



Physician FOCUS

News for South County Health Medical Staff

January 2018

NURSE PRACTITIONERS JENNIFER AVEDISIAN & MARY JOYAL

A DIFFERENT APPROACH TO PRIMARY CARE

Healthcare consumers who are looking for a primary care provider have a choice – see a physician or a certified nurse practitioner. South County Health has both on its medical staff, giving consumers more choices and greater accessibility to primary care.

Certified nurse practitioners, [Jennifer Avedisian, RNP](#) and [Mary Joyal, FNP-C](#), are among the board certified nurse practitioners on the South County Health medical staff. They provide primary care in family medicine for children and adults at the South County Health Medical & Wellness Center in East Greenwich.



Jennifer Avedisian, RNP



Mary Joyal, FNP-C

As a primary care provider, what is the fundamental difference between a physician and a nurse practitioner?

Nurse practitioners and physicians are educated through different models - the nursing model and the medical model. These complement each other because we may have slightly different ways of seeing an illness or situation, which can be helpful in collaborating and giving our patients the best possible treatments.

Can nurse practitioners offer healthcare services without being part of a physician's practice?

In some states nurse practitioners are able to practice independently without a supervising physician and Rhode Island is one of those states.

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Q&A: NPs as PCPs *continued*

What can a patient expect when they see a nurse practitioner, rather than a physician for their annual check-ups?

When we see a patient for an annual check-up we go through the same procedures and routines that a primary care physician would. We review and update family, social, and past medical history, review current medical issues and concerns, order necessary bloodwork and imaging, and make sure patients are up-to-date on vaccines and cancer screening tests.

If a patient can't get an appointment with a primary care physician, can a physician's office refer them to a nurse practitioner for their primary care?

Yes! In our current climate of ever-changing healthcare, there is increasing demand for primary care services and a shortage of primary care providers. Nurse practitioners help to offset this shortage by offering high-quality, cost-effective, patient-centered health care.

Are visits to a nurse practitioner covered by health insurance?

Yes, we are covered by health insurance. Some plans require a physician's name to be listed as the "primary care doctor," but our services are billable and recognized by insurance companies.

How do you ensure that the patients you care for receive a high level of care and an exceptional patient experience?

Our goal is to make sure we are giving our patients the best possible treatments and health guidance, and that you are happy with the care you receive from us. We are always checking for new medical guidelines and attending continuing education classes to make sure that we are up-to-date on new medications and treatments. We work in collaboration with specialists to make sure patients receive proper treatment for any chronic medical issues. The health of our patients is our primary concern. We are always available to discuss any questions or concerns patients have about their health, medical tests, diagnoses or treatments that they have.



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LOOKING FOR A PRIMARY CARE PROVIDER?



- Nurse practitioners are the health partner of choice for millions of patients, offering comprehensive primary care services for all ages, with an added emphasis on disease prevention and health management.
- To set up an appointment, call us in East Greenwich at 401-471-6760.

Nurse practitioners Mary Joyal and Jennifer Avedisian are now accepting new patients in our East Greenwich office.



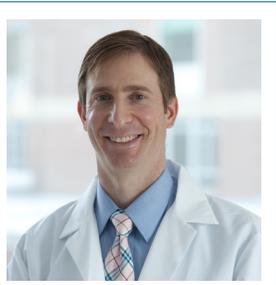
SOUTH COUNTY MEDICAL GROUP PRIMARY CARE

A Member of the South County Medical Group

3461 South County Trail, East Greenwich, RI 02818 ~ www.southcountyhealth.org

Before making an appointment, check to see if your health insurer covers Nurse Practitioner services as a Primary Care Provider.

by Aaron Weisbord, MD



Aaron Weisbord, MD
South County Health
Medical Staff President

‘Zero harm’ is critical for patients and physicians alike.

Mike Davidson was a skilled cardiothoracic surgeon who operated on critically ill patients that other doctors had turned down. His murder by a patient’s family member in 2015 was reported nationally in the media as a tragic example of workplace violence and led to widespread calls for improvement in the safety of healthcare providers.

Despite increased awareness generated by this and other violent acts, hospitals by nature of their open access to patients, visitors, delivery personnel and the general public, remain high-risk settings for physicians and staff. An editorial in the *New England Journal of Medicine*, written in the months after Mike’s death, provided the following statistics on the scope of the issue:

1. The healthcare industry is the second most violent in the US, behind only law enforcement.
2. 75% of all workplace assaults between 2013 and 2015 occurred in a healthcare setting.
3. 80% of all emergency medical workers will be a victim of violence during their career.
4. 100% of ER nurses surveyed at the time reported that they had been the victim of verbal abuse and 82% reported being the victim of physical assault.

Even more shocking, these numbers likely underestimate the true extent of workplace violence in healthcare due to underreporting. For too long medical personnel have failed to report acts of violence perpetrated against them and considered it “part of the job.”

At the time of Dr. Davidson’s murder, I remember thinking to myself how fortunate I was to work at South County Hospital, a small rural institution insulated from the type of violence encountered in larger, more urban settings. I was wrong. Even at South County, violence against our staff,



particularly front line providers, occurs not infrequently. We are exposed to the same factors that trigger violence elsewhere. These include unpredictable patient behavior due to dementia, delirium, and substance abuse. Likewise, our patients and their families deal with other stressors known to trigger violence such as long wait times and receiving unexpected bad news about themselves or their loved ones.

In the coming weeks and months, medical staff leadership and administration will collaborate on a program to mitigate violence against staff within the South

County Health system. This endeavor has kicked off with a comprehensive third party assessment of current safety training and security measures at South County Hospital.

Our education will be critical to the success of this initiative. We as a medical staff must learn what constitutes acceptable patient and family behavior and we must be taught how to de-escalate and deal with individuals whose behavior deviates from these standards. Education alone, however, will be insufficient. Other institutions have found it necessary to increase security staffing levels, to invest in equipment such as door locks, cameras and other new technology that can discreetly and immediately notify security staff and summon them to a specific location in the hospital. I suspect these types of interventions will be needed here as well.

We have rightfully committed as an institution to becoming a High Reliability Organization with a goal of zero patient harm. The same must apply to our medical staff. After all, we cannot uphold the Hippocratic Oath if we as providers remain in harm’s way.

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

by Russ Corcoran, MD



J. Russell Corcoran, MD
Chief Medical Officer

RESOLVE TO IMPROVE OUR CULTURE OF EXCELLENCE

It's a new year and I've already started to break my resolutions, one of which was to have this column submitted prior to the deadline. Despite reading an [article in the New York Times](#) about how to do resolutions right, I still struggled right out of the gate. The keys to keeping resolutions, according to the article, was to set specific measurable, achievable, relevant and time-bound goals. Good advice for all of us, but difficult to live up to. While I work to keep my resolutions, I also wanted to share with you some of the other broad topics that I will be working on during the year.

Primary care recruitment - We have two physicians, Drs. Andelloux and Somvanshi, who will be leaving our SCMG East Greenwich Family Medicine Practice Office in the next few months. We wish them the best of luck in their further endeavors and thank them for the excellent care they provide to their patients. Primary Care is important to our system and to our community. We're working very hard to recruit replacements. Any help that our staff can give us with referrals of friends and interested physicians will aid us in our recruitment efforts.

Physician and provider burnout - I have touched on this topic in previous Physician Focus columns. I think we need to make further efforts both in our medical group and our professional community to support our physicians to prevent burnout. Burnout is significant and present in all specialties. No one is immune and we must be aware of our colleagues and support them if there are signs and symptoms of burnout. There are many pressures on our providers including EMRs, increased regulation, numerous measures, and uncertainty in the marketplace.

My opinion is that the structure of our medical system and decreased interaction among colleagues is also contributing to this problem. There was an interesting intervention I read about called [Three Good Things](#)

that strengthens a person's ability to perceive and savor positive emotions. This has been shown to decrease symptoms of burnout within a few days and benefits were retained up to a year later. Dr. Kostrewa and I have discussed having a speaker address burnout at the next primary care dinner. If successful, we will try to spread this to other areas.

System structure - As many of you know, we are examining the future

of South County Health. I think you can feel confident that Lou Giancola, Kim O'Connell, Tom Breen, Eve Keenan, Aaron Weisbord, Sal Abbruzzese, the Board of Trustees and the rest of the senior leadership team are examining options very closely to assure the best possible structure for our community and the medical staff.

This is the tip of the iceberg for the coming year. We have many challenges arise from day to day. I would like to continue our efforts in other areas: coordination of care, telehealth, eldercare, population health, patient centered care, specialty care and integrative medicine. It's a daunting list, but with you and our staff we can continue the excellence for which South County Health is known.

Happy New Year and thank you for the care of our community.

Sincerely,
[J. Russell Corcoran, MD](#)
VP MA-CMO



“If you haven’t got any charity in your heart, you have the worst kind of heart trouble.” - Bob Hope

TRIBUTE CAMPAIGN NAMES 2018 HONOREES

Add the name of your honoree to the Frances McGillivray Tribute plaque

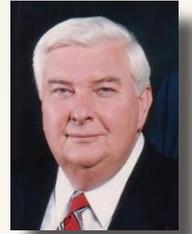
The Honorees for the 2018 South County Health Frances McGillivray Tribute are two people who have made a difference in the lives of others and forged extraordinary connections with the community that support health at every stage of life.

This year’s Staff Honoree is **Sherri Zinno**, registered respiratory therapist and manager of the South County Health Cardiopulmonary Services & Physical Therapy Services. A dedicated employee for the last 30 years, Sherri developed our wellness exercise and survivorship programs to benefit all cancer patients, as well as many other programs that promote good health for all.



Sherri Zinno, RRT

Former Governor **Lincoln Almond**, the 2018 Community Honoree, has been an active participant and supporter of our Wellness & Fitness Center at South County Hospital since 2014. He has personally improved his health under the supervision of our highly trained exercise physiologists and respiratory therapists, and continues to support their efforts to help others improve their health.



Lincoln Almond

If you would like to recognize someone by adding their name to the Frances McGillivray Tribute wall plaque, contact the Fund Development department at development@southcountyhealth.org or call ext. 1492 (401-788-1492).

HOSPITAL & INDUSTRY NEWS ...

FLU-LIKE ILLNESSES HITTING WASHINGTON COUNTY

South County Health monitoring health of the community

Each week, the Centers for Disease Control (CDC) issues a [report on the incidences of influenza like illness \(ILI\)](#) which is shared throughout South County Health by Lee Ann Quinn, BS, RN, CIC. Based on these reports, ILI is hitting hard in Washington County.

In a single week, the reported rate of flu-like illnesses in Washington County spiked from 1.72 percent of the population to 5.69 percent. Strain A is the predominate strain being reported and hospitalization rates doubled week-to-week. In the second week of Influenza Season, the number of ILI rose to the “moderate” level. If the trend continues to rise to the “red” level, South County Hospital staff will respond accordingly to minimize any impact to operations.

Most affected: Those 65 years of age and older, followed by the 50-64 year-old age group.

Mortality: Statewide, two influenza-associated deaths have been reported as of January 10.

Infection prevention

As the director of Infection Prevention & Control, Environmental Health & Safety, Lee Ann emphasizes the importance of infection prevention to stop the spread of illness.

“Hand hygiene and cough etiquette is especially important when illnesses such as the flu are widespread,” she said.

- If you have a fever, cough, sore throat or other ILI symptoms, contact your healthcare provider to get tested.
- If you are diagnosed with influenza, get treated. Antivirals are very useful if taken within the timeframe of early onset symptoms.

South County Health is tracking incidence of ILI in staff. Managers are asked to email the [Employee Health department](#) with the names, shifts and duration of any employee’s illness.

South County Health represented at New Year's Day Rose Bowl Parade



On January 1, 2018, South County Health was represented among those participating in the New Year's Day Rose Bowl Parade held in Pasadena California. Each year, Lou Giancola dedicates a rose with a short message to be placed on the Donate Life Float.

The CEO Rose Dedication Program offers hospital CEOs an opportunity to participate as a way to raise awareness of organ donation, a way to give others a second chance at life.

According to the organization, Donate Life, one American dies nearly every hour waiting for a transplant – yet a single organ donor can save as many as eight lives.

Locally, anyone wishing to become an organ donor can register through the [Rhode Island Division of Motor Vehicles website](#). There, information about organ donation and an online registration form is available.



Did you know ... ?

Due to a shortage of donations, there are currently more than 125,000 men, women, and children in the United States waiting for a life-saving transplant. More than 5,000 of these individuals live in the New England region, with another name added to the national waiting list every 12 minutes.

CME OPPORTUNITIES

[Infectious Diseases for Primary Care](#)

February 22 – 24, 2018

Jade Riviera Cancun, Mexico

This conference is designed to provide primary care practitioners with up-to-date, evidence-based information on commonly encountered Infectious Diseases related medical issues, while suggesting pragmatic approaches to clinical management.

[Minimally Invasive Surgery Symposium \(MISS\)](#)

(Up to 30.75 CME credits)

March 6 - 9, 2018

Encore at Wynn Las Vegas

Educational sessions include lectures, surgical video presentations, discussion and debate by world-renowned experts on advanced laparoscopic techniques for managing metabolic disorders, hernia, foregut and diseases of the colon.

[Symposium on Emergency Medicine](#)

(Up to 20.00 AMA PRA Category 1 Credits)

March 26 - 30, 2018

Grand Hyatt Kauai Resort & Spa, Koloa, HI

Subject matter will include a review of current topics and advances in critical care, emergency cardiovascular and neurologic medicine, shock states, emergency pediatrics, ophthalmologic, pain management, trauma, and the application of design thinking in emergency medicine.

“Once a year, go someplace you’ve never been before.” – Anonymous

A “powder-seeker’s nirvana” for skiing enthusiasts.

TELLURIDE, COLORADO

At eight blocks wide and 12 blocks long, the town of Telluride, Colorado isn’t the biggest resort town in Colorado, but it might be the most infamous. During its heyday as a mining town, Telluride experienced significant labor unrest between miners and the mine owners. In the 1980s it earned a reputation as a drop point for drug smugglers and a playground for those involved in its trafficking. Today, however, the town has found a balance between its “Wild West” history and modern, upscale culture.

In 1976, the first ski lift was installed on the mountainside and, two years later, the town’s last mine officially closed. While skiing is the town’s major attraction, its popularity spills across all four seasons as an outdoor recreational hot spot and for its picturesque mountain views.



Downtown Telluride is lined with shops and restaurants for every taste.

10,500-foot Coonskin Ridge. The gondola also supports local businesses by providing service and assists employees with more efficient transportation to and from work.

Skiers, snowboarders, mountain bikers, hikers, festival-goers and commuters alike use the gondola. The ride on the “G” provides expansive vistas of the San Juan Mountains, mesas and waterfalls, allowing a bird’s eye view of Telluride and Mountain Village. On a clear day, riders can see all the way to the La Sal Range in Utah.

During the [winter months](#), Telluride is “a powder-seeker’s nirvana”. Skiing, snowboarding, helicopter and cat skiing attract those who want to carve their marks in fresh snow. For those looking to go up, instead of down, Bridal Veil Falls is Colorado’s tallest free-falling waterfall, and one of the most classic and difficult ice climbs in the country.

In the [warmer seasons](#), Telluride is a haven for hiking, mountain biking, 4X4/motorcycling off-roading, golf and endless opportunities to enjoy the mountainous environment.

While you’re there, visit the [Telluride Historical Museum](#) to gain a perspective of the town’s mining days to its modern day popularity as a ski resort. The museum includes interactive exhibits as well as a mining sluice where children can pan for hidden gems.



What to do

The entire town is isolated within 2 square miles in southwest Colorado with a total population of approximately 2,300 people. The [Telluride & Mountain Village Gondola](#) is the first and only free public transportation of its kind in the United States. It was originally built to improve air quality in the region by keeping cars off the road, going up and over

continued on next page

GETAWAY ...

TELLURIDE, CO

Among the fine dining restaurants is a unique lunch experience located atop Telluride Ski Resort. There, [Bon Vivant](#) restaurant offers dining al fresco, with classical French cuisine, crepes, hand-crafted hot chocolates and an extensive list of French wines.

The town of Telluride is just eight blocks wide and 12 blocks long making it convenient for visitors to enjoy all the colorful Victorian-era homes, clapboard storefronts, boutiques, art galleries, gourmet restaurants, historic buildings and other aspects of the unique, canyon town.

Where to stay

As a popular tourist destination, Telluride has [numerous accommodation types](#) and price ranges to suit everyone's tastes and budget. Among the most luxurious is [Fairmont Heritage Place Franz Klammer Lodge](#). Named after the famous Olympic skier, the Franz Klammer Lodge is rated one of the top 50 hotels in North America by Conde Nast. The lodge offers slope-side luxury residences in the heart of Mountain Village. Luxury has its price, however, with rates averaging over \$1,000 per night.

Despite its elevation, Telluride's temperatures are fairly moderate, with the average high temperature in the summer around 77 degrees (F) and around 38 degrees (F) during the winter months.



SHARE YOUR THOUGHTS, IDEAS AND EXPERIENCES ...

Physician Focus provides an opportunity for the South County Health Medical Staff to share points of interests that are important to them and to each other.

If you've **reached a milestone, read an interesting paper or book, discovered a way to balance work and life, presented, published or practiced something unique**, let your colleagues know!

Contact Eric Dickervitz via [e-mail](#) or phone 401-788-1137 (ext. 1137) with the words or photos you want to share, or an idea that can be developed into a story of interest.

Your colleagues want to hear from you!

IN PRINT

Bringing Surgical Care to the Home Through Video Visits*(JAMA Dec. 13, 2017)**Chad Ellimoottil, MD, MS; Richard J. Boxer, MD*

As a result of the aging population and heightened attention on value-based care, today's surgeons are pressured to find new ways to expand capacity in surgical clinics without compromising care. Video visits (also called virtual visits, tele-visits, and e-visits), an audiovisual 2-way clinical encounter between a physician and patient, have captured the attention of many surgeons as an alternative to the traditional clinic visit for low-complexity care.

Gut Check: Gas-Sniffing Capsule Charts The Digestive Tract*by Angus Chen*

To study the human gut and the microbes that live within it, scientists have had a couple of options: grab a small piece of tissue from the gastrointestinal tract or collect a sample of fecal matter. But a third way may become available to both scientists and clinicians. It's an ingestible electronic capsule that senses certain gases released in the human gut – some of the same stuff that you may already be familiar with when it eventually passes into the open air.

Hospitals Brace Patients For Pain To Reduce Risk Of Opioid Addiction

To reduce the potential for opioid addiction, patients may need to feel some pain.

COMING UP ...

January 2018

Wednesday, 31st

Smoking Cessation Seminar**6:30 -8 pm Potter Conference Room**

Maggie Mann, registered respiratory therapist, provides an overview of South County Health's 8-week smoking cessation class, *Fit to Quit*. Participants will learn how to incorporate education and exercise to help them stop smoking for good. FREE

February 2018

Wednesday, 7th

Colorless, odorless, tasteless and hazardous: Is radon gas in your home?**6:30 -8 pm Potter Conference Room**

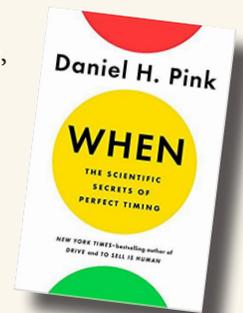
Medical oncology director, Gerald Colvin, DO, will present a free community lecture on the carcinogenic effects of radon gas and how it gets into homes. FREE

ON THE BOOKSHELF

When: The Scientific Secrets of Perfect Timing

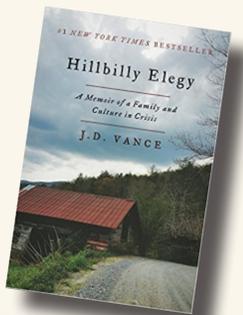
by Daniel H. Pink

Our lives are a never-ending stream of “when” decisions: when to start a business, schedule a class, get serious about a relationship. Yet we make those decisions based on intuition and guesswork. While timing is often perceived as an art, author Daniel Pink suggests that timing is really a science. In ‘When’, Pink distills research and data on timing and synthesizes them into a readable narrative packed with stories and practical takeaways that give readers compelling insights into how we can live richer, more engaged lives.

**Hillbilly Elegy: A Memoir of a Family and Culture in Crisis**

by J. D. Vance

In ‘Hillbilly Elegy’, author J.D. Vance gives a personal account of growing up in an impoverished environment, with grandparents who were “dirt poor and in love.” And although the family moved from Kentucky’s Appalachia region to Ohio in the hopes of escaping the poverty around them, Vance, who graduated from Harvard Law School, tells what a social, regional, and class decline feels like when you were born with it hung around your neck.



Physician Focus is a monthly, e-publication distributed to members of the South County Health medical staff. Questions, suggestions, ideas, comments and content submissions should be directed to: [Eric Dickervitz](mailto:Eric.Dickervitz@SCHH.org) 401-788-1137.

ENTREE

Diabetic Recipe / Gluten Free / Heart Healthy

PORTOBELLO BEEF TARTINES

Yield: 4 Servings

Splurge on Valentine's Day with an impressive dinner that won't break your diet or your budget. For under 250 calories you can enjoy a full-flavored steak entrée that is heart healthy and delicious.



© Baldwin Publishing, Inc.

INGREDIENTS

4 portobello mushrooms cleaned and stems and gills removed
 3 Tbsp olive oil
 1 small shallot chopped
 4 garlic cloves minced
 1/4 cup balsamic vinegar
 1/2 lb sirloin beef
 1/8 tsp salt
 Black pepper to taste
 5 oz spinach washed and dried

NUTRITION FACTS PER SERVING

Serving size: 2 halves of portobello mushroom
 Calories: 235
 Fat: 17g
 Saturated Fat: 4g
 Cholesterol: 26mg
 Sodium: 109mg
 Carbohydrates: 7g
 Fiber: 1g
 Protein: 13g

PREPARATION

Place the mushroom caps in a shallow dish. In a small bowl, combine 2 tablespoons of the oil, shallot, 3 cloves of the garlic and vinegar. Pour mixture evenly over the mushroom caps and let stand, in the refrigerator, for 1 hour or overnight. Preheat grill to high. Grill the mushrooms for 10 minutes. Alternatively, preheat the oven to 400°. Line a baking sheet with foil or parchment. Roast the mushrooms for 10 minutes, flip and roast an additional 10 minutes. Cut the portobello caps in half. Set aside.

Season the beef with salt and black pepper to taste. Grill the beef for 2 to 3 minutes, flipping with tongs, or until desired doneness. Remove from heat and let rest.

In a skillet, heat the remaining 1 tablespoon oil over medium-high heat. Add the remaining 1 garlic clove and cook until fragrant, about 1 minute. Add the spinach and season with black pepper to taste. Sauté the spinach for 1 to 2 minutes, or until bright green and lightly wilted. Slice the beef thin and arrange on the portobello mushroom slices. Top with spinach and serve warm.

JANUARY 2018

MEDICAL STAFF CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Happy New Year!	2 Cancer Conf. 7 - 8 am / Potter P&T Committee 7:30 - 8:30 am DI Conf. Room	3	4 Hospitalists & Nurses lunch 12:30 - 1:30 pm Potter B-C	5	6
7	8 OB/GYN Dept. 6 - 7:30 pm Basement/ Lab Conf. Rm.	9 Cancer Conf. 7 - 8 am / Potter Cred. Comm. 7 - 9 am/Potter A Joint Conf. 6 - 8 pm / Potter	10	11 Leadership Cncl. 7 - 8:30 am Med Staff Lib Util. Rev. Comm. Noon - 1:30 pm Potter	12	13
14	15 Martin Luther King, Jr. Day	16 Cancer Conf. 7 - 8 am / Potter Medical Exec. Committee 7 - 9 am Lab Mtng Room (basement)	17 Medicine Dept. Mtng. 7:15 - 8:15 am Potter B-C	18 Dept. Emerg. Medicine 7:15 - 9:15 am DI Conf. Room	19 Surgery Dept 7 - 8 am Potter B-C Late OR start Begin 9:30 am OR Dept. Staff Education	20
21	22	23 Cancer Conf. 7 - 8 am / Potter ICU Comm. 7:15 - 8:45 am Borda 2 Hospitalists Mtng Noon - 1 pm Borda 2	24	25 Qrtrly Med Staff Meeting 6 - 8 pm Arturo Joe's	26	27
28	29 Board Meeting 5 - 6 pm / Potter	30 Cancer Conf. 7 - 8 am / Potter	31	1 Hospitalists & Nurses lunch 12:30 - 1:30 pm Potter B-C	2	3

For the most up-to-date medical staff calendar info, visit the [Med Staff Calendar](#).

The calendar is updated on the intranet, departments, medical staff, whenever the Medical Staff Office is informed of any changes.