms of support are therapeutic activities, sibling intervention, diagnosis education, developmental play and parental education.

"Children in hospitals who engage in therapeutic play with trained professionals such as child life specialists exhibit less emotional distress, increased cooperation and fewer negative psychological responses," Thomas said.

Thomas introduced Hadley to Tubie bear to assist with medical play sessions and educate her about her diagnosis.

"It really helps her if she can perform a procedure on the bear first," Thomas said.

"Hadley then gets the procedure and during the sessions she will console the bear the same way a child life specialist would because she wants to take on that role."

Hadley and her mother, Kristen Patterson, are grateful for the Child Life Program. It helps Hadley take her mind off the hospital and her illness.

"In a hospital without a Child Life Program, you are always on and alert and you don't have anybody who can explain things to a 4-year-old in a way your child can understand it," Kristen Patterson said. "UF Health Shands is very fortunate to have the child life specialists that they have. They are very active, responsive and special, and we appreciate everything they have done for us. Chelsie has made a big difference in Hadley's life." ■

**TO LEARN MORE** about the Child Life Program, visit [UFHealth.org/child-life-program](http://UFHealth.org/child-life-program).



UF HEALTH SHANDS CHILDREN'S HOSPITAL | HOSPITALITY+SERVICE

## A HEARTFELT REMEMBRANCE FOR OUR YOUNGEST PATIENTS

*Pediatric nurses host annual bereavement service*

BY NACUYA LEWIS • PHOTO BY NACUYA LEWIS

**O**n a September evening, dozens of butterflies adorned the sky in front of the UF Health Shands Cancer Hospital. One by one, family members of children who passed away at the hospital released the creatures in memory of their loved ones. While some of the butterflies fluttered over the pond, others clung tightly to clothing and fingers for minutes before flying away, causing tears to well up in many eyes.

Since 2009, our pediatric nurses have hosted the Life Journey Remembrance Service to help families celebrate young patients. Each year, they collect the names of children who have passed away, to create what's known as the Butterfly List, and send personal invitations to their families to attend the service. In addition to the butterfly release, this year's ceremony included poems recited by our nurses, a slide show, a remembrance table filled with photo collages provided by attendees, a unity sand ritual and music provided by UF Health Shands Arts in Medicine and No Southern Accent, a UF a capella group.

"As they celebrate the lives of these children, the families and staff find a sense of peace and joy," said **Missy Reynolds, M.S.N., R.N., NE-BC, CCRN-K**, UF Health Shands Children's Hospital Pediatric ICU nurse manager and Life Journey Bereavement Program co-chair. "It means a lot for families to talk to others who have suffered the same loss."

Genie Morales, whose daughter Katie passed away in 2010 from cancer, has attended every Life Journey Remembrance Service since. She participated in this year's program by sharing a poem to provide comfort to other families in attendance. Morales and her husband now fund and organize a toy drive for pre-teen and teen patients at our children's hospital in honor of their daughter.

"This is the one time of year that I can talk about and cry over Katie," Morales said. "It's a safe place where others understand my joy and pain." 🧡



**TO LEARN MORE** about our pediatric Life Journey Bereavement Program, visit the Nursing Bridge site and search "Pediatric Bereavement Team."



UF HEALTH SHANDS | CARE+QUALITY

## NATIONALLY KNOWN UF ORTHOPAEDIST NAMED CHIEF MEDICAL OFFICER

*C. Parker Gibbs, M.D., was named chief medical officer for UF Health Shands in October.*



**C. Parker Gibbs, M.D.**, UF College of Medicine orthopaedic surgery division chief and the Eugene L. Jewett professor of orthopaedic surgery, is the new chief medical officer for UF Health Shands.

In October, Gibbs took over the role from **Timothy C. Flynn, M.D.**, who was chief medical officer since 2010. As CMO, Flynn was responsible for the direction and oversight of the medical staff physicians practicing at UF Health Shands hospitals and outpatient programs.

Flynn has served as a champion for our expert nursing and patient care staff and supported many important hospital initiatives. Flynn now continues his 30-year medical career with the College of Medicine as senior associate dean for clinical affairs and a professor in the department of surgery's division of vascular and endovascular surgery.

In his new role, Gibbs oversees medical staff practicing across UF Health Shands and continues the work of his predecessor as a leader for clinical quality, patient safety and outcomes measurement. He also represents UF Health Shands in physician recruitment, credentialing and medical education, and is a catalyst among our medical staff and clinical teams for innovative patient care programs and efficient processes.

"We're at an exciting juncture, looking forward to even more growth across UF Health Shands. We heartily thank Dr. Flynn for his valuable contributions, teamwork and support. He's established a strong foundation for our hospital system," said **Ed Jimenez**, UF Health Shands CEO. "I believe Dr. Gibbs has a gift to galvanize people around a cause, with vision and the ability to create a path and motivate people to succeed. We are very excited to work with him."

UF HEALTH | FINANCE+FUNDRAISING

## STAFF MAKES "UNITE" CAMPAIGN A SUCCESS

Thank you for uniting with us! With your help, this year's UF Health Shands "UNITE" campaign resulted in a 16 percent boost in participation and a total pledge of \$266,758.38 – surpassing last year's donation by nearly \$20,000.

"Because of the tireless efforts and heartfelt generosity of our staff, we have been able to help fund much-needed resources in our communities," said **Robert Nappo, D.N.P., ARNP, NE-BC**, UF Health Shands Renal Services director and UF Health Shands UNITE Campaign chair. "The help that the United Way of North Central Florida brings to those in need is immeasurable, and I am proud of what we've accomplished and the team that exceeded our contribution goals."

While our communities are impacted by donations, there are other ways to give back as well, such as volunteering to help one of United Way's many partner agencies or advocating and working to support services you feel are of value to our communities. One of these agencies includes our very own ElderCare of Alachua County, which provides 60,000 meals annually to at-risk area seniors.

At UF Health, our efforts to improve quality of life for those we serve are extensive, but our support for the United Way of North Central Florida and community agencies extends our care even further to those who need it most. Let's continue to unite together for a better tomorrow!

UF HEALTH | EVENTS+ACTIVITIES

## LEAD A FITNESS-FILLED LIFE

*Achieve lifestyle goals at our fitness and wellness center*

BY COURTNEY GRIGSBY • PHOTO BY MINDY MILLER



### TURBO FITNESS

A series of half-hour weekday workouts in circuit-style sessions from 11 a.m. to 2 p.m. to target core and upper and lower body.

### PERSONAL TRAINING

These sessions offer a more intimate workout routine. Personal training sessions last an hour and are offered for individuals or two people at a time. An individual session with a personal trainer costs \$25.

Finding the right gym can be a challenge — they are often too crowded, expensive or far away. But a gym membership can play a huge role in helping us lead a healthy lifestyle.

The UF Health Fitness and Wellness Center, conveniently located on Southwest 13th Street, offers a variety of ways to boost our fitness level and improve our health at an affordable rate. Options range from general gym memberships and Turbo Fitness workouts, to personal training sessions and Medical Fitness Programs.

“I enjoy my workouts because of the friendly people, knowledgeable staff, complete line of exercise equipment and staff discount,” said **Connie Crawford**, a UF Health Communications Marketing team administrative assistant.

Faculty and employees at UF Health are eligible for discounts and memberships starting at only \$9.99 per month.

The fitness and wellness center staff provides several offerings to members looking for more than a traditional workout.

“Working with the personal trainers came at my colleague’s recommendation,” said **Andre Spiguel, M.D.**, a UF College of

Medicine orthopaedic surgeon at the UF Health Orthopaedics and Sports Medicine Institute. “I have felt great since beginning and look forward to my workouts with them and I am in better shape today than I have been in a long time.”

Trainers can assist members dealing with a variety of challenges, including orthopaedic, diabetic or metabolic conditions, Parkinson’s disease or cancer remission.

Being active and increasing your level of fitness is proven to reduce injuries and preventable illnesses.

“Various injuries and illnesses occur at alarming rates, such as type 2 diabetes, because of the lack of physical exercise and sedentary jobs,” said **Clarence McGehee**, UF Health Fitness and Wellness Center clinical coordinator. “It is important people are involved in physical activity and we are here to help because healthier staff are happier staff.”

**TO LEARN MORE** visit [fitness.UFHealth.org](http://fitness.UFHealth.org).

UF HEALTH | EVENTS+ACTIVITIES

## MINDFUL MEDICINE

*Integrative Medicine resources support holistic wellness*

BY COURTNEY GRIGSBY • PHOTO BY MINDY MILLER



Sharon Heller, C.A.P., I.Y.T., L.M.T., UF Health Integrative Medicine wellness educator, leads a Chayaveda Transformative Wellness course.

Our faculty and staff often put others first — dedicating countless hours toward improving the lives of patients. It's common for them to be so focused on others that they neglect their own needs.

The UF Health Integrative Medicine, or ITM, team offers several wellness courses designed to “care for the caretaker” using a holistic wellness approach.

“Integrative medicine looks at the person as a whole being mentally, psychosocially, spiritually and physically,” said **Lauren Arce, M.S.N., R.N., C.N.L., O.C.N., AHN-BC**, ITM nurse coordinator. “Our courses offer a combination of some didactic, experiential approaches and homework — and by the end you have a toolbox full of resources to help you with your self-care.”

### ENCARE – COMPASSION, AWARENESS, RESILIENCE AND ENJOYMENT TRAINING

This course is designed for health care providers and is rooted in the idea of knowing how to provide care for oneself as the foundation from which to provide the best level of care for others. The techniques used to reduce stress are evidence-based and involve mind and body practices, such as breathing techniques and exercises that focus attention on the body and senses.

“In addition to managing stress, I feel the practices I’ve learned help to increase empathy and compassion toward patients, family members and co-workers,” said course attendee **Carmen Harris, R.N.**, a nurse on the UF Health Shands Cancer Hospital Medical Oncology Unit 8 East. “It has had a very positive impact on my life.”

Attendees earn 17 continuing education credits, or CEUs, by completing this course. UF Health Shands nurses can ask their manager if they qualify for paid education leave.

### MINDFULNESS-BASED STRESS REDUCTION

This course is an effective complement to traditional treatment of anxiety, depression, eating disorders, chronic illness, sleep problems, stress, grief and fatigue. It offers specific mindfulness tools to cultivate skills for how to better regulate emotions. Participants are taught to live in the present and focus less on the past or future. The course offers 23 CEUs.

### CHAYAVEDA TRANSFORMATIVE WELLNESS PROGRAM

Based on the ancient principles of Ayurveda, this course offers the chance for all members of the community to learn practical tools for nourishment in various aspects of everyday life.

Ayurveda focuses on taking care of the body, mind and energy by cultivating positive intentions and awareness for stress reduction, healthy eating habits and emotional health through awareness and re-engineering daily habits.

Students learn and practice relaxation techniques, such as gentle movement breathing, guided meditation and awareness exercises. CEUs are available for licensed massage therapists and yoga teachers.

### YOGA OF AWARENESS

Developed at Duke Medical Center, this course is dedicated to supporting cancer survivors, those living with cancer or anyone living with or who is a caregiver of someone with a chronic illness. Participation in this program has shown to decrease pain and fatigue while increasing vigor and acceptance. Twelve CEUs are available to mental health professionals, massage therapists and yoga teachers.

To learn more about ITM wellness courses, visit [UFHealth.org/integrative-medicine/wellness-courses](http://UFHealth.org/integrative-medicine/wellness-courses). ■



ELDERCARE OF ALACHUA COUNTY | FINANCE+FUNDRAISING

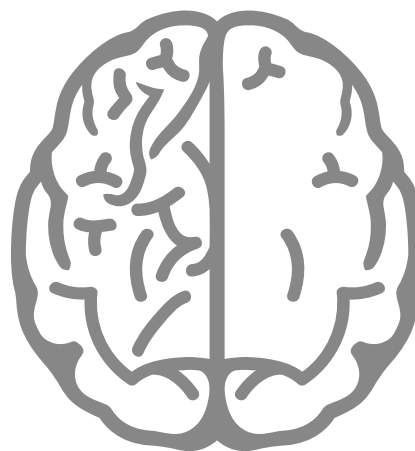
## FEB. 4: MOONLIGHT AND MARTINIS EVENT BENEFITS AL'Z PLACE

Enjoy an evening under the stars at the annual Moonlight and Martinis gala to support people with Alzheimer's disease.

From 7-11 p.m. on Saturday, Feb. 4, the Gainesville Mercedes-Benz Dealership will host the event to

benefit Al'z Place, a local adult day care center where staff care for people with Alzheimer's disease and provide them with therapeutic activities and exercise.

Al'z Place relies on grants and donations. Reserve your tickets today!



For more information or to buy tickets, please call 352-265-9040 or visit [moonlightandmartinis.org](http://moonlightandmartinis.org).

UF HEALTH | EVENTS+ACTIVITIES

## JAN. 13: MARTIN LUTHER KING JR. CELEBRATION

At UF Health our diversity is our strength, and we strive to provide an inclusive environment for everyone who walks through our doors. Our diversity events give faculty, staff, volunteers, patients' families and the community a chance to get involved, be creative and share their cultural background with co-workers and guests.

Join us as we celebrate the life and legacy of Dr. Martin Luther King Jr. at 11:30 a.m. Friday, Jan. 13 in the UF Health Shands Hospital Atrium. For more details, visit the Bridge and look for upcoming Shands News emails.

Our Diversity Ambassadors are gearing up for another year of events to celebrate our staff and diversity within UF Health. If you're interested in participating or want to learn more to help us celebrate diversity, visit [bridge.UFHealth.org/shands-hr/diversity](http://bridge.UFHealth.org/shands-hr/diversity) or contact **Kristi Gaver**, UF Health Shands Employee Relations project coordinator, at [gaverk@shands.ufl.edu](mailto:gaverk@shands.ufl.edu).

UF HEALTH | CARE+QUALITY

## PROTECT YOUR HEALTH DURING INTERNATIONAL TRAVEL

Are travel plans in your future? The UF Health Travel Medicine clinic is here to help.

Its Travel Immunization Program offers vaccinations and antibiotic prophylaxis not generally available at primary care practices, as well as health safety counseling. Whether your trip is for business or pleasure, they can help ensure you are protected.

Vaccines available include: Hepatitis A, Hepatitis B, Hepatitis A/B combo, HPV, Japanese Encephalitis, MMR, MMR-Varicella Combo, Meningococcal, Pneumococcal Polysaccharide, Polio, Rabies, Shingles, Tetanus/Diphtheria, Tdap, Typhoid, Varicella and Yellow Fever.

Appointments are available on Tuesdays and are self-pay only.

**For more information or to schedule an appointment, call 352-294-5480 or visit [UFHealth.org/UF-Health-travel-medicine](http://UFHealth.org/UF-Health-travel-medicine).**

