Not long ago, Charles Woodby received a life-changing diagnosis of emphysema. At first, the disease was manageable, but as it progressed over time, making it harder to breathe, he was eventually forced to retire from his position as a martial arts instructor at San Jacinto College.

“Before I was first diagnosed, I couldn’t figure out why I was having trouble breathing. That’s when I found out I had emphysema.” says Woodby. “My doctor told me that I should go ahead and continue teaching as long as I could, but it eventually got to a point where I could no longer. I still keep active. I do the best I can.”

Emphysema and chronic bronchitis are also commonly referred to as chronic obstructive pulmonary disease, or COPD. Symptoms include increased breathlessness, frequent coughing, wheezing and tightness in the chest. More than 11 million people in the U.S. suffer from the disease.

In this issue...
Registration now open for new Patient Event and Experience Reporting System event manager training, p. 2
UTMB receives comprehensive stroke center designation, p. 3
UTMB Neonatal Intensive Care Unit attains top designation, p. 3
UTMB’s Vascular Lab named Outstanding Clinical Rotation Site by area training programs, p. 3
Welcome Steven Scott, Interim Chief Operating Officer for the Health System, p. 4
Robert Hastedt named 2018 Leone Award Winner, p. 4
Pediatric Primary Care, Galveston Island West receives donation from local students, p. 4
Great Catch! p. 4
Health Resource Center Caregiver “Time Out” Sessions June Schedule, p. 5
Shout Outs, p. 5
Spotted at UTMB: photos from around campus, p. 6-7
Miss an issue? www.utmb.edu/fridayfocus Submit a story: friday.focus@utmb.edu Friday Focus Team: Mary Feldhusen and Erin Swearingen
Along with the physical challenges faced by patients with COPD and other chronic lung diseases is an emotional impact, because the symptoms of the disease can make it harder for patients to take part in activities that they enjoy. That’s why Woodby felt a need to get a support group started for other patients. “I think it’s important for patients to get together and talk about what is working well for them – it feels good to talk with others who understand what you are feeling and we can offer support and encouragement to one another.”

Woodby wasn’t sure how to get the support group off the ground, but then he met Penny Wagner-Zupon, a nurse practitioner in UTMB’s Division of Pulmonary Critical Care & Sleep Medicine. Working in collaboration with Dr. Alexander Duarte, a professor in the division who oversees UTMB’s Pulmonary Rehabilitation program, Wagner-Zupon and Woodby launched the support group on May 5.

Goals of the program are to provide a social outlet for patients while providing educational information on lung disease management through exercise and nutrition, medications (such as inhalers), oxygen treatment, pulmonary rehabilitation and physical activity training. Combined, these interventions go a long way toward helping improve patients’ quality of life. Caregivers are also invited to attend the meetings.

The first support group session was held at the UTMB Multispecialty Care Center in League City where representatives from the UTMB Osher Lifelong Learning Institute (OLLI) were invited to demonstrate “sit and be fit” exercises that patients can perform regularly to get their blood pumping. When done regularly, such exercises help increase patients’ oxygen saturation levels, which ultimately permits easier breathing and reduces shortness of breath. Respiratory Therapist Tiffaney Martinez, who helps facilitate the group, suggests that patients interested in these types of exercises can also find great demonstrations and tips for healthy living online.

Woodby emphasizes the importance of sticking with a routine of daily exercise and good nutrition. While it may be tempting to avoid exercise, he says becoming less fit will ultimately make daily activities even harder. After completing an 18-month rehabilitation program at another hospital in the area, he says he has increased trips to the gym from two to five days per week. “I do about a half hour on the treadmill followed by some light weight training. I also like to stretch, and then I do my meditation, which really helps improve my oxygen saturation level.”

When meditating, Woodby uses a technique known as pursed breathing. “I start by taking in deep breaths for about six counts in, then exhale six counts out, working my way up to about eight counts. And the practice helps take my mind off other things, as well.”

Community outreach programs like the new support group are an important part of UTMB’s role as a leader in lung disease and COPD care in Texas – UTMB is currently one of only two organizations in the state to be certified by The Joint Commission with a Gold Seal of Approval for Advanced Certification in Chronic Obstructive Pulmonary Disease (COPD) and is also certified by the American Association of Cardiovascular and Pulmonary Rehabilitation for its commitment to improving quality of life by enhancing standards of care.

The new patient support group plans to meet once per month, alternating between the League City location and the UTMB Health Galveston Campus to help reach patients close to their homes. Future topics for the support group will include tips on nutrition, because certain foods can significantly increase the available oxygen our blood cells can use. Managing medical devices, like oxygen concentrators, will also be discussed. In general, patients and family members attending the first support group session found the experience beneficial.

To learn more about the support group and RSVP for a future group session, please contact Penny Wagner-Zupon at pcwagner@utmb.edu.

The UTMB Osher Lifelong Learning Institute is located in Galveston, Texas and offers adults aged 55 and older a variety of college-level courses, as well as fitness and nutrition classes. For more on information, please visit www.utmb.edu/olli.

Registration now open for new Patient Event and Experience Reporting System event manager training sessions

UTMB’s current Patient Safety Net (PSN) reporting system will be replaced on June 21 with a new and improved patient event reporting system. In addition to capturing information on near misses and adverse events, users will now have the ability to submit patient experience reports, such as compliments and complaints.

Training sessions for the new system will be held Monday, June 11 through Friday, June 15. To register for a training session, visit http://intranet.utmb.edu/qhs/Register.asp.
To achieve the certification, UTMB underwent a rigorous onsite review that evaluated adherence to DNV GL comprehensive stroke standards and evidence-based clinical practice guidelines, as well as compliance with mandated performance measures. The certification encompasses the full spectrum of stroke care – diagnosis, treatment, rehabilitation and education – and establishes a concise system of measurements to evaluate outcomes. In addition, hospitals seeking and maintaining a DNV GL Stroke Center Certification must participate in Medicare and be in compliance with Medicare Conditions of Participation.

According to DNV GL, accredited stroke centers are typically the largest and best-equipped hospitals in a given geographical area that can treat any kind of stroke or stroke complication.

Dr. Anish Bhardwaj, professor and chair in the Department of Neurology, attributes the achievement to years of interdisciplinary collaboration and work between faculty, staff and departments.

Special thanks to Dr. Adham Kamel, stroke medical director, Dr. Stephen Busby, director of Inpatient Neurology Services, Annette Macias-Hoag, associate vice president of Health System Operations and assistant chief nursing officer, Brenda Yanez, stroke program coordinator, Dr. Karthikram Raghuram, director of Neuroradiology, Dr. Alok Dabi, director of the Neurosciences Critical Care Program, Dr. Hashem Shaltoni, medical director of Interventional Services, Dr. Eric Walser, professor and chair of Radiology, as well as the Neurology and Neurosurgery house staff, nursing leadership and many others who helped UTMB achieve Comprehensive Stroke Center designation.

UTMB’s 60-bed neonatal intensive care unit, located in John Sealy Hospital, has achieved Level IV designation, the highest ranking, from the Texas Department of State Health Services (DSHS).

The designation is based upon the successful completion of a rigorous set of expectations which formally recognize a hospital’s neonatal care capabilities and affirm a commitment to excellence that exceeds minimum hospital licensure requirements.

“The Level IV designation demonstrates that UTMB’s NICU is capable of treating the most critically ill neonatal babies, with a highly-skilled staff that includes medical and surgical specialists trained to deal with complex cases,” says Dr. Joan Richardson, professor and chair in the Department of Pediatrics.

State law requires all NICUs to undergo evaluation to make sure they are meeting guidelines set by the American Academy of Pediatrics, a measure specifically aimed at improving neonatal and maternal care across the state.

The UTMB Vascular Lab was recently named an Outstanding Clinical Rotation Site by Alvin Community College and MD Anderson Cancer Center. The awards are voted on by students of the programs and reflect UTMB’s commitment to providing a supportive learning environment for the Diagnostic Medical Sonography students. Congratulations!
Robert Hastedt named 2018 Leone Award winner

Robert D. Hastedt, nurse manager for Adult Patient Care Services, has been selected as the 2018 recipient of the Nicholas and Katherine Leone Award for Administrative Excellence. This award is presented annually to a manager or supervisor who has achieved administrative excellence and abides by the values and standards outlined in the UTMB Professionalism Charter and UTMB core values. The award recipient is selected by the Employee Advisory Council from the pool of eligible nominations. Only one winner is chosen and formally recognized at the university’s annual Employee Service Day ceremony. Congratulations, Robert!

For more information about the Leone Award and a complete list of 2018 nominees, visit https://hr.utmb.edu/tod/leone/.

Great Catch!

The Great Catch Award recognizes individuals and teams who catch potential patient safety errors and adverse events before they reach the patient. The goal of patient safety reporting is to reduce the risk of system and process failures, thereby reducing harm to our patients, visitors and staff.

Robert Brown, physical therapist assistant at UTMB’s Angleton Danbury campus, was recognized with a Great Catch Award for ensuring an Orthopaedic Surgery patient received prompt follow-up care after they described symptoms consistent with a potential infection. To ensure the patient received treatment as soon as possible, Robert personally contacted the clinic for an immediate appointment where it was determined the patient should be placed on antibiotics. Not only did the patient avoid a trip to the Emergency Room, but a potential readmission was also avoided.

Jessica Moore, physical therapist assistant at UTMB’s Galveston campus, was recognized by the Department of Healthcare Epidemiology for documenting that her patient was eligible to have their foley catheter removed after observing that the patient was ambulating well. The removal of a catheter as soon as it is appropriate aligns with UTMB’s initiative to reduce catheter-associated urinary tract infections. Jessica’s documentation helped expedite the catheter removal and highlights the importance of interdisciplinary collaboration.

Students at L.A. Morgan Elementary School in Galveston recently held a book drive to benefit UTMB Pediatric Primary Care, Island West. On May 29, the elementary students delivered more than 450 books, overflowing the clinic’s book cart, with two more boxes of books to spare. Staff from the clinic expressed gratitude for the generous donation and said prior to the delivery, the book cart was nearly empty. Thank you L.A. Morgan Elementary for your kind gift!
Health Resource Center Caregiver "Time Out" Sessions – June Schedule

Every Wednesday at 2 p.m. in Jennie Sealy Hospital Conference Room 2.506A, UTMB’s Health Resource Center offers 30-minute “Time Out” sessions focused on caregiving, caregiver support, self-care and other health-related topics. Sessions are open to all. For more information, contact Patient Resource Specialist Savannah Parks at sjparks@utmb.edu or visit https://www.utmb.edu/health-resource-center.

June 6 – Substance Abuse and Caregiving
Presented by: Monica Mehalshick, Directory of Adult Recovery Services, Gulf Coast Center
The negative consequences of alcohol and drug abuse are not limited to the person using; they impact their families and caregivers, as well. Families and caregivers with a loved one struggling with substance abuse are encouraged to attend this session to learn more about building coping skills, finding resources and addressing their own self-care.

June 13 – Power Tools for Caregivers
It’s important that families and caregivers have a plethora of tools in their caregiver tool box. This presentation provides information on a collection of services and resources that might benefit a caregiver and their loved in stressful situations. Professionals from the community will provide information and resources on non-medical in-home help, devices for the hearing impaired, Veterans Administration Aid and Attendance availability, and estate planning.

June 20 – Finding Your Rejuvenating Activity
Presented by: Ashley Fox and Sydney Britton, School of Health Professions, Occupational Therapy Student Group
Join us to discuss the importance of self-care and how regularly participating in enjoyable/relaxing activities can add to your quality of life.

June 27 – Patient and Caregiver Zen Hour with Pet Therapy
Caregivers take on many responsibilities, and often their emotional self-care needs go unmet. Caregivers, family members and patients are invited to participate in the “Caregiver Zen Hour” which offers relaxing and comforting activities to decrease stress and provide a little quiet time.

SHOUT OUTS!

Dr. Robert Kaale spent time with me and explained everything. When I delivered my baby, he spent the most time with me out of everyone. My nurse, Jonathan Hampton, also stayed with me and made sure everything was comfortable. Please give them both a thank you and a “job well done!” (Emergency Services)
My nurse, Tristan Cahill, in the surgical intensive care unit was amazing. He provided the best care! (Surgical ICU)
Lauren Kenney (nurse clinician III) was an awesome nurse and provided excellent care! (Orthopaedic/Trauma)
Dr. Gina Rizzo is a phenomenal doctor. During my delivery, when I wanted to give up but she motivated me to keep pushing! I am so grateful for her attention and care! (League City Campus Labor, Delivery, Recovery & Postpartum)
My nurses and patient care technicians were compassionate, knowledgeable, motivated and went above and beyond for me. Thank you, Theresa Solomon, Fatima Fajardo, Kristina Gilum and Tam Pham! (Medicine/Cardiology)

At UTMB, our greatest reward is serving our patients. That’s why we are proud to be among the hospitals recently recognized by the American Heart Association/American Stroke Association with the 2018 Get With The Guidelines Resuscitation Gold award, Pediatric Resuscitation Silver award and Stroke Gold Plus-Target: Stroke Elite Plus Honor Roll award.
SPOTTED AT UTMB: UTMB Nurses & Health System Employee Week, National Corrections Officers Week, Police Week and Employee Service Day

This month, UTMB employees celebrated Nurses & Health System Employee Week, National Corrections Officers Week, Employee Service Day and many other special occasions. Check out the photos in the following pages to see if we spotted you!