



Physician FOCUS

News for South County Health Medical Staff

February 2018

MEDICAL PROFESSIONS VIEWED AS 'MOST HONEST, ETHICAL' IN THE US

Gallup Poll ranks nursing No. 1 for 16th consecutive year.



For the 16th consecutive year, Gallup Poll ranked nursing the number one most honest, ethical profession.

time and per diem capacities. Despite the wide range of responsibilities, each of these professionals share a common thread – to provide the best possible care to patients and to ensure that each patient has the best possible experience before, during, and after their care at South County Health.

Bethany Macleod became a nurse after working as an office manager in the steel industry for 13 years. She has been at South County Health for the past 11 years.

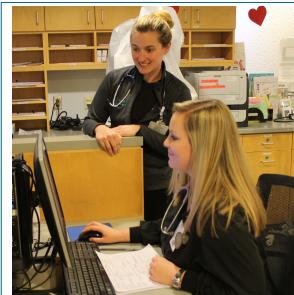
"I knew I wanted to help people in the healthcare field in the most caring way," Bethany said. "I treat patients with respect, and understand that everyone comes from different backgrounds and experiences."

Her decision to enter the nursing field reflects the reputation earned by the profession. To her, the accolades received aren't sought after, they are the result of everyday dedication.

continued on next page

For the 16th consecutive year, nursing was ranked as the "most honest, ethical profession." In December 2017, a Gallup poll rated 22 professions, covering a diverse segment of skilled and semi-skilled public and private professions. Three healthcare professions ranked among the top five - (1) nursing, (4) medical doctors, and (5) pharmacists.

South County Health employs a large volume of nursing professionals in a variety of administrative, clinical and specialty care fields, in full-time, part-time and per diem capacities. Despite the wide range of responsibilities, each of these professionals share a common thread – to provide the best possible care to patients and to ensure that each patient has the best possible experience before, during, and after their care at South County Health.



Registered nurses, Stephanie Maggs, left, and Kayla Murphy check patient information on Frost 1.

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Most Honest *cont'd*

"To be a successful nurse one must be caring, compassionate and good at multi-tasking," she said.

In addition to following protocols, carrying out care plans and physician instructions, Bethany said nurses need to take the time to really listen to patients' needs and concerns, and help to satisfy those needs and alleviate their concerns.

For many healthcare professionals, what they do is equally important as how they do it. Since entering the field of nursing, Bethany recognizes the commitment she and her colleagues have made to do whatever needs to be done to provide high quality care for their patients.

"I've worked on almost every floor except ICU and the ER," she said. "It keeps me motivated that I've made a positive difference in someone's day."

"Most Honest, Ethical Professions"

Dec. 2017 Gallup Poll results

1. **Nurses**
2. Military officers
3. Grade school teachers
4. **Medical doctors**
5. **Pharmacists**
6. Police officers
7. Day care providers
8. Judges
9. Clergy
10. Auto mechanics
11. Nursing home operators
12. Bankers
13. Newspaper reporters
14. Local officeholders
15. TV reporters
16. State officeholders
17. Lawyers
18. Business executives
19. Advertising practitioners
20. Members of Congress
21. Car salespeople
22. Lobbyists



South County Health awarded WELCOA Gold Well Workplace Award

South County Health was named one of America's healthiest companies, receiving the Wellness Council of American (WELCOA) Gold Well Workplace Award. The award is given annually to companies that made a significant impact on the overall health and well-being of their employees. South County Health's Well Beyond program creates opportunities for employees to adapt a healthy habits that improve their health.

South County Health received an overall score of 174 points out of a possible 180 points, earning gold status recognition.

"We believe that achieving excellence starts with a healthy body and mind and we are pleased to have received an award that reflects our efforts," said Joanne Soccio, human resources benefits coordinator.

In just one year, staff participation in the Well Beyond Program grew by 80 percent. The five areas of focus for the Well Beyond program are physical activity, nutrition, preventive care and medical risks, resilience, financial wellness and career development. Staff members, as well as their spouses who are eligible to receive the benefits, have the ability to earn incentives whenever they participate in any of the Well Beyond offerings, such as a Health Reimbursement Account or a taxable bonus.

MEDICAL STAFF OFFICERS

Medical Staff President

Aaron Weisbord, MD
401-471-6440

aweisbord@southcountyhealth.org

Vice President

Sal Abbruzzese, Jr., DO
401-788-1590

sabbruzzese@southcountyhealth.org

DEPARTMENT CHIEFS

Anesthesiology

Henry Cabrera, MD

hcabrera@southcountyhealth.org

Diagnostic Imaging

James Blechman, MD

jblechman@southcountyhealth.org

Emergency Medicine

William Sabina, MD

wsabina@southcountyhealth.org

Medicine

Stuart Demirs, MD

sdemirs@southcountyhealth.org

Family Medicine

Dariusz Kostrzewa, MD

OB/GYN

Steven Schneider, MD

sschneider@southcountyhealth.org

Pathology/Laboratory

James Carlsten, MD

jcarlsten@southcountyhealth.org

Pediatrics

Roger Fazio, MD

rfazio@southcountyhealth.org

Orthopedic Surgery

Michael Bradley, MD

mbradley@scortho.org

Surgery

Arnold Sarazen, MD

asarazen@southcountyhealth.org

by Aaron Weisbord, MD



Aaron Weisbord, MD
South County Health
Medical Staff President

Patient contact remains within the scope of practicing medicine

Several months ago I wrote about cutting edge artificial intelligence applications for medicine and the exciting opportunities and challenges that physicians face as a result. This month I am writing about one of our oldest medical instruments and why it remains relevant - the stethoscope.

Roughly 200 years ago, René Laennec invented the stethoscope. Its purpose: to auscultate the chest without placing one's ear directly on the body. Ironically, two centuries later, the stethoscope remains one of the last vestiges of actual physical contact between patient and physician.

I have read with interest a number of articles that favor the retirement of this venerable instrument. The majority of those who argue that the age of the stethoscope, and for that matter the physical exam, has passed, focus on the increased accessibility and decrease in cost of more accurate electronic instruments and diagnostic tools. Others contend that any residual diagnostic utility of the stethoscope is outweighed by its potential to serve as a fomite. Yet some suggest that with mere minutes typically allotted to office visits nowadays, the omission of the physical exam increases their efficiency.

I would argue that abandoning the stethoscope and skipping from chief complaint to bedside echo or similar technology may actually harm both patient and doctor. For one thing, while clearly no match for a miniature echocardiography device in distinguishing between mitral and tricuspid



insufficiency, the stethoscope remains an invaluable tool for such critical complaints such as cough, shortness of breath, and abdominal pain.

Perhaps more importantly, at a time when examining room computers separate patient and provider, the stethoscope forces us to preserve contact with those whose wellness we protect. While it may seem hokey to those of us practicing medicine in a digital age, placing the stethoscope on

a patient (or any other component of the physical exam for that matter), has value beyond that of assessing the presence of a regular heart rhythm or clear breath sounds. It serves as a physical representation of the attentiveness and mindfulness of the provider. The physical exam demonstrates to the patient that we as their advocate remain fully engaged during the encounter and shows that we are listening not just to their vital organs, but also to them as a human being. Despite time constraints imposed by modern practice, or perhaps because of it, many patients expect to be examined during a physical and the failure to do so undermines their confidence in our thoroughness.

I believe it is probable that within a few decades technology will make it possible to accurately diagnose disease without any physical contact. Until then, I would urge us to use all possible tools, including the stethoscope. Don't be surprised if listening to your patient's heart leads them to see you in a whole new light.

Aaron Weisbord, MD
Medical Staff President

WELCOME TO SOUTH COUNTY HEALTH

The following professionals were recently appointed to the South County Health Medical Staff

MARK PATRICK, MD

(anesthesiology - South County Anesthesia Associates LLC)

Dr. Mark Patrick was approved to the South County Health medical staff as a consulting physician with South County Anesthesia Associates, LLC. Prior to joining the South County Health medical staff, Dr. Patrick practiced at Kent Hospital with Anesthesia Associates of Kent County. He was also a manager at TG Anesthesia in Warwick. Dr. Patrick received his doctor of medicine from American University of the Caribbean, Plymouth, Montserrat and completed a residency in anesthesiology at Hackensack Medical Center where he also served as chief resident.

CHRISTOPHER STOREY, MD

(medicine/internal medicine – Coastal Medical, Inc.)

Dr. Christopher Storey of Coastal Medical, Inc. was recently approved to the South County Health medical staff as a referring physician. Dr. Storey received his doctor of medicine degree from SUNY Upstate Medical University in Syracuse, NY before completing the internal medicine residency program at the University of Connecticut.



Physician wanted: Rewarding family medicine opportunity at South County Health

South County Health has a full-time opportunity for a board-certified, Family Medicine physician within the South County Medical Group. As a member of the South County Health medical staff, you will be aligned with the only hospital in Rhode Island to receive two 5-Star ratings from the Centers for Medicare and Medicaid – **Hospital Quality and Patient Satisfaction** – as well as numerous recognitions for healthcare excellence.

We are a community healthcare system. Quality of care and the patient experience are our highest priorities.

If you are a primary care physician who provides exceptional care in family medicine, this may be the perfect fit for you.

Some of the benefits of South County Health:

- Hospital employed
- Patient centered medical home model
- Customized, flexible schedule (four 10 hour days or five 8 hour days)
- Work in a collaborative environment with three collegial physicians
- Extensive specialist referral network
- Beautiful clinic space with modern, comprehensive diagnostic services
- South County Hospital is 10 minutes away for acute care needs

To learn more about South County Health, this opportunity and to apply for the Family Medicine physician vacancy, visit the [provider opportunity page](#) of our website.

[View all the positions available](#) at South County Health.

by Russ Corcoran, MD



J. Russell Corcoran, MD
Chief Medical Officer

SCHWARTZ CENTER ROUNDS

*An opportunity to connect with your work
and your colleagues.*



*Schwartz Rounds are held every other month inside
South County Hospital's Potter Conference Room*

Those of you who read my Physician Focus column in January will know that one of the things that I have set as a goal for the year is to work on burnout. Burnout of physicians, nurses, advanced practice clinicians and other staff is recognized as a nationwide problem. Again, I wanted to highlight one of the conferences that we have here that can help combat burnout.

I have written about Schwartz Center Rounds in the past and I have attended approximately 80 percent of the sessions. We are approaching two years of holding Schwartz Center Rounds and they have been very well attended. The Rounds were inspired by a patient with advanced cancer, Ken Schwartz, who believed that the human connection between patients and caregivers is what matters the most. Days before his death, he established the [Schwartz Center for Compassionate Healthcare](#), an organization that would provide support for caregivers and sustenance to the healing process.

The Steering Committee for the support center rounds is co-chaired by Dr. Lou Rubenstein and Dr. Mary Christina Simpson. The committee reviews cases that are six months old, choosing those that can be used as a starting point for the next Rounds discussion. If you have any cases that you think would be appropriate for Rounds' discussion, please contact any member of the committee shown below.

So why am I writing about Schwartz Center Rounds and its connection to burnout? In my opinion, some burnout is caused by the silos that have been formed in our medical system. Doctors, nurses and other care providers often feel isolated in their work. Difficult cases are often handled alone and moving on to the next case does not give providers the time needed to address their emotional reactions to some of the patient outcomes. Built up over time, these concerns can contribute to burnout.

Schwartz Center Rounds gives providers a safe place to address their emotions with their colleagues from multiple disciplines. Physician participation in these Rounds has been good, but could be better. We can always benefit by listening to our fellow caregivers' opinions and feelings. I urge you to set aside the time in the next couple of months to join us.

Thank you, as always, for your care of our patients.

[J Russell Corcoran, M.D.](#)

SCHWARTZ CENTER ROUNDS STEERING COMMITTEE

Leah Arsenault, RN
Carla Cesario, MD
Gerald Colvin, DO
Elaine Desmarais, RN
Nanette Doan, RN
Louise Finan

Holly Fuscaldo, MSW
Larry Grebstein, PhD
Susan Hall, RN
Dianne Izzo-Orwitz, RN
Caroline Jenckes, NP
Noreen Mattis, RN

Lyle Mook, M. Div.
Joseph O'Neill, MD
Marie Padilla
Maureen Pearlman, RN
Raejean Pearse-Theroux, RN
William Rebuck, RN

Louis Rubenstein, MD
Anne Schmidt, RN
Mary Christina Simpson, MD
Kathy Smith, RT
Judy Tally, RN
Sandra Wheeler, RN

SPOTLIGHT

South County Health appears center court for URI's Coaches vs. Cancer game



Representatives from the South County Health Cancer Center took center court prior to the Coaches vs. Cancer game on Saturday, Jan. 27, 2018 at the Ryan Center.

Oncologist, **Tina Rizack, MD** (pictured second from left) and cancer survivor, **Sarah Smith** (center), appeared with their families in a pre-game ceremony to present the game ball.

URI went on to win the game against Duquesne, 61-58, with a three-point basket to break the tie at the final buzzer.

The South County Health Cancer Center offers patients comprehensive cancer care, from early diagnosis through treatment and rehabilitation, by some of the most respected physicians and clinicians in New England.

Visit the [South County Health Cancer Center website](#) to learn more.

DO GOOD, FEEL GOOD

Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world. - Desmond Tutu

McGillivray Tribute Staff Honoree created opportunities for survivors to thrive

The [South County Health Frances McGillivray Tribute](#) began as a way to recognize those in the South County Health community and beyond, who have made a difference in the lives of others. This year's staff honoree, **Sherri Zinno**, has demonstrated South County Health's vision in her work, forging extraordinary connections with the community that support health at every stage of life.

Sherri manages the Cardiopulmonary & Physical Therapy Services located in the basement of the Medical Office Building. She developed the wellness exercise and survivorship programs used today that benefit all cancer patients, as well as a variety of other programs that promote good health for all.

In addition to this year's staff and community honorees, you can also honor a deserving individual and include their name on the Tribute wall plaque.

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

This is your opportunity to honor someone who made a difference in your life, and help others who are trying to improve theirs.



Sherri Zinno, RRT
2018 South County Health
Frances McGillivray Tribute
Staff Honoree

Is your department or practice raising money to help the South County Health community? Let us know so you will be recognized. Contact Christine Foisy, development coordinator at 401-788-1492 or cfoisy@southcountyhealth.org.

CONRAD - NESTOR SCHOLARSHIP

Applications due by April 15, 2018

In 1999, David Chronley, MD, created the Conrad-Nestor Scholarship in honor of two "country doctors" at South County Hospital.

Robert L. Conrad, MD, was a general surgeon on staff from 1965 to 2000. He was instrumental in improving the facilities, staff, and patient care at South County Hospital. He served as both president of the Medical Staff and Chief of Surgery. During his tenure he established the first EMT training in the state, the first radio communication between SCH and the rescue squads, and the first FAA-approved hospital heliport in New England.

Thomas A. Nestor, MD, a surgeon and family doctor, was on staff at SCH from 1946 to 1986 and was known for his formidable schedule and compassion for his patients. He made house calls until his retirement. Serving as a Major in WWII Parachute Infantry, Dr. Nestor made numerous jumps under fire to care for wounded soldiers on the battlefields of the South Pacific.

The Conrad-Nestor scholarships will be awarded to students who are entering post-secondary training and who demonstrate a combination of academic achievement and financial need.



2017 scholarship recipients

SELECTION CRITERIA

To qualify, applicants must meet the following criteria:

- Be a graduating high school senior and resident of Rhode Island.
- Be accepted into an accredited, post-secondary institution.
- Be able to demonstrate financial need and academic accomplishment.
- Be a child/grandchild/dependent of a current South County Health employee.

APPLICATION REQUIREMENTS

- [A completed application form](#).
- One essay (300 words or less) why the applicant should be considered for this scholarship.
- The student's most recent official high school transcript.
- One letter of recommendation, completed by a representative of an organization or employer for whom the student has worked or volunteered, describing service to the organization.
- One letter of recommendation from a teacher or guidance counselor.
- A copy of the final Student Aid report.

DEADLINE

The Scholarship Committee must receive applications by April 15. Grants will be made on an objective, non-discriminating basis.

CME OPPORTUNITIES

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.

Flu, and flu-like illnesses, take a toll on patients and healthcare professionals alike.

According to a weekly update provided by Lee Ann Quinn, BS, RN, CIC, South County Health's director of Infection Prevention & Control, Environmental Health & Safety, the level for Influenza-Like Illness (ILI) is "very high intensity", a level Rhode Island has not seen in years.

The sentinel percentage of ILI reached 5.82 percent with the average rate at 1.4 percent.

"This level of intensity brings increased volume to the Emergency Department, Express Care, and hospitalizations," she said in her weekly update. "Other states are hit with as high as 7.1 percent and having to stand up alternative sites to treat and care for ILI."

Some healthcare systems reduced operations due to the overflow of occupied beds and staff illness. The greatest proportion of illness in RI was recently focused in Bristol and Kent Counties, while Washington County was the lowest in the state based on the ILI sentinel reporting. To date, 18 deaths have been attributed to this year's flu and flu-like illnesses.

The public schools are reporting absenteeism with both ILI and GI symptoms.

According to Lee Ann, we are still in the thick of influenza season, with respiratory illness being compounded by GI illness.



Fever, chills and muscle aches are taking its toll across the U.S.

Vigilance urged as flu approaches peak

Independent Newspaper, February 1, 2018

Lee Ann Quinn spoke with reporter, Colin Howarth, for a news article that addressed the seriousness of the flu and flu-like illness. Click the headline link to read the article published in the Independent Newspaper.

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- Hospital beds
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- Orthopedic products
- Ostomy products
- Oxygen
- Rehabilitative products
- Respiratory products
- Self-diagnostics
- Walkers and ambulatory aids
- Wheelchairs and accessories
- Wound and skin care products



FORT MEYERS, FL

Catch the 'boys of summer' in the cold of winter.

Known as "The Sunshine State," Florida is a popular and attractive destination for sun-seekers of all ages. With a total area of 65,755 square miles, bordered by the states of Alabama and Georgia to the north, and the Atlantic Ocean and Gulf of Mexico, there is no shortage of places to go, things to see and activities to do. Fort Meyers, located in the southwestern part of the state is considered the gateway to southwest Florida. Visitors of Fort Meyers can

see historical sites, view the indigenous wildlife that inhabit a variety of natural environments, or just stretch out on one of the many beaches in the area. For others, a visit to Fort Meyers in February marks

the end of a long winter and the start of a new season - baseball.

For Boston Red Sox fans, [Jet Blue Park](#) in Fort Meyers is a slice of Boston in the Sunshine State. Known as Fenway South, the spring training field for the Boston Red Sox includes the Green Monster in right field and a manually operated scoreboard similar to Fenway on Yawkey Way.

Baseball loyalists know that pitchers and catchers arrived to Jet Blue Park on Tuesday, February 13 and began spring training the day after. On Sunday, February 18, the rest of the team arrived in time for the first full team workout on Monday. For those who can't wait for opening day of

regular season at the end of March, the Fenway faithful can catch the first glimpse of the Fenway hopefuls



when they host a collegiate game on February 22 and square off against the Minnesota Twins on February 23.

Travel expenses aside, fans can attend any of the nearly 40 spring training games ranging in price from \$49 for a ticket in a home plate dugout box seat to \$5 lawn seating. Like at Fenway, many of these games sell out quickly. But with a little planning, a trip to the ball park in the Sunshine State can end the drought of being without America's favorite pastime.

Attractions

If the thought of a nine-inning, 'no-no' leaves you more dazed than excited, Fort Meyers still has activities to enjoy. The area was home to two of the world's greatest inventors – Henry Ford and Thomas Edison. [The Edison and Ford Winter Estates](#) is a 20-acre site where the two purchased abutting waterfront properties and spent their winters. The attraction consists of tropical gardens, Edison's laboratory, a museum of inventions and exhibits and other artifacts and amenities.



Beaches

Southwest Florida is known for its many islands and beaches that draw visitors who are looking to collect seashells, and others who are looking for an isolated stretch of sand to get away from it all.

[Sanibel and Captiva](#) are located on an island west of Fort Meyers Beach, accessible by a three-mile causeway over Sanibel Harbor. Both islands offer restaurants,

Stop worrying about the potholes in the road and enjoy the journey. - Babs Hoffman

Fort Meyers cont'd

museums and shopping boutiques, reflective of its tropical surroundings. One of the island's greatest attractions is the abundance of seashells along the shore that provide unlimited opportunities for 'seashelling'.

Getting there, staying there

Fort Meyers and surrounding areas are served by [Southwest Florida International Airport \(RSW\)](#) located in Fort Meyers. Direct flights from TF Green Airport (PWD) take approximately 3.5 hours with several airlines offering flights. [Hotels, resorts, condos, cottages and campgrounds](#) are seemingly everywhere in southwest Florida.

Accommodations are available to suit most every lifestyle and budget. As most vacation spots, rates and availability vary with the seasons, but with a little planning you could take in a ball game and the beach and be home to New England in time to shovel snow from your driveway.

COMING UP ...

February 2018

28th - Prenatal Support Group

6:30 - 8 pm - Medical & Wellness Center Westerly
Jil Fagre will lead the informational session that provides support and answers to those who are pregnant or thinking about becoming pregnant, and considering where to deliver their baby. FREE

March 2018

6th - Overuse Sports Injuries

6:30 - 8 pm - Potter Conference Room
Orthopedic surgeon, Charlotte Moriarty, MD, PhD, will discuss the causes, symptoms and treatments for overuse injuries. Many of these types of injuries can be prevented by altering the way you move and by using proper equipment. Learn how to optimize your physical performance and stay healthy. FREE

20th - Back Pain

6:30 - 8 pm - Greenville Public Library
Orthopedic spine surgeon, Ian Madom, MD, discusses some of the common causes of back pain and the surgical and non-surgical treatments for relief. FREE

27th - Hand Pain: Symptoms, Causes & Treatments

6:30 - 8 pm - Medical & Wellness Center Westerly
Dr. Ben Phillips, hand surgeon, will provide information on available options to relieve hand pain.

Red Sox pre-season at-a-glance

Pitchers & catchers report	Tuesday, Feb. 13
First workout	Wednesday, Feb. 14
Position players report	Sunday, Feb. 18
First full squad workout	Monday, Feb. 19
Rays v Red Sox	Sat., Feb. 24
Orioles v Red Sox	Sun., Feb. 25
Red Sox at Pirates	Mon., Feb. 26
Cardinals v Red Sox	Tue., Feb. 27
Red Sox at Twins	Tue., Feb. 27
Pirates v Red Sox	Wed., Feb. 28
Red Sox at Astros	Thu., March 1
Red Sox at Cardinals	Fri., March 2
Yankees v Red Sox*	Sat., March 3
Red Sox at Orioles	Sun., March 4
Red Sox at Rays	Tue., March 6
Twins v Red Sox	Wed., March 7

National Doctors' Day is March 30

National Doctors' Day is celebrated to recognize the contributions that physicians make to improve individual lives and communities. Join your colleagues at one of the South County Health events on **Friday, March 30, 2018**.

7 – 9 am
South County Hospital
Potter Conference Center
RSVP by March 28th to Michelle Bailey 788-1398



Noon - 1 pm
South County Health
Medical & Wellness Center
East Greenwich
2nd Floor Lunch Room
RSVP by March 28th to Michelle Bailey 788-1398

Noon - 1 pm
South County Health Medical & Wellness Center
Westerly - 2nd Floor Lunch Room
RSVP by March 28th to Erin Bacon 604-2535

IN PRINT

[When A Tattoo Means Life Or Death. Literally.](#)

by Rebecca Hersher

The man was unconscious and alone when he arrived at University of Miami Hospital last summer. He was 70 years old and gravely ill. The tattoo stretched across the man's chest. It said "Do Not Resuscitate." His signature was tattooed at the end. The tattoo, and the hospital's decision about what it required of them, has set off a conversation among doctors and medical ethicists around the country about how to express one's end-of-life wishes effectively, and how policymakers can make it easier.

[Brush With Death Leads Doctor To Focus On Patient Perspective](#)

by Michelle Andrews

A doctor's nearly fatal medical event opened her eyes to communication lapses, uncoordinated care and at times a total lack of empathy in the health care system.

[With Aetna Deal, CVS Looks To Turn Stores Into Health Care Hubs](#)

by Alison Kodjak

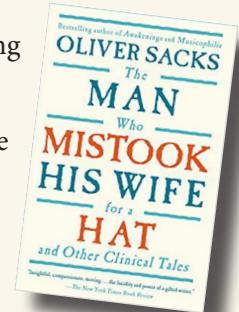
CVS Health is looking to create a national network of community medical clinics that will serve as "America's front door to quality health care." The company changed its name to CVS Health three years ago and is trying to reposition itself as a health care company rather than just a drugstore.

ON THE BOOKSHELF

[The Man Who Mistook His Wife For A Hat](#)

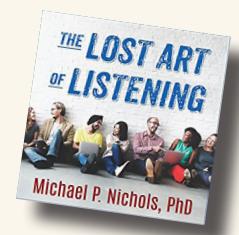
by Oliver Sacks

Oliver Sacks recounts case histories of patients with neurological disorders telling stories of those afflicted with fantastic perceptual and intellectual aberrations. Among his subjects are patients who have lost their memories and with them the greater part of their pasts; those who are no longer able to recognize people and common objects; and those who have been dismissed as intellectually incompetent yet are gifted with uncanny artistic or mathematical talents.

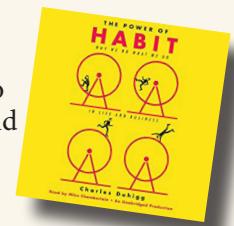
[The Lost Art of Listening, Second Edition: How Learning to Listen Can Improve Relationships](#)

by Michael P. Nichols, PhD

One person talks; the other listens. It's so basic that we take it for granted. Unfortunately, most of us think of ourselves as better listeners than we actually are which is why we often fail to connect when speaking with family members, romantic partners, colleagues, or friends. Nichols provides examples, techniques, and exercises for becoming a better listener and making yourself heard and understood, even in difficult situations.

[The Power of Habit: Why We Do What We Do in Life and Business](#) by Charles Duhigg

Charles Duhigg explores scientific discoveries that explain why habits exist and how they can be changed, bringing to life an understanding of human nature and its potential for transformation. Keystone habits, he reveals, can earn billions and mean the difference between failure and success, life and death.



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](#) 401-788-1137.

ENTREE

Diabetic Recipe | Heart Healthy

BEEF STROGANOFF

Yield: 6 Servings



© Baldwin Publishing, Inc.

INGREDIENTS

- 1 lb sirloin or flank steak thinly sliced
- 1/8 tsp salt
- Black pepper to taste
- 1 Tbsp olive oil
- 1 medium yellow onion thinly sliced
- 4 garlic cloves minced
- 1 cup sliced mushroom
- 3 cups beef broth
- 1 Tbsp Worcestershire sauce
- 3 Tbsp all-purpose flour
- 1/2 cup 2% plain Greek yogurt or light sour cream
- 6 oz egg noodles cooked
- 2 Tbsp fresh parsley, for garnish chopped

NUTRITION FACTS

PER SERVING

- Serving size: 1 cup
- Calories: 255
- Fat: 5g
- Saturated Fat: 1g
- Cholesterol: 52mg
- Sodium: 366mg
- Carbohydrates: 28g
- Fiber: 1g
- Protein: 22g

PREPARATION

Season the steak with the salt and pepper. In a skillet, heat oil over medium-high heat until hot.

Add steak in batches and cook, turning, until browned, about 1 minute. Remove the steak with a slotted spoon, transfer to a plate and set aside.

Add the onion, garlic and mushrooms to the skillet and sauté over medium heat for 5 to 7 minutes, or until onion is softened. Add 1/2 cup of the beef broth and cook until reduced by half, about 3 minutes.

In a small bowl, whisk the remaining beef broth, the Worcestershire sauce and the flour until there are no lumps. Pour the broth mixture into the skillet and simmer for 5 minutes, stirring. Add the steak with any juices and stir. Remove from heat and stir in the yogurt.

Serve over the egg noodles and garnish with parsley.

Recipe courtesy of: webhealthyrecipes.com

Visit [Healthy eRecipes](#) for this and other great food ideas!



FEBRUARY 2018

MEDICAL STAFF CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Hospitalists/ Nurses Lunch 12:30-1 pm Potter B&C	2 Groundhog Day	3
4	5 OB/GYN Dept. 6 - 7:30 pm Potter	6 Cancer Conference 7 - 8 am Potter 7:30 am P&T Committee DI Conf. Room	7	8 Leadership Cncl. 7 - 8:30 am Med Staff Lib Dept. Emerg. Medicine 7:15 - 9:15 am DI Conf. Room Noon-1:30 pm Util. Rev. Comm. Potter	9	10
11	12	13 Cancer Conference 7 - 8 am Potter Credentials Committee 7 - 9 am Potter A	14 Valentine's Day Ash Wednesday	15	16	17
18	19 Presidents' Day	20 Cancer Conference 7 - 8 am Potter Medical Exec. Committee 7 - 9 am Lab Conf. Room (basement)	21	22	23	24
25	26 Board of Trustees 5-6 pm Potter	27 Hospitalists' Meeting Noon - 1 pm Frost 3	28	1 Hospitalists/ Nurses Lunch 12:30-1 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.