

the Power of *Together*



UF HEALTH SHANDS INTERNAL NEWSLETTER

VOL. 11 NO. 1 | JUNE/JULY 2015

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UF HEALTH SHANDS | SERVICE

What's in a plan?

Our organization has seen many changes in recent years. First, the name UF&Shands was adopted in an effort to unite the UF Health Science Center and our hospitals and clinical programs. Two years ago, that collaboration effort was taken a step further with our current name, UF Health.

These efforts make perfect sense. The patient care offered at our hospitals, the research conducted at our academic health center and the collaborative efforts to educate and train our future caregivers are among the best in the country. Tying it all together reflects that as a whole, we are greater than the sum of our parts.

For an organization this big — spanning two main campuses (Gainesville and Jacksonville), six health colleges, nine research institutes and centers, six hospitals and numerous outpatient practices — it's important to be on the same page. But it's a tall task.

For that reason, UF Health's first five-year strategic plan was developed in 2010, Forward Together. Its goal was to lay the groundwork to further unite all of the great entities that make up UF Health — the staff, faculty, students and leaders — to serve our patients and community in the best way possible. The laundry list of accomplishments achieved over the past five years is too long to present here, but it's clear we made great strides.

Now, we embark on our next strategic plan, The Power of Together, which will carry on through 2020. While some of the specifics have changed, the crux of the plan remains the same, with an unwavering focus on patient care, research, education and community service. As we continue to improve our standing among the nation's top academic health centers, we are also uniting to help UF reach its pre-eminence goals. **W. Kent Fuchs, Ph.D.**, UF president, summed this up well at The Power of Together event in the UF Health Shands Hospital Atrium on May 20.

"Elevated rankings, increased resources, rapid growth ... all of that is important," he said. "But what's more important is that we're doing this together. Forward Together is spectacular, but I am really excited about being a part of and supporting, applauding and being the primary cheerleader for The Power of Together."

Learn more about our new strategic plan in this issue, and be sure to visit The Power of Together Web page at bridge.UFHealth.org/poweroftogether.

Todd Taylor
News&Notes Editor
UF Health Communications

The power behind The Power of Together



Ed Jimenez recently visited with Kie Scott, UF Health Shands Security guest services specialist, and Jerald Davis, UF Health Shands Security officer, at the information desk in the UF Health Shands Rehab Hospital/UF Health Shands Psychiatric Hospital lobby.

We want patients from all parts of Florida and the Southeast to choose to come here, and for referring physicians to send patients to us, for care by our world-class doctors, nurses and clinical teams. With this aspiration comes great responsibility to provide outstanding care and superior service, while relentlessly staying focused on continuous improvement. Every day, patients from across the state seek our help. For example, when patients from the Panhandle choose UF Health Shands for neuro care, **Dr. Bill Friedman's** faculty, **Richard Reed's** nurses and **Lisa Dowd's** rehab hospital staff deliver the best care in Florida! And this is not isolated. Across all College of Medicine departments and hospital units, we can point to how the power of collaboration yields wonderful results and makes us a trusted regional resource.

We recently launched The Power of Together, the new strategic plan for UF Health. Its broad goals will influence the decisions for how we invest our energy and resources.

Quality remains Job 1. At UF Health Shands, we have clearly defined quality measures, such as reducing

hospital-acquired infections. We have best practices and tactics for how to achieve the best outcomes. We want our teams to help us make positive changes and improve results. While health care is complex, we can't fear failure. We need to engage, energize and stay committed on the journey. Let's celebrate even small successes along the way to help us stay focused.

We work in a learning environment, where on any given day we work with about 1,000 medical, nursing, pharmacy, occupational and physical therapy, and other students. We train the next generation to become our colleagues or work in other places and make us proud. Their inexperience allows us to share what we know, join them in questioning how things work and see things fresh. And here in Gainesville, UF Health researchers are advancing science and we're applying it to the bedside faster than ever.

Our colleagues are actively engaged in the community, providing care in diverse locations, representing UF Health at health events and screenings, and serving as experts to improve health. We encourage local students to pursue

health careers. And we're committed to our social mission, providing charity care for those most in need. We also provide community-based organizations with funding and sponsorships to ensure area residents can access basic resources to improve health and life quality.

So the call to action, when you read The Power of Together, is to recognize how your department contributes to our goals. Wherever you work, ask yourself, "How can I make this the best team possible?" Discover what inspires you and lights you up. It's up to each of us to make a strategic plan become meaningful. Reconnect with our purpose at UF Health Shands and with your own purpose as part of the UF Health family. That's the Power of Together!

Sincerely,

Ed Jimenez
CEO
UF Health Shands

UF Health faculty and staff celebrate The Power of Together

Employee event reflects on achievements and launches our new strategic plan



During the introduction to UF Health's new strategic plan, The Power of Together, at the UF Health Shands Hospital Atrium on May 20, a number of UF Health faculty and staff addressed the crowd, including (from top left, clockwise) Voncea Brusha, R.N., a UF Health Shands Hospital Mother/Baby Unit 35 nurse; David S. Guzick, M.D., Ph.D., UF senior vice president for health affairs and UF Health president; and Isabel Garcia, D.D.S., M.P.H., UF College of Dentistry dean.

On May 20, UF Health leaders hosted an event in the UF Health Shands Hospital Atrium to celebrate our accomplishments over the past five years and unveil our new strategic plan, The Power of Together, which will carry us through 2020.

“We’re here to celebrate the amazing things we’ve achieved over the last five years, and look ahead at what I’m sure will be a very exciting and fulfilling next five years,” said **David S. Guzick, M.D., Ph.D.**, UF senior vice president for health affairs and UF Health president. **N&N**



What makes a strategic plan exciting? We asked four of our leaders how they get inspired by our strategic plan.

"I am most excited about the synergy created between the hospital and university. The strategic plan creates a framework for success to benefit both institutions and more importantly our patients and community."

Irene Alexaitis, D.N.P., R.N., NEA-BC, UF Health Shands Hospital chief nursing officer and Nursing and Patient Services vice president

"I have seen this work. Forward Together made us a better place. As we extend that further in The Power of Together, I am very confident that we will achieve even greater results and grow our successes in clinical service, research and education."

Marvin Dewar, M.D., J.D., UF Health Physicians chief executive officer and UF College of Medicine senior associate dean

"It continues the momentum aligning the efforts of us who care for patients in our institution. I think the new plan will help us enormously during a period that promises to bring great change in the health care delivery environment. Recent legislative changes have created a future much different from the past in regard to public expectations and only academic health care centers that have a team that works together will thrive."

Timothy Flynn, M.D., FACS, UF Health Shands chief medical officer and UF College of Medicine senior associate dean for clinical affairs

"I've seen what can happen when we focus our energy, when we come together and when we put the patient at the center of what we do. The Power of Together lets us do that again, and points us down a path of greater things to come."

Ed Jimenez, UF Health Shands chief executive officer

Our Vision

Together we strive to create unstoppable momentum toward the goal of improving individual and community health through discovery, clinical and translational science and technology, exceptional education, and patient-centered, innovative, high-quality health care.

Our Values

- Excellence
- Accountability
- Diversity
- Trust
- Innovation
- Teamwork
- Integrity

Our Missions

- Patient care
- Research
- Education
- Community service

View more photos from the event and learn about our new strategic plan on the UF Health Bridge intranet portal at bridge.UFHealth.org/poweroftogether.

Ed Jimenez takes the helm at UF Health Shands

Board approves transition from interim to permanent CEO



“At UF Health Shands, I have the privilege of being on a journey with expert and compassionate physicians, nurses and staff who bring the best possible patient care to the citizens of Florida and beyond.”

Ed Jimenez
UF Health Shands CEO

Ed Jimenez assumed his new role as chief executive officer for UF Health Shands on April 22, following approval by the UF Health Shands Board of Directors.

“Ed has demonstrated incredible talent and leadership during his five years at UF Health Shands, first as chief operating officer from 2010 to 2014 and during the past year as interim CEO,” said **David S. Guzick, M.D., Ph.D.**, UF senior vice president for health affairs and UF Health president. “We are delighted that he will continue to bring his strong vision, operational skills and insights to this key leadership position.”

As CEO, Jimenez guides the overall direction for UF Health Shands under the oversight of Guzick and in collaboration with the faculty of the UF College of Medicine and the other UF Health Science Center colleges.

“At UF Health Shands, I have the privilege of being on a journey with expert and compassionate physicians,

nurses and staff who bring the best possible patient care to the citizens of Florida and beyond,” Jimenez said. “I look forward to working with all of them in the patient care, research and educational arenas to make this the best health care system possible.”

Michael L. Good, M.D., UF College of Medicine dean, extended his support.

“Ed believes in the link between excellence in patient care and cutting-edge research,” Good said. “He has an exceptionally strong grasp of how education, research and patient care fit together to create high-quality experiences for our patients and the best possible outcomes of their care.”

Jimenez has spearheaded improvements in all operating categories, financial performance and employee engagement. He has led construction projects, electronic medical record implementation and national accreditation surveys. He also has played a key

role in establishing several successful regional relationships and partnerships with other health systems.

“As chief operations officer, Ed showed tremendous skill in managing the day-to-day operations of the hospital and its staff, and the transition to CEO has shown that his understanding extends to our whole system,” said **Irene Alexaitis, D.N.P., R.N., NEA-BC**, UF Health Shands Hospital chief nursing officer and Nursing and Patient Care Services vice president.

Before joining UF Health in October 2010, Jimenez served as system vice president for St. Joseph's Healthcare System, a 900-bed health system in northern New Jersey. He oversaw hospital operations, business development and regional/physician partnerships and was responsible for the 200-member physician group practice. At St. Joseph's he was also president of seven for-profit, joint venture LLCs. **N&N**

Lab Notes: What's happening at UF Health?

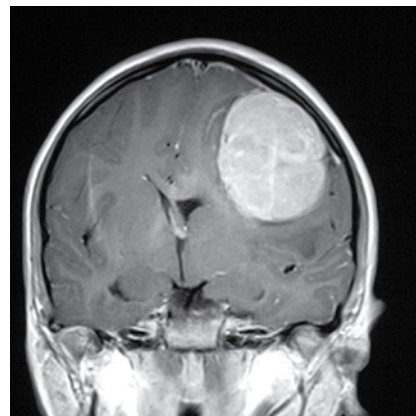
Check out some recent research developments at UF Health



- Increasing state alcohol taxes could prevent thousands of deaths a year from car crashes. UF researchers found that alcohol-related motor vehicle crashes decreased after taxes on beer, wine and spirits went up in Illinois. Fatal alcohol-related car crashes in Illinois declined 26 percent after a 2009 increase in the alcohol tax. The decrease was even more marked for young people, at 37 percent. The reduction was similar for crashes involving alcohol-impaired drivers and extremely drunken drivers, at 22 and 25 percent, respectively. The study was released online in the *American Journal of Public Health* in March. "Similar alcohol tax increases implemented across the country could prevent thousands of deaths from car crashes each year," said **Alexander C. Wagenaar, Ph.D.**, a College of Medicine department of health outcomes and policy professor. "If policymakers are looking to address dangerous drivers on our roads and reduce the number of fatalities, they should reverse the trend of allowing inflation to erode alcohol taxes."



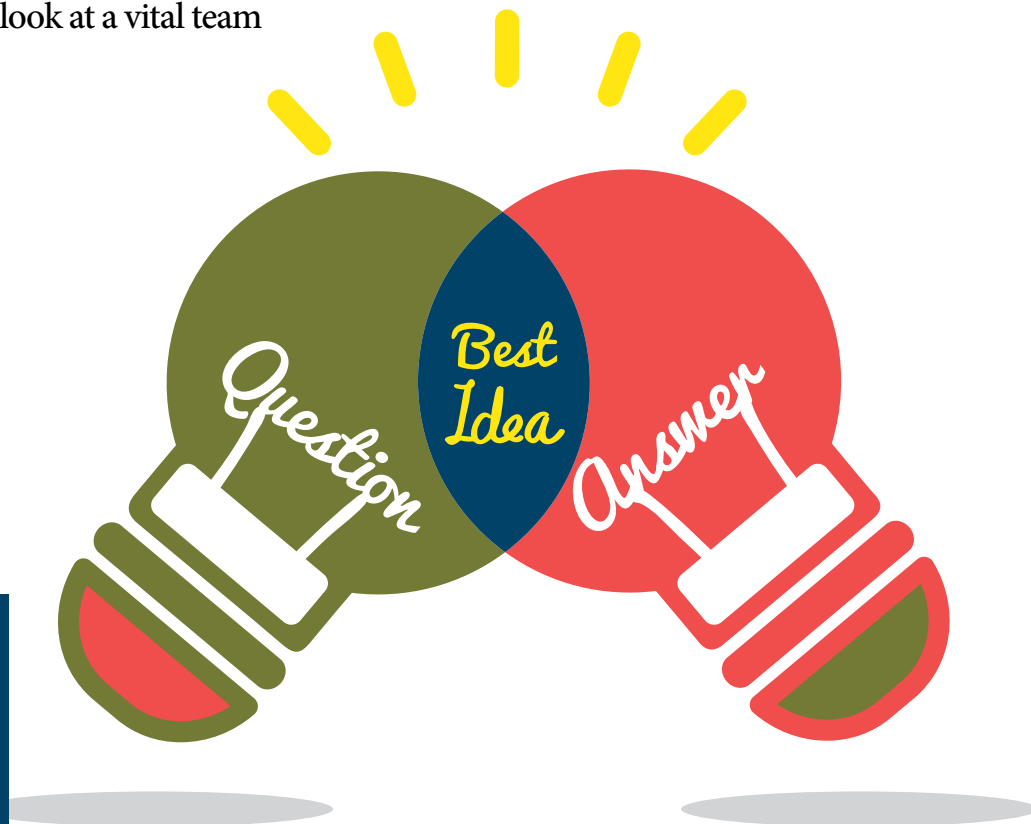
- If you are overweight and have osteoarthritis, you may want to increase your consumption of dairy products with vitamin D. Higher levels of vitamin D may decrease pain and improve function in obese individuals with osteoarthritis. Findings published in the January issue of *The Clinical Journal of Pain* indicate that obese individuals who suffer from osteoarthritis and have adequate vitamin D levels could walk, balance and rise from sitting to standing better than obese participants with insufficient vitamin D levels. "Adequate vitamin D may be significant to improving osteoarthritis pain because it affects bone quality and protects cell function to help reduce inflammation. Vitamin D maintains calcium and phosphate concentration levels to keep bones strong," said lead author **Toni L. Glover, Ph.D., ARNP**, a UF College of Nursing assistant professor. "Increased pain due to osteoarthritis could limit physical activity, including outdoor activity, which would lead to both decreased vitamin D levels and increased obesity."



- For most patients with a common brain tumor, the outlook is grim. Aggressive and stubborn, glioblastoma is hard to wipe out with surgery, radiation or chemotherapy. Now, a group that includes UF Health researchers has found a way to improve survival time in a mouse model by halting the tumor's spread. It's the first time scientists have successfully manipulated the signals in a cell that allow it to contract in order to impede a brain tumor's growth. The approach makes it harder for the cell to squeeze through surrounding tissue, keeping the tumor in check. Other UF Health researchers are working on a different approach to treat glioblastoma — a vaccine. In collaboration with researchers at the Duke Cancer Institute, researcher **Duane Mitchell, M.D., Ph.D.**, UF Brain Tumor Immunotherapy director, and his team discovered a common booster virus could help improve the effect of a vaccine aimed at glioblastoma, potentially improving patient survival.

UF Health Shands Hospital Management Engineering Consulting Services

A behind-the-scenes look at a vital team



Quick facts:

71

**AVERAGE NUMBER
OF PROJECTS
PERFORMED
ANNUALLY
(2010-14)**

47

**YEARS MANAGEMENT
ENGINEERING HAS
BEEN SERVING UF
HEALTH**

9

**TEAM MEMBERS
5 FULL-TIME
ENGINEERS
4 INDUSTRIAL
ENGINEERING
INTERNS**

When it comes to problem-solving at UF Health, a small but mighty team of industrial and system engineers is always willing to provide solutions — UF Health Shands Hospital Management Engineering Consulting Services.

THE DEPARTMENT'S MISSION

The Management Engineering team strives to improve the delivery of health care at UF Health. The staff leads process-improvement initiatives for departments that provide care to and support UF Health Shands and UF Health Physicians facilities. These initiatives inspire positive, sustainable changes that eliminate waste and inefficiencies and support UF Health's patient-centered goals.

SOLUTIONS FOR ALL

From transition planning for a pediatric unit, to refining patient flow strategy in the E.R.,

to improving quality outcomes, our Management Engineering experts help find solutions for diverse clients.

TOOLS AND TECHNIQUES FOR PROCESS-IMPROVEMENT

- Lean Six Sigma
- Queueing theory
- Discrete event simulation
- Operations research
- Facilities planning
- Project management
- Descriptive and inferential statistics
- Process improvement
- Benchmarking



UF Health Shands Hospital Management Engineering Consulting Services team members include (from left) Carla Rodriguez-Caro, staff engineer; Shane Wiggins, intern; Cristina Galloway, staff engineer; Roque Perez-Velez, director; Janna Browning, intern; John W. Jackson, staff engineer; Maria Lyn Cauthorn, intern; and Derek Murray, senior engineer.

HOW CAN MANAGEMENT ENGINEERING HELP YOUR DEPARTMENT?

Interested departments can visit the UF Health Bridge and search “Management Engineering.” Once on the team’s page, click the “Request a Project” tab. Management Engineering also offers several courses through UF Health Shands Human Resources Development, and others on demand, including:

- Process Improvement Facilitator Training (HRD)
- Process Improvement Specialist Training (HRD)
coming soon
- Process Improvement Associate Training (On demand)
- 5S Organization Training (On demand)

“It is so valuable to have a resource with analytical expertise and outside perspective to facilitate process improvements. Management Engineering has facilitated three major projects for us,” said **Caroline Bell**, UF Health Shands Hospital Radiology

technical director. “Management Engineering brings an outside perspective that is organized, data-driven and produces results in a finite period of time. It is so very important to have that outside assessment, because some issues seem too overwhelming to tackle internally.”

For more information, email **Roque Perez-Velez, P.E., DSHS**, UF Health Shands Hospital Management Engineering Consulting Services director, at perero@shands.ufl.edu.

“We pride ourselves in facilitating process improvement initiatives led by multidisciplinary teams throughout the UF Health system,” said Perez-Velez. “These initiatives spark the discovery of efficient and effective ways to make the most out of available resources. Like everyone at UF Health, our ultimate goal is to help improve the patient experience.” **N&N**

Welcoming new UF College of Medicine residents and fellows

Nearly 250 new housestaff start orientation in June

Each summer, medical school graduates and new physicians begin training at UF Health Shands hospitals and programs and UF Health Physicians outpatient primary care and specialty practices. Before they begin advanced clinical education, they are introduced to the UF Health system at housestaff orientation, conducted by the UF College of Medicine Graduate Medical Education Housestaff Affairs, or GME, office.

The UF College of Medicine GME office supports residents and fellows for three to seven years while they continue their education at UF Health. In the hospital, these physicians are known as housestaff. Residents begin work at a hospital after graduation from medical school. Fellows are physicians who completed their residency and are pursuing additional specialized training.

“Residents and fellows need to be aware

of the numerous opportunities available for their personal and professional growth through the GME office,” said **Lisa Dixon, M.D.**, UF College of Medicine associate dean and the designated institutional official for GME. “I want them to know where the GME office is and feel confident that we’re here for them.”

Nearly 250 new housestaff will attend orientation on June 30. College of Medicine leaders will welcome them and they will learn about UF Health patient safety and quality initiatives and hospital and clinical programs and resources. They will also be required to complete UF Health Hospitality and Service training, which focuses on specific Standards of Behavior that enable staff to provide the best possible patient experience.

As an academic health center, UF Health provides education and supervised on-the-job training for future generations of health

UF COLLEGE OF MEDICINE GRADUATE MEDICAL EDUCATION TEAM



Lisa Dixon, M.D.

Associate dean and designated institutional officer for graduate medical education



“One of my first years at UF, the football team made it to the national championship.”



With UF Health

10 yrs



Jacqueline Garcia

Program operations coordinator



“My favorite sport is boxing.”



With UF Health

14 yrs



Jackie Hobbs, M.D., Ph.D.

Chair of program review committee



“My favorite cities for travel are New York City and Paris.”



With UF Health

10 yrs



Sony Kuruppacherry

IT support

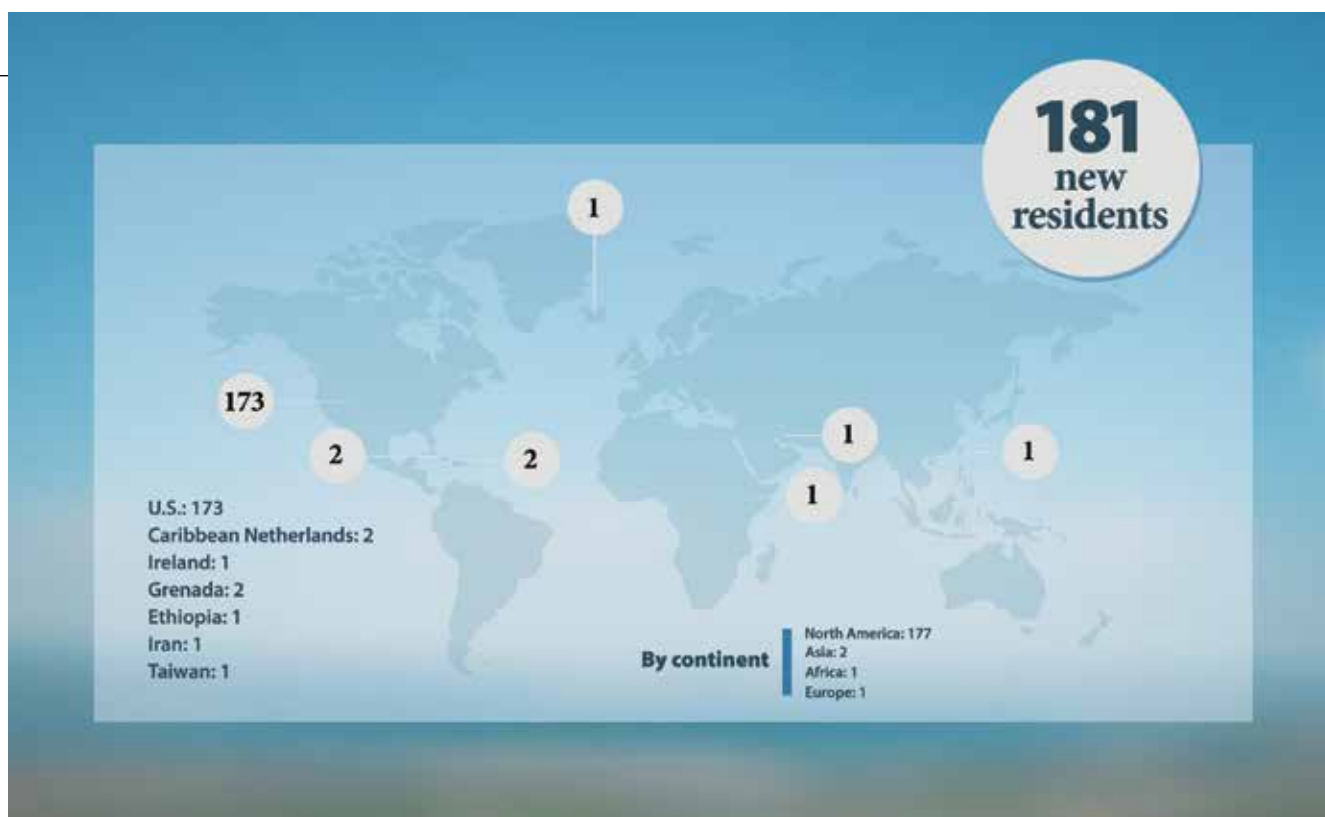


“I have worked with or for GME for my entire 13 years at UF Health.”



With UF Health

13 yrs



This summer, 181 new UF College of Medicine residents from around the U.S. and other countries will join our staff and train at UF Health Shands and UF Health Physicians.

care providers and leaders. Residents and fellows practice under the direct supervision of UF College of Medicine faculty physicians. They are a vital part of the health care team, and work with nursing, clinical and support staff to offer exceptional care. This interdisciplinary, diverse team approach is a benefit to patients being served in a teaching environment.

“Orientation day introduces housestaff to our health care system and familiarizes them with UF Health requirements, priorities and goals,” said **Cristin Owens**, UF GME housestaff affairs manager. “We want residents and fellows to feel like they’re part of the team, and orientation is the first step in that process.” **N&N**



Cristin Owens
Housestaff affairs manager



“I’ve moved 11 times in 15 years and Gainesville’s the longest place I’ve ever stayed.”



With UF Health

5 yrs



Lynne Meyer, Ph.D., M.P.H.
Medical educator



“I’ve always been fascinated with archeology, have been on several archeological digs and visited ruins overseas.”



With UF Health

3 yrs



Diana Morris
Accreditation specialist



“I welcomed my first grandbaby this year.”



With UF Health

5 yrs



Carolyn Stalvey, M.D.
College of Medicine assistant professor and assistant designated institutional officer



“I was chief resident for UF Health Internal Medicine in 2002.”



With UF Health

21 yrs (including medical school and residency)

UF HEALTH | SERVICE

"WECARE" CAN FIX IT!

Beneath the bustling floors at UF Health Shands Hospital is a small department that keeps our facilities operating smoothly.

The Enterprise Building Operations Center, or EBOC, a UF Health Shands Facilities department, occupies a control room in the basement filled with television screens, monitors and phones. Staffed by 18 employees, the EBOC operates 24/7, 365 days a year.

The EBOC serves two main functions:

- EBOC employees dispatch security officers, Environmental Services employees and Maintenance and Facilities staff when needed for issues ranging from security escorts, WeCare (formerly iCare) calls, transportation requests and more.
- They also monitor multiple systems at several buildings, including the fire alarm system, tube system and day-to-day maintenance.

For immediate issues like empty paper rolls in a restroom, spills, torn chairs or damaged flooring that can pose a hazard, the WeCare team would like patients, employees and staff to call them at 352-594-2273.

Any UF Health Shands or UF College of Medicine staff person providing service in a UF Health Shands facility, as well as patients and visitors, can call WeCare. The system is designed to empower individuals to report problems and know that help is on the way from staff in Environmental Services, Engineering and Safety and Security. You'll start to see signage in key areas promoting WeCare.

If you need to report a clinical or patient safety issue, please don't use WeCare. Instead, make a Patient Safety Report on the UF Health Bridge (under the "Quality and Patient Safety" widget on the home page, click the orange "Submit a Safety Report" button), or call the 24-hour Patient Safety Hotline at 352-538-2635.



UF HEALTH | QUALITY

QUALITY GRAND ROUNDS ATTENDEES: WE'RE LISTENING!

A recent survey about Quality Grand Rounds revealed that nearly 80 percent of respondents found the monthly presentations pertinent to their jobs. The majority also agreed that the content is presented in a way that is easy to share with peers and colleagues.

Quality Grand Rounds feature monthly presentations focused on clinical quality and safety initiatives that affect outcomes, patient experience and satisfaction. Each session of the classroom-style talks given by employees lasts one hour. Topics vary each month. Past subjects included advanced directives, patient safety rounds and the clinical learning environment.

Improvements for Quality Grand Rounds suggested in the survey included a request for more presentations by interdisciplinary, front-line staff and additional reviews of high-level, systemwide surveys.

"We're committed to studying these recommendations and making this a better program for all," said **Debbie Lynn**, UF Health Quality and Patient Safety quality and accreditation director.

Open to UF Health faculty, staff and students, Quality Grand Rounds are held monthly at 1 p.m. (see dates below) at UF Health Shands Hospital (north campus), Room 6120. Take the UF Health Shands Hospital Atrium elevators to the sixth floor and make the first two lefts. You'll see a table of refreshments for attendees.

Join us each month to hear from your UF Health colleagues, learn about UF Health's quality goals and understand our journey toward becoming a safer organization. Become a member of the Quality Grand Rounds collaboration group on the UF Health Bridge and search "Quality Grand Rounds" to find links to live-stream Quality Grand Rounds and presentation notes.

Upcoming Quality Grand Rounds dates:**1 p.m.**

July 9
August 13
September 10
October 8



UF HEALTH SHANDS HOSPITAL | SERVICE

HOSPITAL MAINTAINS ELITE LEVEL 4 EPILEPSY DESIGNATION

The National Association of Epilepsy Centers recently renewed UF Health Shands Hospital's Level 4 epilepsy program designation under the most stringent criteria to date. Less than one percent of hospitals nationwide have Level 3 or Level 4 designation. According to the NAEC, a fourth-level center provides the more complex forms of intensive neurodiagnostics monitoring, as well as more extensive medical, neuropsychological and psychosocial treatments. Fourth-level centers offer patients a complete evaluation for epilepsy surgery, including intracranial electrodes, and provide a broad range of surgical procedures for epilepsy. The epilepsy program at UF Health is led by Jean Cibula, M.D., UF College of Medicine neurologist (right), and Steven Roper, M.D., UF College of Medicine neurosurgeon (left).



UF HEALTH SHANDS | SERVICE

NEW FEATURES ENHANCE TUITION REIMBURSEMENT PROCESS

The UF Health Shands Tuition Reimbursement Program has added features to make this employee benefit more consistent with our organization's emphasis on professional growth and development and continuous learning.

A partnership with EdAssist has automated the tuition reimbursement process, provides no-cost academic and college finance advising and grants access to tuition discounts at more than 200 colleges and universities.

To learn more, visit the UF Health Bridge, select "HR Gainesville-Shands" under the "Services" tab and click on the quick link titled "Tuition Reimbursement Program."

"We are excited about the new features this partnership will provide," said **Denise Huggins**, UF Health Shands Human Resources benefits manager. "Automated processing, where participants can view the status of their tuition reimbursement application and submit fee receipts 24/7, will be extremely beneficial. Additionally, interested parties should explore tuition discounts available at EdAssist's network schools. Many of these schools will extend the discount to adult family members, as well."



UF HEALTH | GROWTH

NEW FREESTANDING E.R. PLANNED FOR SW GAINESVILLE

UF Health will expand critical care services with a new 911-receiving, freestanding E.R. on Southwest Archer Road: the UF Health Shands Emergency Center at Kanapaha. The 10,000-square-foot facility with 11 exam rooms and three fast-track rooms will be located about 2.5 miles west of I-75, near Tower Road. Construction begins this fall and it will open in the fall of 2016.

Like the UF Health Shands Emergency Center at Springhill, Kanapaha providers will be linked closely to the hospital-based critical care teams and can provide direct and immediate access to comprehensive services at UF Health Shands Hospital.

The Springhill team has served more than 40,000 patient visits since opening in August 2013. Patients report consistently high satisfaction with the quality medical care, breadth of physician services and expertise, and attentive and skilled nursing and hospitality — in addition to reasonable wait times.

The UF Health Shands Emergency Center at Kanapaha will be larger than Springhill, with at least 10 treatment spaces, an onsite lab and diagnostic radiology services, including X-ray and CT imaging. It will be staffed by board-certified UF College of Medicine emergency medicine physicians and critical-care nurses and support staff associated with UF Health, along with all the resources of our academic health center.

Keep up with construction of this project and others at blueprints.UFHealth.org.



UF HEALTH | SERVICE

UF-UF HEALTH'S FIRST COUCH TO 5K PLACES THIRD NATIONALLY

Our UF-UF Health inaugural Get up and Go! Couch to 5K program recently earned third-place honors from the National Wellness Challenge, sponsored by the National Consortium for Building Healthy Academic Communities.

A program of the UF-UF Health Wellness Committee and GatorCare, Get up and Go! Couch to 5K has inspired nearly 100 UF and UF Health Shands employees to run a 5K, with more than half the participants doing so for the first time.

Participants were provided resources to identify a 5K in the area as well as free pedometers, online resources and training guides, recommended apps and the chance to participate in a Facebook community.

"We are so pleased to receive this award for the inaugural Couch to 5K program. It's very rewarding to see employees get involved in their health and we hope to greatly expand the reach in the next round of this program," said **Mary Alice Albritton**, GatorCare director. "There are many excellent wellness opportunities provided for employees, regardless of their insurance coverage. It's important to encourage our friends and colleagues to make their health a priority and through these offerings, we want to support those healthy decisions."

To learn more about this program and other free wellness resources, visit GatorCare.org/Wellness.



Teen awaiting heart transplant enjoys virtual day out of hospital

Arts in Medicine team brings an art museum to a patient



Lia Phagan enjoys a virtual tour of the Harn Museum's Monet collection as AIM's Amy Bucciarelli looks on.

Earlier this spring, Lia Phagan, 14, enjoyed a welcome reprieve from her room in the UF Health Shands Children's Hospital Pediatric Cardiac Intensive Care Unit, where she was awaiting a heart transplant as a patient of the UF Health Congenital Heart Center.

Thanks to the Harn Museum of Art at UF and the UF Health Shands Arts in Medicine program, Phagan mentally escaped the confines of her hospital room and toured the museum — and in particular, its impressionist exhibition, which included works by Monet — virtually on a laptop.

Phagan had answered a questionnaire from Streetlight, an adolescent and young-adult UF Health support program for people ages 13-25 living with chronic and life-limiting illnesses. She shared that the person she would most like to meet is Oscar-Claude Monet, who was a prolific French Impressionist painter.

That's when **Amy Bucciarelli**, clinical art therapist, and the AIM team got to work. **Sue Gaintner**, a Harn docent, led the virtual tour. She joined Phagan in the hospital and brought examples of paintings she could experience up close.

Phagan and Bucciarelli enjoyed their virtual tour and learned more about the teenager's favorite artist. Phagan had previously traveled to Paris for her 13th birthday and visited the Giverny garden, where Monet painted.

"For that brief, but treasured, time we were transported," Bucciarelli said of Phagan's experience. "We were not in a hospital. We were in the Giverny garden and experiencing the beauty of exploring the Harn museum. For those moments, she was not a patient. She was an art scholar, and Monet's biggest fan."

"It was amazing," Phagan said after the virtual tour concluded.

Gaintner enjoyed the experience as well.

"It was an amazing experience for us at the Harn," Gaintner said. "Lia was so poised and charming. Her responses and reactions were intelligent, creative, thoughtful and so heartfelt. It was a special experience I will remember forever."

Phagan's mother, Tiffany Phagan, was grateful for her daughter's "day out."

"The beauty of this experience was the interactivity it provided," Tiffany Phagan said. "It felt like we were able to get out of the room and be there — not like watching a documentary without participation. For patients who are 'shut-ins,' nothing compares!"

We're happy to report that Lia Phagan has since received her life-saving heart transplant and is doing very well, according to her transplant surgeon, **Mark Bleiweis, M.D.**, UF College of Medicine transplant surgeon and director and principal cardiothoracic surgeon for the UF Health Congenital Heart Center. **N&N**

"We were in the Giverny garden and experiencing the beauty of exploring the Harn museum. For those moments, she was not a patient. She was an art scholar, and Monet's biggest fan."

Amy Bucciarelli
UF Health Shands AIM
clinical art therapist



UF HEALTH | SERVICE

VIDEO WILL WELCOME NEW HIRES

A team from UF Health Communications recently filmed a new employee orientation video in several locations around UF Health in Gainesville and Jacksonville. Here, they filmed at UF Health Shands Cancer Hospital. The video will be shown to new hires throughout UF Health later this summer. Pictured are UF Health Communications Creative Services team members (from left) **Chris Bilowich**, videographer; **Carlos Campos**, multimedia designer; **Selena Carter**, creative director; and **Garrett Hall, MAMC**, director. The script writing and project oversight were led by **Kim Rose**, UF Health Communications Strategic Communications director, with support from **Lauren Irizarry**, communications coordinator, and **Laura Castro**, communications specialist.

To view the video when it becomes available, and to see what else our communications teams are doing, follow us on the UF Health Bridge home page, under "FYI: Announcements — Communications."



UF HEALTH | PEOPLE

STAFF HELPS "STOMP THE STIGMA"

Residents, therapists, physicians and staff from UF Health Psychiatry programs joined Albert the Alligator to participate in the third-annual Stomp the Stigma mental illness awareness event at Kanapaha Botanical Park. The event was designed for parents and families who wanted to learn more about children's mental health. UF Health Psychiatry offers psychological and psychiatric services on inpatient and outpatient levels for children and adolescents with mental health challenges. To learn more about UF Health Psychiatry's child and adolescent treatment programs, visit UFHealth.org/childpsych.

UF Health Cancer Center named state Cancer Center of Excellence

Florida Surgeon General celebrated with faculty and staff



UF Health cancer leadership gathered for a photo with Florida Surgeon General John Armstrong, M.D., (center, with award) during the Florida Cancer Center of Excellence award presentation.

The UF Health Cancer Center was recently recognized as a Florida Cancer Center of Excellence by Gov. Rick Scott and the Florida Department of Health. State Surgeon General **John D. Armstrong, M.D., FACS**, who previously served as a UF College of Medicine trauma surgeon and medical director of our Level I Trauma Center, presented the award on April 16. Only three other cancer centers — Mayo Clinic in Jacksonville, Moffitt Cancer Center in Tampa and Sylvester Comprehensive Cancer Center in Miami — qualified for the designation.

In his quest to personally recognize each of the four Cancer Center of Excellence institutions, Armstrong embarked on a marathon road trip, crisscrossing the state to visit each of the four cancer centers of excellence to hand deliver framed certificates of designation. He began his day at the UF Health Proton Therapy Institute in Jacksonville, followed by visits to the UF Health Shands Cancer Hospital in Gainesville and the UF Health Cancer Center at Orlando Health. These three cancer treatment centers represent UF Health's wide scope in providing cancer care to Florida's residents and visitors.

Established by the Florida Legislature, the Cancer Center of Excellence designation recognizes hospitals and treatment centers that demonstrate excellence in patient-centered coordinated care for people undergoing cancer treatment and chemotherapy, with the goal of encouraging excellence in cancer care, attracting and retaining the best cancer care providers in the state and helping Florida be recognized nationally as a preferred destination for quality cancer care. **N&N**



Pat Theobald, a UF Health patient with inoperable pancreatic cancer, addresses a standing-room-only crowd in the UF Health Shands Cancer Hospital lobby during the Florida Cancer Center of Excellence Award presentation. Theobald's moving speech, which brought many in the audience to tears, credited access to multidisciplinary cancer care and the most advanced treatment available only through a clinical trial as the main reasons for her continued survival and excellent quality of life.

Back-to-school checklist: Vaccinations

Pencils. Notebooks. Immunizations.

Call today to schedule your child's back-to-school immunization appointment at one of our convenient UF Health Pediatrics locations.

**Gerold L. Schiebler CMS Center
1701 SW 16th Ave., Building A
352-334-0206**

**Magnolia Parke
4740 NW 39th Place, Suite B
352-594-7337**

**Tower Square
7046 SW Archer Road
352-733-1770**

Adding immunizations to your child's back-to-school list is an important step to help keep him or her healthy throughout the school year. The state of Florida also requires certain vaccines to be administered before children can attend day care and school.

"The likelihood of coming into contact with certain diseases increases for children in daycare and school," said **Molly Posa, M.D.**, UF College of Medicine assistant professor of pediatrics. "It's important for children to receive the recommended immunizations prior to this increased risk."

Some immunizations can be administered after birth and then primary vaccines are provided at well-child visits for kids age 2 to 18 months. Booster vaccines administered at age 4 ensure children in day care and preschool are protected from diseases such as measles, mumps, rubella, chickenpox, polio and tetanus/diphtheria/pertussis. The next round of immunizations, including Tdap, Menactra and Gardasil, occurs at age 11 and provides protection against tetanus/diphtheria/pertussis, *Neisseria meningitidis* and human papillomavirus (HPV).

UF Health Pediatrics primary care locations offer immunization services during well-child visits, and many times siblings can be vaccinated during the same appointment.

Not sure which immunizations your child has already received?

If your family is new to the area, but your child was previously immunized in the state of Florida, staff at our pediatric outpatient practices can access records through the Florida Shots database. UF Health physicians can then administer the vaccines that are needed. If your child hasn't received immunizations in the state before, just bring his or her immunization record to your appointment and your doctor can determine if vaccines are needed and can enter their information into the database for future reference.

After the immunization appointment, you will receive an updated immunization record to submit to your child's school.

The yearly influenza vaccine, while not required for school admittance, is also highly recommended by UF Health pediatricians. UF Health Pediatrics primary care locations usually receive the flu vaccines in August or September. **N&N**





UF HEALTH SHANDS | SERVICE

COMPLIANCE EMPHASIZES CLEAR EMPLOYEE-SUPERVISOR COMMUNICATION

Speaking up when something doesn't look right can be uncomfortable and intimidating. It's difficult to admit an unintended error or discuss what appears to be a colleague's improper behavior, but addressing an issue is the right thing to do.

Effective communication between an employee and supervisor is a two-way street. Employees are encouraged to speak up and talk to their supervisors about any concerns or irregularities so they can be promptly investigated and resolved. Supervisors are encouraged to be receptive and collaborate with employees and the appropriate other departments to resolve the situation with the best possible outcome for all involved.

Practicing honesty and integrity is important in the workplace and in our personal lives. We are all responsible for reporting — in good faith — possible instances of wrongdoing or non-compliance with regulations or policies.

We encourage you to speak to your immediate supervisor, who is often your best resource. There are other options as well:

- Email UF Health Shands Compliance Services at compliance@shands.ufl.edu or privacy@shands.ufl.edu.
- Call the Compliance Hotline at 1-888-329-3569 for compliance concerns.
- Call the UF Health Risk Management Patient Safety Hotline at 352-538-2635 for patient safety concerns.
- Contact any of the following UF Health Shands core service departments:
 - Compliance Services: 352-627-9050
 - Audit Services: 352-627-5000
 - Risk Management: 352-265-7106
 - HR Employee Relations: 352-265-0495



Remember: UF Health Shands will not retaliate in any way against an employee who — in good faith — reports compliance concerns or wrongdoing, or participates in an investigation pertaining to such concerns or wrongdoing.

For additional information, please view UF Health Shands Core Policy 04.011 Compliance Concern Reporting and Non-Retaliation on the UF Health Bridge by hovering over "Policies & Procedures" in the main menu and clicking "Core Policies." Search by policy number, or by clicking "CP04-Compliance."

If you feel you have been retaliated against, please call any of the numbers listed above.

TO DO

UF HEALTH | SERVICE

BACK TO BASICS WITH IT SECURITY

As UF Health faculty and staff members, we're constantly managing a lot of information — emails, patient medical records, research documents, employee information, student records and more.

Just like protecting our patients and ourselves against the flu and other infectious diseases, we need to take precautions to protect the information we manage against computer viruses, hackers and other security threats.

Protecting sensitive, restricted and private data safeguards our organization, our patients and us.

You are personally responsible for all your computer and email activity at UF Health. Take precautions when it comes to your work-related digital properties and information. Know the threats and help protect!

Security superhero tips:

- With email, think before you click or respond.
- Your mobile device stores sensitive and private information just like your computer.
- Sharing is caring, except when it comes to passwords.
- Identity theft can happen to anyone — don't let someone wreck your good name!



UF HEALTH | GROWTH

A NEW ERA IN MEDICAL EDUCATION

Alumni, students, faculty and friends will gather at 4:30 p.m. Wednesday, July 29 at the George T. Harrell, M.D. Medical Education Building to celebrate the facility's dedication and the beginning of a new era in medical education. The ceremony will also celebrate the generosity of the building's donors, who include Dr. and Mrs. H. James Free; Dr. and Mrs. Steve Scott; Dr. and Mrs. Angelo Anacleto; Mr. and Mrs. Lou Oberndorf; Dr. and Mrs. Alan Porter; Dr. Joseph Rush; and UF Health Shands. Coinciding with the class of 2019's first-year orientation, the dedication ceremony will mark the official move of College of Medicine and School of Physician Assistant Studies students to their new home. Signature spaces in the building include circular learning studios, a technology-rich experiential learning theater and hospital and clinical exam rooms for simulation and standardized patient teaching. Please join us as we launch the next step in our journey toward preeminence in medical education. Visit howwelearn.med.ufl.edu to view an animated architectural fly-through of the Medical Education Building, groundbreaking videos and more.

One American
dies from melanoma
every hour

1 in 5
Americans will develop
skin cancer in their lifetime

75
Approx. percentage
of skin cancer deaths
from melanoma



UF HEALTH | SERVICE

SCHEDULE A SKIN EXAM THIS SUMMER

The American Academy of Dermatology encourages everyone to perform skin self-exams to check for signs of skin cancer and to also get a skin exam from a doctor. A UF Health dermatologist can make individual recommendations as to how often a person needs these exams based on risk factors, including skin type, history of sun exposure and family history.

Visit UFHealth.org/dermatology to make an appointment today.