



Clinical staff at McLaren Regional Medical Center ready equipment for a procedure in the Medical Center's new hybrid Operating Room.

Connection

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McLaren First in Region to Use Hybrid Operating Room

When the word “hybrid” is used these days, most people probably think of cars. At McLaren, vascular surgeons, cardiothoracic surgeons, interventional cardiologists, neurosurgeons and surgical nurses think of a very specialized operating room. McLaren Regional Medical Center (MRMC) recently opened its first hybrid Operating Room (O.R.). This hybrid surgical suite offers clinical advantages for both surgeons and patients. The room is equipped to make it possible for surgeons to go from performing a minimally invasive procedure to an open procedure in minutes. Vascular Surgeon Robert Molnar, M.D., was one of the first specialists to test drive the hybrid, so to speak, at McLaren.

“Now, with access to the hybrid O.R., there is really no area of the body that we cannot provide vascular intervention for,” states Robert Molnar, M.D. “We can access arms, legs, necks and abdomens with both open vascular and endovascular procedures. Previously, special needs arising with vascular patients in the Cath Lab during a procedure required moving them to a traditional O.R. Or, if it was a less emergent patient, they would have the inconvenience of being scheduled for a surgery at a later time. This new suite is good news for surgeons and patients. As clinicians we can be more efficient, and patients can endure less stress and anxiety, with even better outcomes.”

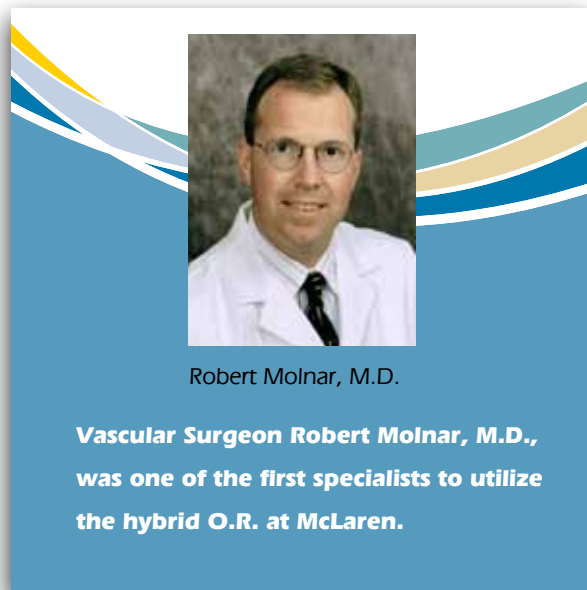
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McLaren First in Region to Use Hybrid Operating Room

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A Percutaneous Transluminal Angioplasty (PTA) is a common example of a minimally invasive vascular procedure that could turn into an endarterectomy, the open procedure used to treat vessel narrowing and blockages. A PTA involves inserting a wire through the groin to the artery that is being treated. A balloon catheter is then guided over the wire and placed in the blocked portion of the artery. Next, a small folded balloon is inflated compressing the plaque causing the blockage, opening the artery wall, and improving blood flow. When the blockage is too severe, an incision is made in the affected artery and the plaque is surgically removed from its inner lining. The hybrid room allows for the quick switch from the minimally invasive procedure to the open surgery when it is discovered that the patient's disease state is more wide-spread or complex.

The hybrid room at McLaren uses technology that offers optimal room layout design; a flexible, high-resolution fixed imaging system; state-of-the-art communications, and the latest surgical equipment. By design, the imaging equipment is a very important part of a hybrid suite, which requires the use of flat detector digital imaging. Still shaped as the letter "C", like previous "C-arm" technology, the new flat detector technology has several advantages. It takes up less space, is more maneuverable, allows for better angulation, and provides magnified readings allowing for lower amounts of radiation to be used, resulting



Robert Molnar, M.D.

Vascular Surgeon Robert Molnar, M.D., was one of the first specialists to utilize the hybrid O.R. at McLaren.

in less exposure for patients and clinicians. The design also requires a specialty imaging table, along with surgical support equipment including surgical lights, booms, flat panel arms and displays, as well as advanced communications equipment to deliver surgical and radiological images when they are needed most.

The ability to handle and minimize high-risk situations with the most efficient treatments available to save lives, is driving optimization of McLaren's new hybrid O.R.

McLaren Administrators were assisted by many staff during the process of making the hybrid O.R. a reality. Because so many of its uses are tied to heart and vascular procedures, several Cath Lab staff helped with important steps along the way from selection of equipment and supplies to training of O.R. staff. Thanks go to Kevin Flynn, RN, Manager Heart and Vascular; Erika Chevrette, Nurse Manger CVCU; Jan Nowaczyk, RTR; Bryce Lomerson, RTCV; Karan Jenkins, RTCV; Kathy Scholfield, RTR; Glen Walker, RN; Mary Dean, RN; and Jimmie Southern, RN. On the O.R. side, thanks go to Specialty Coordinators Jennifer Johnson, RN and Robin Marks, RN; Theresa Tithoff, Business Manager for Surgical and Cardiovascular Services; and Renee Bradley, RN, Nurse Manager PACU.

Heart Patient Tries Not to Skip a Beat

Mark Tripp expected the typical “Over the Hill” gags and gifts when he turned 40. What he was not expecting was a diagnosis of atrial fibrillation. At that time he thought of himself as easy going, active and healthy, making the diagnosis a bit of a shock. Now 10 years later, Mark is glad he sought medical attention.

“I have worked at Lapeer Regional Medical Center since high school, I know almost everyone at the hospital so I didn’t want to go to the Emergency Department and look foolish, but I was pretty confident that something was wrong with me,” says Tripp. “I wasn’t feeling well and I could hardly do anything without being winded. Tests showed my heart was in a state of atrial fibrillation.”

Atrial fibrillation, or AF as it is commonly referred to, is the most common cardiac arrhythmia. With AF, the heart’s electrical impulses are irregular and rapid, and, as a result, so are the heartbeats. At rest, a normal heart beats 60 to 100 times per minute. This normal rhythm is known as sinus rhythm. At some point in our lives, each of us feels a skip of a beat or a rapid pulse. This is a normal response to excitement or stress. However, some people develop an ongoing pattern of quick, disorganized heartbeats. During AF, the upper chambers of the heart beat 300 to 600 times per minute, making them appear to quiver or fibrillate. This makes it difficult for the chambers to empty because the atria beat so quickly that they are unable to fully contract and pump blood properly. When blood is not pumped completely out of the atria, it may pool or clot. This puts someone at risk for a stroke as even the smallest clot can travel to the brain. Atrial

fibrillation currently affects millions of people worldwide. The disease is progressive, increasing in frequency and severity as patients grow older.

During Mark’s E.R. visit in 2001 his heart rate was corrected and he was discharged with a referral to a cardiologist. Like most people he was first treated with medication to try and control his heartbeat. Over the next seven years he still had one admission to the hospital per year due to his AF; medications were not working well enough. In the summer of 2008 he was referred to Abdul Alawwa, M.D., F.A.A.C., a board certified electrophysiologist, to see if he was a candidate for a radio frequency ablation using three-dimensional mapping.

The procedure involves inserting catheters into veins on both sides of the groin through “paper cut” size incisions that are fed up into the heart. On one side are the diagnostic catheters used to locate the tissue causing the irregular heartbeat. On the other side are ablation catheters used to destroy the bad tissue. Detailed 3-D mapping of the heart is created using the NAVX system. Computed Tomography (CT) imaging obtained prior to surgery is transferred to the NAVX system, which puts the CT image over a true picture of the heart. The two together show precisely the places in the heart where the abnormal tissue is that needs to be cauterized. This is done using radio-frequency energy delivered through the ablation catheter. The small area of heart tissue is heated by the energy creating a tiny scar. As a result, this tissue is no longer capable of conducting or sustaining the irregular heartbeat.

Mark continues to see Dr. Alawwa to make sure his heart is staying healthy.



Mark Tripp, Manager of Environmental Services at Lapeer Regional Medical Center was diagnosed with Atrial Fibrillation right after turning 40. He has spent the last three years in much better health after undergoing a radio frequency ablation to correct his heartbeat.

“I can do anything and I want to keep things that way,” adds Tripp. “I don’t want something like AF to control my life, I plan to stay on top of it.”

And Tripp has plenty to keep him busy. During the day he is the Manager of Environmental Services at Lapeer Regional Medical Center. Away from work he enjoys spending time with his wife and coaching their three daughters in softball, soccer and basketball.

Bariatric Program Receives Reaccreditation



Center of
Excellence
BARIATRIC SURGERY

McLaren Bariatric Institute

achieved a three-year renewal of the Center of Excellence designation for Bariatric Surgery. In addition, both Dr. Harris Dabideen and Dr. Michael Kia, bariatric surgeons, were also granted renewal of their Bariatric Surgery Center of Excellence (BSOE) designee status for three years, which puts all components of the program on the same renewal cycle.

Announcements



Jim Nielsen

Jim Nielsen has been promoted to the position of Director of Hospital Laboratory Operations for McLaren Health Care. In Jim's new capacity, he will have the overall responsibility for the operations within the subsidiary hospital laboratories. Currently there are seven full service hospital laboratories and three outpatient laboratories within the system. Jim received his undergraduate degree in Medical Technology from Ferris State College and his Master's degree in Health Services Administration from Central Michigan University. His early career included stints at St. Joseph Hospital in Flint and the Memorial Hospital in Owosso. Jim joined McLaren Health Care in 1986 and has directed the laboratory and other clinical departments, including Radiology and Pharmacy.



Paul Puste'

Paul Puste' has joined MRMC as Director of Heart and Vascular Services. Paul comes to McLaren with 17 years of progressive management experience in cardiovascular services. He has a Bachelor of Science in Health Services & Planning, and a Masters of Business Administration with concentrations in Management and Accounting.



Cindy Dougherty, R.N.

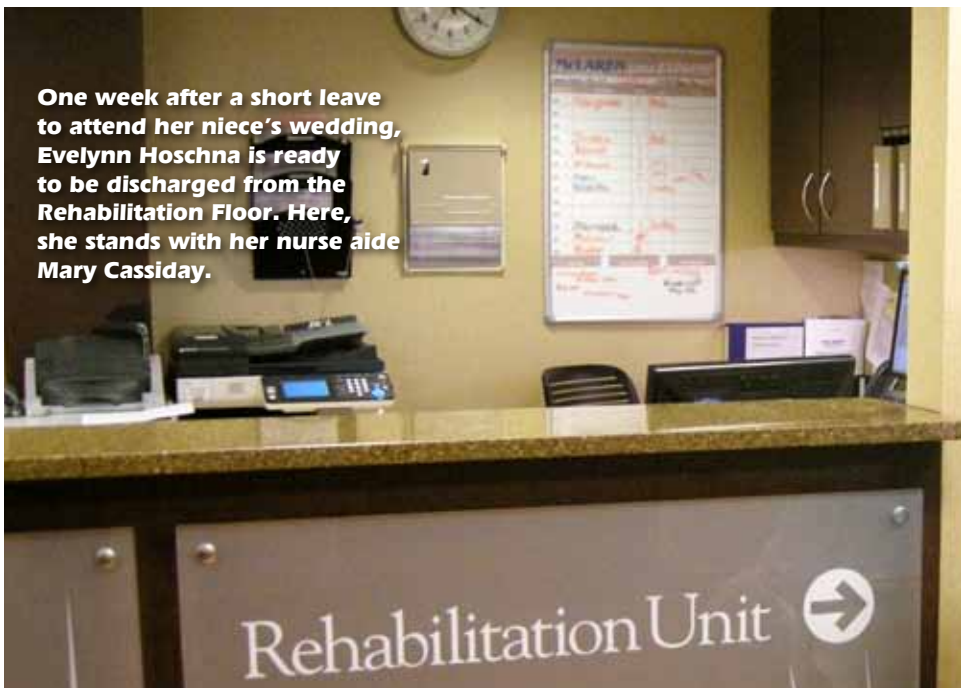
Cindy Dougherty, RN, has joined MRMC as Nurse Manager for 11 South. Cindy comes to MRMC with 37 years of clinical and management experience in nursing including Emergency Care and PACU. Most recently, she held a management nursing position in Emergency Care in Flint. Cindy formerly served as a clinical faculty member in University of Michigan Flint's Nursing Department where she taught Leadership and Management.



Kathi Scruggs, R.N.

Kathi Scruggs, RN, has accepted the position of Assistant Nurse Manager for 11 South. Kathi has 18 years healthcare experience working at McLaren, serving the last eight years in Case Management.

One week after a short leave to attend her niece's wedding, Evelyann Hoschna is ready to be discharged from the Rehabilitation Floor. Here, she stands with her nurse aide Mary Cassidy.



Rehab Patient Receives Special Attention for Special Event

Evelyn Hoschna helped plan almost every part of her niece's wedding, but she did not plan on breaking her hip one week before the big day. Evelyn had raised her niece and was determined to be at the wedding ceremony. McLaren's Rehabilitation staff made some special arrangements on Friday, July 22 to let Evelyn experience the day as

she planned. Occupational Therapist Margo Phillips altered the weekly ADL (Activities for Daily Living) to accommodate Evelyn getting dressed, applying make-up and styling her hair. Nurse aide Mary Cassidy, who cared for Evelyn during her stay, attending the wedding and reception to look after the needs of her special patient.

"Mary has taken excellent care of me during my whole stay, beyond going to the wedding with me," remarked Evelyn.

"She is a real sweetheart."



Pulmonary Rehab Patient Inspiring

An inspiring Pulmonary Rehab patient got some special recognition the week of July 25. Although you would never guess it, Mort Henick turned 89 on July 28, and Pulmonary Rehab staff decided that was worth celebrating. Mort has the honor of being the Program's most senior patient although he looks and acts younger than his years. He has been with the Program for three years and attends sessions three days a week. For Mort, going to McLaren's Pulmonary Rehab Program is an important part of maintaining his overall health. When staff presented Mort with a cake in honor of his big day he said, "Hey, 89 is no big deal, I plan on being here for my 100th birthday too." Mort says he highly recommends the program for anyone who has Chronic Obstructive Pulmonary Disease (C.O.P.D.). Pictured with Mort are members of McLaren's Pulmonary Rehab Staff from l-r: Cynthia Devasher, RRT; Mort Henick, patient; Val McLeod, Manager Pulmonary Rehab; and Shawn Fatheree, RRT.

Golf Classic On Par to Support Cancer Patients and Their Families



Jeff Ringvelski, Karla Grunow, Chris Brummel and Lauren Beaudry

Supporters of MRMC 'teed up' for a day of fun and fundraising at the 20th annual MRMC Golf Classic.

Over \$213,000 in gross revenues were raised from golf sponsorships, raffle ticket sales, and on-course events. Proceeds will support services for cancer patients and their families.



Rick Wyles, Jonathon Hartman, Don Kooy, and Brian McDonald



Joe Caine, Brent Wheeler, Jason Crowe and Chris Curtain



Roxanne Caine and Ann Boller



Families

Roger Jacks, Mary Evelyn Duberg,
Cheryl Ellegood and James Chambers, D.O.



Volunteers from Therapy Services,
Sue Hillager and Terri Harding



Sharon Baker
and Cindy Duncanson



Over \$213,000 raised
to support services for cancer patients and their families.



Nancy Adado



Ray Demers, M.D.; Laurie Prochazka,
Jane Enos, and Kevin Tompkins



Gai Clemmer, Harry Mitchell,
Cathy Stacey and Manny Quintos

Welcome to the Medical Staff



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Psychiatry

Education

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Tianjin, China

Master of Science, Psychiatry
W. China University
of Medical Sciences
Chendu, China

Residency

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Brooklyn, NY

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Grand Blanc, MI

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Nephrology

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College of Medicine
Philadelphia, PA

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Feinberg School of Medicine
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Palliative Care Offered to Complement Existing Medical Treatment

A new Palliative Care Program has been implemented at McLaren. Palliative care (PC) focuses on the physical, emotional, and spiritual needs of people with serious illness and their families, and assures comfort, dignity, and quality of life. Palliative care is provided simultaneously with all other medical treatments. The PC team consists of Dr. Frazer Wadenstorer, Medical Director; Nancy Walsh-Clifford, Social Worker, and Cindy Reichert-Brooks, Nurse Practitioner. The PC team has special expertise in helping patients feel better through serious illness with care that includes relief of pain and symptoms, respect for patient's values and personal choices, assistance and support in making difficult medical decisions, assurance that patients are as comfortable and active as possible, coordination of care and treatment among doctors and at all stages of illness, and identifying services to support patients and families after leaving the hospital.

Referral to a PC consult must be written by a physician. The primary care doctor can continue to take care of the patient or may choose to turn care over to the PC physician. Palliative care is different from Hospice care in that the PC team is based

in the hospital. Patients can receive palliative care at any time during an illness and can receive all other treatments at the same time. Hospice care is provided at home or a residential hospice facility. People in hospice forgo curative treatments for their illness and receive symptom control.

Palliative care will follow a patient home through McLaren Homecare PC nurses. The nurse will see the patient in their home within 24 hours of their hospital discharge. The caregivers will continue symptom management and also offer social work and spiritual care to the patient and family.

The Palliative Care office is located on the 5th floor of the South building. Monday - Friday, 8:00 a.m.-4:30 p.m., and the contact number is 810-342-2546.



The Second Quarter 2011 Beyond the Stars recipient is Karen Powell in Environmental Services. Karen was presented the award on August 25. Her nominator had the following praise for Karen.

Beyond the Stars Awarded to Karen Powell

“Besides being an outgoing bubbly personality, we believe Karen actually saved my husband's life. She was walking by his room and heard his call for help. He was gasping for breath. Karen ran to the nurses' station and reported the situation. The nurses ran to the room and inserted a ventilator tube and got him to ICU. I honestly believe if she had not cared enough to investigate, he would have died. She is an employee that McLaren can be extremely proud to have in their employment.”

McLaren Ranked Among America's Top Medical Institutions

McLaren Regional Medical Center has joined the prestigious ranks of America's top medical institutions in the 22nd annual U.S. News & World Report guide to "Americans Best Hospitals". McLaren Regional earned "High Performing" rankings in 10 specialty areas, earning one of the top 5 rankings among hospitals in the greater Detroit Metro Area, and the highest ranking in Genesee County.



McLaren Regional was ranked "High Performing" in the medical specialties of Cancer; Ear, Nose and Throat; Gastroenterology; Geriatrics; Gynecology; Nephrology; Neurology and Neurosurgery; Orthopedics; Pulmonology; and Urology.

Criteria evaluated for the ranking include: advanced technology, patient services, patient volumes, nurse staffing, reputation with physician specialists, survival rates and patient safety.

"These national rankings reflect the skill, commitment and patient-focused care provided by our entire medical team, including physicians, employees, governance and volunteers," noted Donald C. Kooy, President/CEO of McLaren Regional Medical Center. "Our focus at McLaren is to provide the highest quality of care, utilizing evidence-based medicine and advanced technologies and treatments to give our patients optimum care and service. These rankings underscore that we are delivering on our mission in our continuing commitment to serve the healthcare needs of our region."



Covering 94 metro areas in the U.S., the regional hospital rankings complement the national rankings and are aimed primarily at consumers whose care may not demand the highly-specialized tertiary expertise of a major ranked institution.

"The hospitals we call "high performers" are fully capable of giving most patients first-rate care, even if they have serious conditions or need demanding procedures," noted Avery Comarow, U.S. News Health Rankings Editor.



The latest rankings showcase 720 hospitals out of about 5,000 hospitals nationwide. Each is ranked among the country's top hospitals in at least one medical specialty and/or is ranked among the best hospitals in its metro area. The rankings are available online at www.usnews.com/besthospitals and are also featured in the "U.S. News Best Hospitals" guidebook.

Sukamal Saha

Named Top Doctor by US News



Sukamal Saha, M.D., surgical oncologist, has been named among the Nation's Top Doctors according to the US News Top Doctors directory released in July 2011. Dr. Saha was the only physician based in Flint to receive

this recognition. Additionally, he received a special distinction of being considered among the top one percent nationally in the field of surgery.

Dr. Saha has been considered a leader in the field of surgical oncology for more than a decade. His pioneering work in sentinel lymph node mapping for colorectal cancer has been performed in 37 countries and more than 230 scientific papers on the subject have been published in the last 10 years. He has shared his work with his peers around the world through presenting more than 180 scientific papers at oncology conferences; participating in joint research projects; and speaking at more than a dozen international conferences in the Americas, Europe and Asia. Over the past year, Dr. Saha has presented at meetings in Japan, Hungary, South Korea, and Australia. Dr. Saha also reviews international grant applications for new uses of sentinel lymph node mapping.

The US News Top Doctors directory was developed in conjunction with Castle Connolly Medical Ltd. Publisher of America's Top Doctors® and other guides and was built upon data from Castle Connolly's Top Doctors™. Physicians can not apply to be considered for the listing, nor can they, or their employers, pay to be in the directory. A peer-nomination process is used to compile the listing of over 27,000 top physicians in dozens of specialties. The US News Top Doctors directory is available online at usnews.com/health.

Key Services Earns High Marks in National Rankings

*Congratulations to all MRMC employees
for their contributions to the following accolades!
Keep up the great work!*



2011 Clinical Achievements

Emergency Medicine

Recipient of the 2011 HealthGrades
Emergency Medicine Excellence Award
(Ranked in Top 5% of Nation for Treatment of Stroke)

Stroke

Recipient of the 2011 HealthGrades
Stroke Care Excellence Award
(Ranked in Top 5% of Nation for Treatment of Stroke)

Critical Care

Recipient of the 2011 HealthGrades
Critical Care Excellence Award
(Ranked #3 in Michigan for Critical Care)

Five-Star Rated for
Treatment of Pulmonary Embolism-2011

Five-Star Rated for
Treatment of Respiratory Failure-2011

Pulmonary

Recipient of the 2011 HealthGrades
Pulmonary Care Excellence Award

Ranked Second in Michigan for
Overall Pulmonary Services-2011

Five-Star Rated for
Treatment of Chronic Obstructive
Pulmonary Disease-2011

Five-Star Rated for
Treatment of Pneumonia-2011



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Mission Statement:
McLaren Health Care, through its
subsidiaries, will be Michigan's best
value in healthcare as defined by quality
outcomes and cost.

McLAREN
REGIONAL MEDICAL CENTER
A McLAREN HEALTH SERVICE

Better doctors. Better care.sm
mcclarenregional.org



McLaren Hosts Fifth Third eBus

McLaren Regional Medical Center hosted one of Fifth Third Bank's eBus stops in Southeast Michigan on Friday, August 12. The 40-foot commercial touring eBus comes equipped with 14 Internet-enabled workstations. The eBus was created to provide underserved residents an important link to basic services. During its travels the eBus partners with community organizations, non-profit agencies, and city and municipal departments to provide access to resources for basic services, informational resources about homeownership, financial literacy and basic needs in an attempt to assist low-to-moderate income and underserved individuals to enhance their quality of life through access to digital resources and information. Many people took advantage of the opportunity to obtain a free credit report or speak with a certified credit counselor, who provided personalized, one-on-one credit counseling.

Spine Experts Educate Community



McLaren's spine experts shared their expertise at two community seminars this summer. David Fernandez, M.D., orthopedic surgeon; Jawad Shah, M.D., neurosurgeon; and Angel Riguera, D.O., Physical Medicine and Rehabilitation specialist presented at St. John's Family Center in Davison. At a similar program in Frankenmuth, Hugo Lopez, M.D., neurosurgeon, Ed Atty, M.D., Physical Medicine and Rehabilitation specialist and Dr. Fernandez presented information about back and neck pain. Dozens of attendees at each session learned more about McLaren's Spine Program, spine surgery options and non-surgical management of back pain.

