



Physician FOCUS

News for South County Health Medical Staff

September 2017

Q&A WITH... MARCIA WERBER FELDMAN, ASSISTANT VICE PRESIDENT, SOUTH COUNTY HOME HEALTH

Preparing for home care's new role.

Marcia Werber Feldman is keenly aware of the changes occurring in the healthcare industry. In her leadership role as assistant vice president of South County Home Health, she is looking forward to bridging the gap between inpatients and their return to good health, by providing the same level of high-quality care that patients receive at South County Hospital, but in the home setting. Her career path has given her experience in service lines such as hematology-oncology, pediatrics, occupational health, home care and assisted living. Marcia's objectives for South County Home Health are to be strategic in planning for the future, and flexible to respond to unanticipated changes, all while providing exceptional patient care that is the hallmark of South County Health.



Marcia Werber Feldman

SCH: What drew you to this opportunity with South County Home Health?

MWF: Reputation. Very simple.

SCH: What makes you passionate about home care?

MWF: Home care provides the ability to be intimately involved with patients and watch their progress where it is most helpful, to aid families in dealing with an

illness or injury, and incorporate them in the overall journey to some level of wellness.

SCH: Where do you see home care in the next five years?

MWF: In my opinion, the changing face of healthcare will push home care more into the forefront. Many more surgeries will be outpatient and home care will be needed to monitor those individuals. Inpatient stays will be shorter, making home care an integral piece in the journey to wellness. The next few years will be challenging with changing

regulations. Many home care agencies will not be able to survive these changes, while those that are flexible and strategic in their plans will be able to grow.

SCH: How do you plan to integrate home care into the continuum of care at South County Health?

MWF: With repetition, inclusion in hospital activities, education on the vast area of home care, helping the hospital see home care as a resource for the inpatients as well as home care patients, greater visibility within the hospital and the presence of human resources, we can build that bridge.

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Taking call is one of the most challenging aspects of medicine. Those that occur “after hours” are taxing, both mentally and physically, requiring more time away from our families and friends. The kindness and company of our colleagues at the hospital can lessen the burden of call and even make it somewhat enjoyable.

Throughout the past nine years, I have developed friendships with many of the support staff at the hospital. This includes many of our switchboard operators. While we seldom see their faces, we recognize their friendly voices and appreciate their pleasant demeanor and professionalism. My brief, but daily interactions with the operators each morning is a highlight of my weekend duties. As I check in for consults, we catch up on each other’s lives. We share stories of our families and children, their adventures, triumphs and challenges and commiserate about working on weekends and holidays.

It was with a heavy heart on a recent weekend when I called in for my consults and learned that Carol Petrone, an operator and friend who worked at the switchboard for more than 20 years, had passed away that morning. Not a week before, I entered the hospital near the switchboard as usual, I waved to her through the

sliding glass window and she waved back, smiling as she simultaneously passed messages to me and pleasantly spoke with a caller through her ever present headset. No matter how trivial or life-threatening the nature of the call, Carol’s steady and calm phone demeanor reassured both patient and doctor. As one of my colleagues put it, “Carol was who you called when you didn’t know who to call.”

I will miss my talks with Carol and I know that my patients and the community-at-large will miss her dependable presence as well. On behalf of the entire medical staff of South County Health, I would like to offer condolences to Carol’s family and to her friends and colleagues “on the switchboard.” South County Hospital is full of generous, hardworking and highly professional individuals like Carol, who are committed to the community, their patients and to each other. It is their dedication and our work together that has made South County Hospital such a unique and wonderful place to work, even at night and on weekends.

Aaron Weisbord, MD
President, South County Health Medical Staff

Dr. Weisbord can be reached at South County Cardiology, 401-471-6440 or via e-mail: aweisbord@southcountyhealth.org.

Physician Focus is a publication for the medical staff of South County Health. Questions or comments should be directed to [Eric Dickervitz](mailto:Eric.Dickervitz@southcountyhealth.org) at 401-788-1137.

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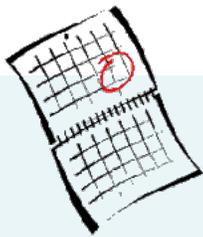
VIDEO OF THE MONTH

[Aloha!](#)



Over two days and three shifts, every employee of South County Health had an opportunity to enjoy a Hawaiian luau, complete with island-themed food and beverages, ukulele music, colorful Hawaiian shirts and leis. Enjoy [this photo slideshow](#) of the event, coordinated by our Human Resources department.





MARK YOUR CALENDAR

SEPTEMBER 2017

MEDICAL STAFF CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	Labor Day 4	Cancer Conference 7 – 8 am Potter P&T Committee 7:30 – 8:30 am DI Conference Room 5	Admissions Review Committee 7 – 8 am Med Staff Library 6	7	8	9
10	Ob/Gyn Dept. 6 – 7:30 pm Potter 11	Cancer Conference 7 – 8 am Potter Credentials Committee 7 – 9 am Potter A 12	M&M Conference Noon – 1 pm Potter B&C 13	Leadership Council 7 – 8:30 am Med Staff Library 14	15	16
17	18	Cancer Conference 7 – 8 am Potter Medical Executive Committee 7 – 9 am Potter A 19	Rosh Hashanah Dept. of Medicine 7:15 – 9:15 am Potter OR Department Staff Education 8:30 am 20	Rosh Hashanah Emergency Medicine Department 7:15 – 9:15 am DI Conference Room 21	Rosh Hashanah 22	23
24	25	Cancer Conference 7 – 8 am Potter 26	27	Quarterly Medical Staff Meeting 6 pm Arturo Joe's 28	Yom Kippur 29	Yom Kippur 30

Please refer to the Medical Staff Calendar shared on Outlook for any changes or modifications to the printed calendar here.

STAFF'S DEDICATION IS OVERFLOWING



Russ Corcoran, MD

During the latter part of August, two important events intersected at South County Health. First, we celebrated our accomplishments that earned a Double 5-Star rating from the

Centers for Medicare & Medicaid Services in both Hospital Quality and Patient Experience. As we celebrated this wonderful accomplishment by having a luau outside in the hospital parking lot, our triennial accreditation survey from the Joint Commission (TJC) was taking place inside. Some would say that having a celebration during the re-accreditation survey was unfortunate timing. But, as most of you probably know, I try to take a look at life with a glass-half-full approach.



I am proud of our staff and providers here at SCH. The compassion and professionalism in caring for our patients was conveyed to the inspectors from TJC. The surveyors commented that everyone was welcoming and receptive to their visit, answering questions fully and without hesitation.

As we prepared for the TJC survey, the pride in the work of the South County Health staff and providers was evident.

I can tell from their questions and concerns that we will consider and implement any suggestions for improvement. I am proud to work with this group of dedicated individuals. Our glass is not half-full, it is overflowing.

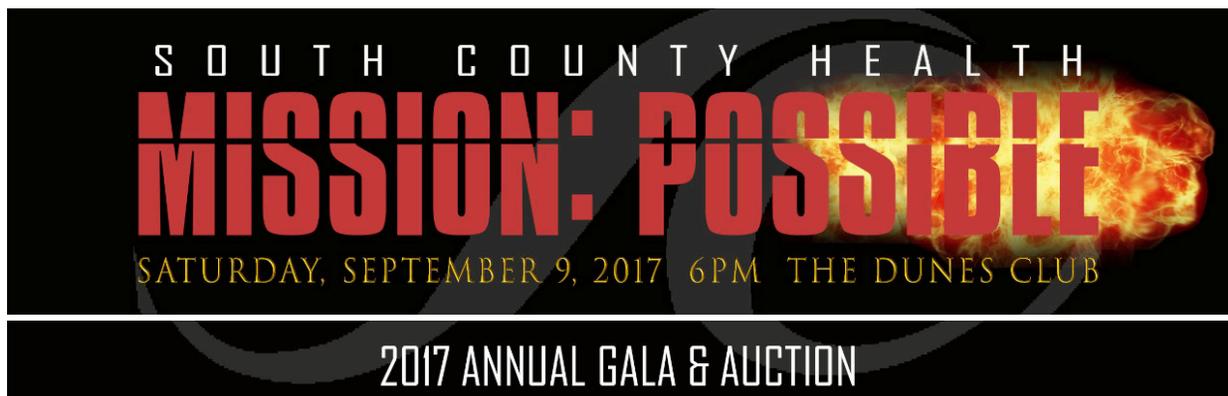
Please take some time over the next month to congratulate our staff for the Double 5-Star rating and their continued commitment to excellence.

Thank you for the care you provide to our patients,

J. Russell Corcoran M.D. VPMA/CMO
rcorcoran@southcountyhealth.org

DO GOOD, FEEL GOOD

ACCEPT THE MISSION



The [South County Health Gala](#) returns on Saturday, September 9, 2017 at The Dunes Club in Narragansett. The event theme, "Mission: Possible," represents the expanse of programs and services South County Health provides for the health of the community.

The gala will feature dinner, dancing, live music by the Cartells, as well as a live and silent auction. The

event will also include an opportunity to participate in "Fund a Need" to benefit South County Healthy Bodies Healthy Minds.

The event committee co-chairs are Susan and Sandra Winter. To reserve a table in advance, please email the Development Team at developmentoffice@southcountyhealth.org.

WELCOME TO SOUTH COUNTY HEALTH

The following professionals were recently appointed to the South County Health medical staff.

Jason Boulware, DO (*Emergency Department, consulting*)

Jason Boulware, DO, received a doctor of osteopathic medicine from New York College of Osteopathic Medicine. He completed a residency in emergency medicine and was chief resident at St. Barnabas Hospital and Regional Trauma Center in New York. Dr. Boulware is board certified and has practiced emergency medicine at several healthcare systems in North Carolina, New Jersey and New York, and has local affiliations with Roger Williams Medical Center and Our Lady of Fatima Hospital.

Ida Kruse, PA-C (*OrthoRI-South County, affiliate*)

Ida Kruse will work as a physician assistant in orthopedic surgery with OrthoRI-South County. Ida received a master of science in physician assistant studies from Johnson & Wales University after completing her undergraduate studies at Wheaton College. Ida's experience includes positions as an emergency medical assistant and medical assistant.

Robert Nordness, MD, MPH (*Express Care, consulting*)

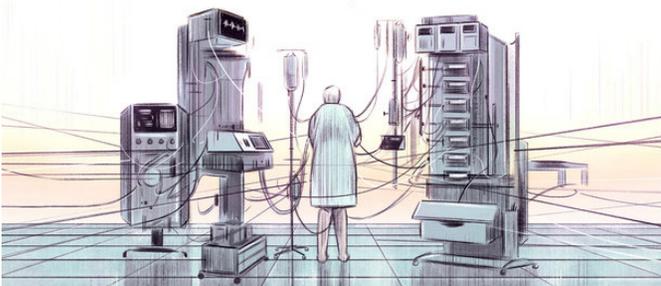
Robert Nordness, MD, received a doctor of medicine degree from the University of Minnesota, followed by a master's degree in public health from Harvard School of Public Health. Dr. Nordness completed residencies in emergency medicine and occupational medicine. He is board certified and licensed to practice in Rhode Island and Connecticut.

Peter Wilkinson, NP-C (*Express Care, affiliate*)

Peter Wilkinson received a master of science in nursing from Maryville University, Missouri, after completing a bachelor of science in nursing from University of Massachusetts, Boston. Peter is board certified, with experience as a family nurse practitioner and as a registered nurse, at healthcare organizations including WellOne Medical and Dental, Westerly Hospital and Kent Hospital.

NEWS

OF INTEREST...



[Why Immortality Is Overrated](#)

Many medical professionals are said to die differently compared to others. That is to say, many who work in the medical profession have seen the futility of life-saving measures or invasive and expensive treatments that simply keep a patient alive only to spend his or her dying days in a hospital. In this essay, Dr. John Henning Schumann encourages healthy people to think deeply about what they want before facing an end-of-life situation so that their decisions and wishes can be honored through advance directives.



[How Moldy Hay And Sick Cows Led To A Lifesaving Drug](#)

Every day physicians prescribe medicines that improve, and sometimes save, their patients' lives. Knowing which medicines to prescribe is part of the job. Understanding how the drug and its therapeutic effect were discovered is rarely considered. Here, Joe Palca, reveals how one of the most widely prescribed drugs in the world, Coumadin, was discovered because some cows ate moldy hay.

SOUTH COUNTY HEALTH NAMED HEALTHIEST EMPLOYER BY PBN



(l-r) Megan Keenan, Food Services Director; Marie Padilla; Christina Puppi, Human Resources Assistant; Maggie Thomas, Chief Human Resources Officer; and Joanne Soccio, Senior Benefits & Compensation Officer.

For the fifth consecutive year, South County Health was recognized as one of Rhode Island's Healthiest Employers, an annual recognition by Providence Business News. The organization was selected as the number one healthiest employer among those with 500 – 1,999 employees.

The Healthiest Employer designation is based on the success of the Well Beyond benefit-linked, employee incentive program. South County Health realized an 86 percent participation rate in the various programs offered

through Well Beyond. The industry average for employee participation is 55 to 75 percent.

In addition to the recognition that South County Health received, Marie Padilla, a member of the Community Health Team, was recognized for her individual success, resulting in weight loss, improved health and a more active lifestyle.

South County Health is featured in the Providence Business News special section, 2017 Healthiest Employers of RI.

Q&A WITH... MARCIA WERBER FELDMAN, ASSISTANT VICE PRESIDENT, SOUTH COUNTY HOME HEALTH

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SCH: What would you say to nurses who are considering entering the home care/visiting nurse sector of health care, but are nervous to make the leap?

MWF: New nursing grads should spend a minimum of 18 months in an acute environment or in a skilled nursing facility where they can apply the theory they learned in school. There, they develop themselves as clinicians while others are available to mentor, guide, and assure them that their decision-making is sound and help them learn. New therapists can frequently be in home care sooner, but ideally a year of background is preferred to solidify

their skill set. Seasoned professionals should know how rewarding it is to be viewed as a positive influence in the family, and to literally see the difference you have made. Acute care patients are in the hospital for a short period of time so relationships are difficult to forge; however, home care allows for those relationships to form and to be worked for the benefit of the patient.

Visit www.southcountyhealth.org or call 401-782-0500 for more information on South County Home Health.

CME OPPORTUNITIES

Internal Medicine Update

(See website for CME credit information.)

New Orleans, Louisiana - Omni Royal Orleans French Quarter
October 13 – 15, 2017

The Internal Medicine conference is designed to provide physicians, nurse practitioners, nurses and physician assistants involved in Primary Care with evidence-based information on commonly encountered office dilemmas and suggest current approaches to clinical management. The conference will present and critically assess recent advances and key topics in Internal Medicine to enhance the knowledge and competence of Primary Care attendees.

Infectious Diseases in Primary Care

(See website for CME credit information.)

Fairmont Copley Plaza, Boston, MA
October 25 – 27, 2017

The Comprehensive 2017 Infectious Disease Update: Prevention, Diagnosis, Treatment provides a comprehensive infectious disease update for physicians, nurse practitioners and physician assistants. This course provides guidance to improve the diagnosis, prevention and treatment of infectious diseases.

Hospitalist and Emergency Procedures Course

(See website for CME credit information.)

Wyndham San Antonio Riverwalk Hotel
San Antonio, Texas
November 11 – 12, 2017

Students will learn the indications, contraindications, technique and complications for the 20 most common hospitalist procedures; how to perform procedural sedation; the basics of mechanical ventilation; bedside ultrasound for diagnostic ultrasound and ultrasound-guided procedures; and coding and documentation of procedures.



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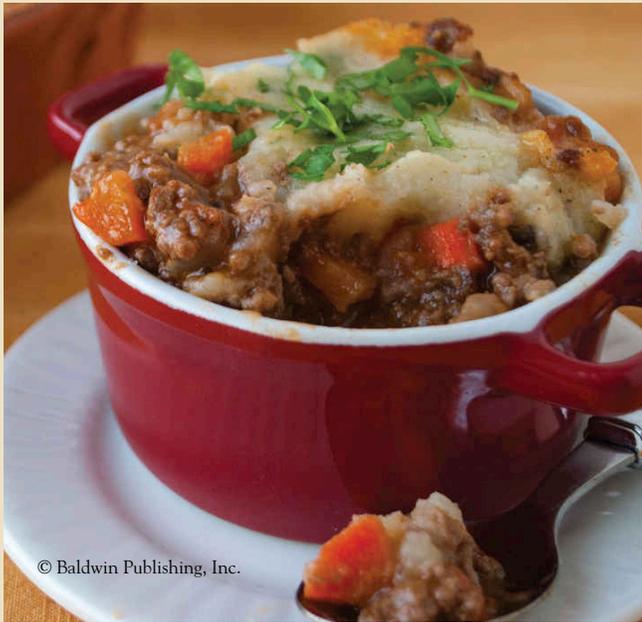
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GOT AN IDEA?

Do you want to submit an idea or story for the next issue of *Physician Focus*? Contact [Eric Dickervitz](mailto:Eric.Dickervitz@scortho.org) at 401-788-1137.

Yield: 8 Servings | Diabetes Recipe | Heart Healthy



© Baldwin Publishing, Inc.

This one-pot dinner will satisfy your comfort-food craving. Beef shepherd's pie is an easy healthy recipe for a meat-and-potatoes dinner.

INGREDIENTS

Potato Topping:

- 1 1/2 lbs (about 3 large) potatoes, peeled and quartered
- 2/3 cup skim milk
- 2 Tbsp reduced-calorie trans fat-free margarine
- 1/4 tsp ground nutmeg
- 1/8 tsp cayenne pepper
- 2 green onions, thinly sliced
- 1/2 tsp salt
- Black pepper to taste

Filling:

- 1 lb lean ground beef
- 2 Tbsp olive oil
- 1 1/2 cups chopped onions
- 2 large carrots, chopped
- 3 oz cremini mushrooms, sliced (about 1 cup)
- 1 Tbsp tomato paste
- 1 tsp fresh thyme leaves, or 1/4 tsp dried thyme
- 3 Tbsp red wine or red grape juice
- 2 1/2 cups reduced-sodium beef broth
- 2 Tbsp all-purpose flour
- Black pepper to taste

PREPARATION

Potato Topping:

In a 4-quart saucepan, add the potatoes and cold water to cover by 2 inches. Bring to a boil and cook over medium-high heat until the potatoes are tender, about 20 minutes. In a colander, drain the potatoes. Return potatoes to pan and mash. Set aside.

In a small microwave-safe bowl, combine the milk, margarine, nutmeg and cayenne. Microwave on high for 20 seconds, or until margarine is melted. Add the milk mixture to the potatoes and stir until smooth. Add green onions and season with salt and pepper. Stir gently. Set aside.

Filling:

Preheat oven to 375°. Line a rimmed baking sheet with foil; set aside. Heat a large skillet over medium heat. Add the beef and cook until just browned. Add the oil to the pan and heat until hot. Add the onions, carrots and mushrooms, and sauté, stirring occasionally, until the vegetables are tender, about 10 minutes. Add the tomato paste, thyme, sherry and broth, and bring to a simmer over medium-high heat, stirring constantly. Stir in the flour and cook for 1 minute. Simmer uncovered until the mixture is thick and bubbly, about 15 minutes. Season with black pepper to taste.

Pour the beef mixture into a deep 8-inch baking dish. Spoon the mashed potatoes over the beef and place baking dish on lined baking sheet. Bake until the shepherd's pie is bubbly around the edges, about 30 minutes. Cool for 10 minutes before serving.

NUTRITION FACTS

Serving size: about 1 cup
 Calories: 293
 Fat: 12g
 Saturated Fat: 4g
 Cholesterol: 47mg
 Sodium: 401mg
 Carbohydrates: 26g
 Fiber: 3g
 Protein: 19g

Recipe courtesy of
<http://www.webhealthyrecipes.com>

View this and more Health eCooking recipes:
[Shepherd's Pie](#)

GRAND CANYON, ARIZONA



Considered by some to be one of the Seven Natural Wonders of the World, the Grand Canyon is, in a word, breathtaking. Carved by the Colorado River that runs through it, the Grand Canyon measures 277 miles long and 18 miles across at its widest point, creating a spectacular vista.

While the Grand Canyon is a popular tourist destination, its geological and historical significance are sometimes overshadowed by its natural beauty. The canyon exposes one of the most complete geologic columns in the world, offering visitors a glimpse of the earth that dates back two billion years, and contains five of the seven life zones – from desert to sub-alpine climates.

The [South Rim](#) is the most accessible and most visited part of Grand Canyon National Park. The Grand Canyon Village offers a visitor's center, a market plaza and the historic district where visitors can find the railroad depot and original lodges built by pioneers. This part of the park is open all year, accessible by car approximately 60 miles north on Route 64 from Williams, AZ.

The [North Rim](#), located approximately 40 miles

south of Jacob Lake, AZ on Highway 67, is visited by only 10 percent of all Grand Canyon visitors. Lodging, restaurants and shops are limited and the area is only open from mid-May to mid-October due to winter weather conditions.

THINGS TO DO

By foot

Visitors can take a casual walk along the South Rim to view the canyon's natural beauty from various angles. For those looking for a greater challenge and a chance to experience the Grand Canyon from the inside out, there are two [hiking trails](#) that reach the canyon floor. The South Kaibab Trail is 6.8 miles and the Bright Angel Trail is 9.3 miles. Before you go, take some time to learn about hiking the Grand Canyon. The hike down typically takes four to five hours and the hike up takes an average of seven to eight hours. First time Grand Canyon hikers tend to react to the experience in one of two ways: either they can't wait to get back, or they swear they'll never do it again.

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By mule

[Mule trips](#) are available at both the North and South Rims. Trips from the South Rim are typically booked 13 months in advance, so preparation is necessary.

By bike

Bicycle rentals and guided [bike tours](#) are available on the South Rim between April 1 and October 31. Visitors can rent bikes and venture out on their own, exploring the canyon from the miles of low-traffic paved roads and bicycle greenways. Bright Angel Bicycles also offers a variety of guided bike tours. Besides the stunning views, guides provide information about the area's geology, anthropology and wildlife.

Grand Canyon Skywalk

For a unique perspective of the canyon, the [Grand Canyon Skywalk](#) was constructed on land owned by the Native American Hualapai Tribe. The horseshoe-shaped, pedestrian cantilever bridge extends 70 feet out from the canyon edge, with a glass walkway that provides a vertical drop view. The skywalk is located on the West Rim of the Grand Canyon, a two-hour drive from Las Vegas, NV. A variety of tour packages are available to visit the Skywalk.

Nearby places to see

While visiting the Grand Canyon, why not take the opportunity to explore many of the other notable places out west.

[Sedona](#) is an Arizona desert town south of Flagstaff. It's surrounded by red-rock buttes, steep canyon walls and pine forests. Sedona is noted for its mild climate and vibrant arts community with New Age shops, spas and art galleries. On the town's outskirts, numerous trailheads access Red Rock State Park, which offers bird-watching, hiking and picnicking spots.

The mining boom of the late 19th century led to the creation of numerous small towns across Arizona. In time, however, many of these settlements were abandoned, leaving buildings and structures standing. Many of these [ghost towns](#) remain with few, if any, inhabitants.

If you're looking for some kicks, rent a car and head west on Route 40 from Williams, AZ and veer off in Seligman to catch [Route 66](#). The storied, two-lane road cuts through the desert to Kingman, AZ. With the Interstate running parallel to Route 66, most of the travelers along the road are there for the experience, rather than the commute.

LOOKING FOR NEW PATIENTS?

One of the best ways to cultivate new patients is to get in front of your target audience to talk about your specialty. The South County Health Marketing Department will schedule, promote and coordinate your community educational talk. Contact Eric Dickervitz via email edickervitz@southcountyhealth.org or call 401-788-1137.

SOUTH COUNTY HEALTH TALKS

South County Health's free community educational series brings physicians and other professionals into the community to engage with area residents to support their health and well-being. Often, these conversational interactions lead to new patients who seek more formal medical advice.

Below are some of the upcoming South County Health Talks.



Car Seat Safety Check

Saturday, September 16, 11 am – 2 pm
Medical & Wellness Center, East Greenwich
 Trained child seat installers and members of the East Greenwich Police Department will provide information on safeguarding your children and check your child restraints for proper installation and use.



Baby Ready Pets

Wednesday, September 27, 6:30 – 8 pm
Second Floor of the Medical & Wellness Center, Westerly
 This lecture is designed for families that own pets and are preparing for the arrival of a newborn or toddler

into the family. Jane Deming, director of education for educateHUMANE!, offers strategies to pet owners on how to prepare their pets for the arrival of a new addition to the family and prevent potentially dangerous interactions between pets and babies.



Back Pain

Thursday, October 19, 6:30 – 8 pm
Medical & Wellness Center, Westerly
 Orthopedic spine surgeon, Ian Madom, MD, will discuss the various causes of back pain and some of the methods used to relieve or correct these issues.

Inhaled Medications 101

Wednesday, October 25, 1:30 – 3 pm
South County Health Medical Office Building
 Preadmission Testing Waiting Room
 Maggie Mann, registered respiratory therapist, will instruct patients on the proper use of inhaled medications and how to get the most benefit from them.

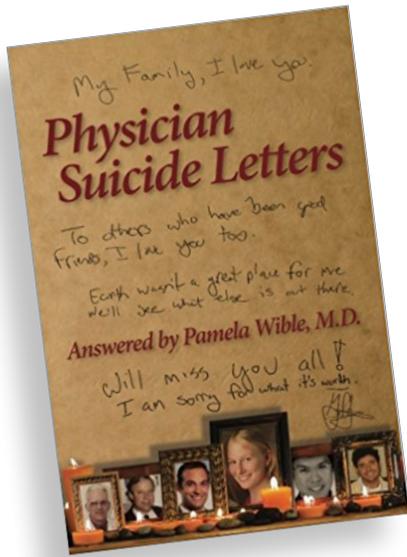


Keynote speaker Marni Jameson

11th Annual Women's Wellness Day

Saturday, October 28, 8 am – 3 pm
Ocean House, Westerly
Tickets: \$80 per person
 A day of enlightenment, inspiration and fun geared especially for women includes discussions on women's health issues, mini-boutiques, breakfast and lunch, and raffle prizes. This year's keynote speaker is Marni Jameson, author of "Downsizing the Family Home."

ON THE BOOKSHELF...

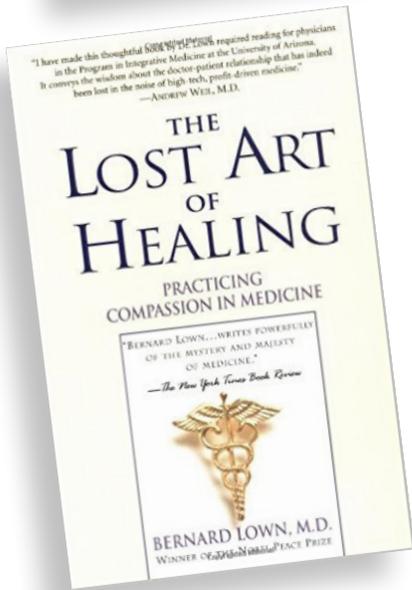


Physician Suicide Letters

by Pamela Wible, MD

September is Suicide Prevention Month.

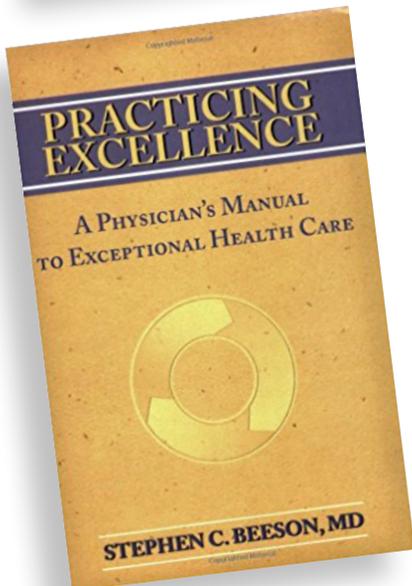
In “Physician Suicide Letters – Answered,” Dr. Pamela Wible exposes the pervasive, yet largely hidden medical culture of bullying, hazing, and abuse that claims the lives of countless medical students, doctors, and patients. This book contains private letters and last words from doctors who could no longer bear the pain of an abusive medical system. NOTE: All book proceeds will be used to humanize our medical education system and help save the lives of suicidal medical students and doctors.



The Lost Art of Healing: Practicing Compassion in Medicine

by Bernard Lown, MD

The medical industry is focused on economics, insurance and managed care as critical issues. But some would argue that the real crisis is the loss of the fundamental human relationship between doctor and patient. This book reacquaints us with health care in which the time-honored art of healing guides doctors in their approach to patient care and their use of medical technology.



Practicing Excellence: A Physician's Manual to Exceptional Health Care

by Stephen C. Beeson, MD

So much of a medical organization's success rides on the leadership, conduct and performance of its physicians. How does a health care organization engage its physicians to lead by example? And how does a physician in the midst of 25 appointments, 30 phone messages, hospital rounds, and the details of managing a clinical practice do what needs to be done to foster satisfaction and loyalty among patients? “Practicing Excellence” provides answers to these questions.