



Physician FOCUS

News for South County Health Medical Staff

July 2018



South County Health appoints Lisa Rameaka, MD, as VP Medical Affairs & Chief Medical Officer

Lisa Rameaka, MD,
VP Medical Affairs, CMO

Lisa Rameaka, MD, has been appointed South County Health's vice president of medical affairs and chief medical officer. Lou Giancola, president and CEO, made the announcement upon Dr. Rameaka's acceptance of the position. Over the last three years, Dr. Rameaka has worked half-time in this role, demonstrating her commitment to performance improvement, problem solving operational issues, and honest and open communication with providers and staff. She has partnered effectively with the leadership

and staff of Surgical Services to accommodate our growing demand for surgical time.

As VP and CMO, Lisa will be responsible for working with the medical staff on quality, recruitment, system improvement and growth. As a senior leader, Lisa will work with the executive team and the Board on formulating short and long-term direction for the System. She will collaborate with Ann Rubino, Associate VP for South County Medical Group (SCMG) and Lou Giancola on clinical and administrative issues facing SCMG.

In addition to her new responsibilities, Lisa will continue her involvement with the Women's Health Service line and Surgical Services. Although she will phase out of many of her provider responsibilities within the Center for Women's Health, she will continue her on-call rotation and provide outpatient service on a limited basis.

The appointment was decided jointly by the Board of Trustees Executive Committee and Lou Giancola. Her official start date was July 3, 2018.

IN THIS ISSUE

Lisa Rameaka, MD, named South County Health's VP of Medical Affairs, CMO

PEAC understands what patients want

Medical Staff Milestones

Welcome New Med Staff

Do Good, Feel Good

Hospital News

Staff News

CME Opportunities

Health eCooking

Med Staff Calendar

PODCAST: South County Health Chief of Urology, Joseph Renzulli II, MD, FACS

[Click to listen](#) as [Dr. Joseph Renzulli](#) discusses prostate cancer screenings, diagnosis, treatment, and the daVinci robotic-assisted surgery available at South County Health.

South County Health Talks is a podcast series that interviews providers from South County Health about the health care topics that affect you and your loved ones. If you would like to be featured in a future podcast, send an e-mail to [Eric Dickervitz](#) or call 401-788-1137 (ext. 1137).



PEAC gives a patient's-eye-view of the South County Health experience

South County Health has been the recipient of numerous awards and accolades from well-respected organizations such as Leapfrog, Women's Choice Awards, Healthgrades, Centers for Medicare and Medicaid, and Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS), to name a few. While South County Health receives recognition for providing excellence in medical care, [the Patient Experience Advisory Council \(PEAC\)](#), works quietly behind the scenes to ensure that every service line offered at South County Health has the resources it needs to deliver the high quality care in the ways patients have come to expect it.



Back row (l-r) – Daniel Driscoll, Noreen Mattis, Jenna Stanley, Marilyn Cohen, Ellen Grebstein, Elaine Desmarais, Kira McCusker
Front row (l-r) – Beth Miller, Audrey Kullberg, Ann Grossman. Not pictured – Louise Finan, Nadine McCauley

The PEAC was chartered through the Performance Improvement Committee as part of the strategy to increase HCAHPS scores. The Council reviews HCAHPS with departmental leadership to help prioritize and identify opportunities for improvement from the patient experience perspective.

Since its inception on June 15, 2016, the PEAC has been the voice for our patients, and advisors for continued improvements at South County Health. The PEAC is a conduit that uses consumer feedback to shape best practices and is identified in the Strategic Plan as a component to improve the patient experience.

The council meets monthly, examining existing conditions and practices within South County Health. The group identifies areas to improve upon, then seeks solutions that could improve the patient experience.

PEAC's accomplished objectives:

- Researched patient satisfaction measures (HCAHPS & Press Ganey surveys) and the patient feedback (complaints/compliments) processes
- Assessed the Women's Wing, Cancer Center, Emergency Department waiting area, and Surgical Services waiting area
- Engaged in dialogue with SCH leadership
- Drafted and submitted proposal: Improving the Patient Experience in the SCH Emergency Department Waiting Area
- Drafted and submitted proposal: Improving the Patient Experience in the SCH Surgical Services Waiting Area
- Supported implementation of valet parking
- Provided feedback on Ortho's Joint Replacement educational video
- Provided feedback on the new SCH website
- Provided feedback on the Patient Portal rack card

How can the PEAC help your department?

- Any project/initiative/publication intended for patients and their families can be brought to the PEAC for review and comment from a patient perspective.
- The PEAC can serve as a focus group for an issue/concern that a department or program would like to discuss from a patient experience perspective.
- Members of the PEAC are available to serve on hospital committees.
- Members of the PEAC are available to talk with staff about the importance of the patient experience.

To request the PEAC's input to improve the patient experience in your department, begin by contacting Louise Finan by e-mail or phone 401-788-1629.

If you would like to become part of the PEAC, please complete the [online application](#).

MEDICAL STAFF OFFICERS

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Retirement:

Don McNiece, MD

The tribute to retiring physician, Dr. Don McNiece, was submitted by Neil Brandon, MD, medical director South County Cardiology.

Don McNiece, who retired from medical practice as of July 1, is one of the most remarkable and outstanding physicians who I have ever had the privilege to work with.

I first met Don when I entered private practice at South County Hospital in July 1990. I got to know him well while caring for mutual patients – some straightforward, some complex and challenging – in a primary care/specialist collaboration typical of South County. Whenever he expressed concern about a patient, it was wise to check things out very carefully, because his instincts were usually right.

His work ethic was legendary: rounding twice daily at the hospital even long after the hospitalist program made this unnecessary; seeing large numbers of patients in the office; performing endoscopies with great skill for most of his career. The faith his patients placed in him was deep and well earned.

General internists encounter a large amount of complexity and potential misdirection in their patients. Don had a laser-like ability to discern the most essential medical issues through this fog. He paid attention to detail without getting bogged down by it. His notes were always models of clarity and economy, each one a lesson in optimal medical communication. This stands in stark contrast to the records produced by current EMRs, which can use more words to actually say less.

A brief story about a patient new to Don illustrates the type of physician and man he is. Despite his practice being over-full and closed to new patients, I convinced him to take on a patient, new to the area and sick at the time in the ICU. The plan was for the patient to follow up with Don in the office after his hospital stay. But a few minutes later, during his lunch, Don showed up in the ICU to review the patient's chart and to meet him. As soon as he had agreed to become his Primary Care physician, he felt a responsibility to participate in his care.

Our medical community has been immeasurably enriched by Don McNiece. His retirement, while well deserved, will leave an unfillable void. Dr. McNiece will long serve as one of our gold standards for primary care physicians.

~ Neil Brandon, MD

In Memoriam:

Casimiro Giampaolo, MD

A beloved member of the South County Healthy medical staff from 1998 to 2010, Dr. Casimiro Giampaolo died on June 25, 2018. According to his [obituary](#), Dr. Giampaolo suffered a 10 year battle with a rare disease, Primary Amyloidosis (AL), an acquired plasma cell disorder.

Dr. Giampaolo was chief of pathology and director of laboratory services for more than 12 years at South County Health.

After retiring from those positions, he continued in private practice until 2016, culminating a 45 year career practicing medicine.

Known as Cas, Cosmo, and Dr. G, he earned a reputation for high quality care and accessibility. According to those who worked closely with him, he encouraged all to be their best, making sure that the patient always came first.

Throughout his career, Dr. Giampaolo held numerous professional and academic appointments, always encouraging and inspiring those around him. He will be deeply missed by the South County Health community.



Casimiro Giampaolo, MD
3-27-43 ~ 6-25-18

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.

WELCOME TO SOUTH COUNTY HEALTH

DRAGO F. CUCU, MD

[Drago Cucu, MD](#), a specialist in pulmonary critical care, is a member of the department of medicine, where he treats patients in South County Hospital's ICU. Dr. Drago received his medical degree from University of Medicine and Pharmacy Carol Davila, in Bucharest, Romania. He completed a residency in general medicine at Coltea Clinical Hospital, Romania, and a residency in internal medicine at Monmouth Medical Center in Long Branch, NJ. He completed fellowships in critical care medicine and advanced critical care at Mount Sinai School of Medicine, NY. Dr. Cucu is board certified in general medicine, internal medicine, and critical care medicine.



Dr. Drago Cucu

THOMAS DORAN, DO

[Thomas Doran, DO](#), joined the South County Health medical staff where he is a member of Team Health East in the Emergency Department. Dr. Doran received his doctor of osteopathic medicine from Lake Erie College of Osteopathic Medicine in Pennsylvania and completed a residency in emergency medicine at Conemaugh Memorial Medical Center in Johnstown, PA.

PATRICIA RUSSO-MAGNO, MD

[Patricia Russo-Magno, MD](#), received her medical degree from Tufts University of Medicine before completing an internship and residency in internal medicine at Rhode Island Hospital, Brown University School of Medicine. She then completed a fellowship in pulmonary and critical care medicine also at Brown University School of Medicine. Board certified in internal, pulmonary, and critical care medicine, Dr. Russo-Magno also served in the United States Air Force, attaining the rank of Major.



Dr. Patricia Russo-Magno

DIANE SMITH, MD

[Diane Smith, MD](#), of Hope Hospice, was approved to South County Health's medical staff to provide palliative care. Dr. Smith received her medical degree from University of Vermont College of Medicine and completed an internship and residency at Roger Williams Medical Center and Rhode Island Hospital through the Brown University Residency Program. She is board certified in hospice and palliative care, as well as internal medicine.



Diane Smith, MD

Physicians 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.



South County Hospital Auxiliary Annual Fashion Show at The Dunes Club

The South County Hospital Auxiliary hosted its Annual Fashion Show and Luncheon on Wednesday, June 27 at the Dunes Club in Narragansett with more than 350 people in attendance. The event raised over \$40,000 for South County Hospital, of which, the Auxiliary has committed \$20,000 to funding the daVinci surgical system.

The day included boutique shopping, a silent auction, and a fashion show. The 12 models, all of whom are friends or patients of South County Hospital, shared their stories and experiences with the Hospital during the Runway Show. Styles for the show were provided by Cathy Gorham of Fashions by Seaside Style located on Main Street in Wakefield. Pat Williams Dernavich (pictured second from right in photo below) was honored for her more than 15 year stead as volunteer Fashion Show event chairman.



Style and grace

ABOVE - Each of the 12 models had personal connections with South County Hospital and shared their stories while showing off the latest fashion trends.

daVinci benefits from Fashion Show

L-R: Carrie Brown, Special Events Coordinator, Kathy Cournoyer, Gerri Marsocci, Joyce London, Paulina Sheehy, Pat Williams Dernavich, and Claudia Swain, VP of Development.



Ways to
GIVE

Do good and feel good!

If you are looking to make a positive difference in the programs and services offered through South County Health, and, in turn, make a positive difference in the lives of those who rely on South County Health, [here is your opportunity.](#)

The South County Health Fund Development department offers a variety of charitable gift opportunities, including planned giving through wills and trusts, the Grateful Patient program, and special events. Contact the [Fund Development department](#) or click [here to learn more.](#)



QueueDr fills gaps from cancelled appointments

To help physicians better manage scheduling when patients cancel their appointments, practices within the South County Medical Group will soon be using a system called QueueDr, a technology that helps to fill the blocks left by unplanned cancellations. For the past several months, members of the South County Medical Group and staff from the Information Systems department have been evaluating the effectiveness and efficiencies of the QueueDr system.

How it works

When an appointment is cancelled in Greenway, QueueDr sends texts to scheduled patients offering them the cancelled appointment slot. Once the texts are received, the scheduled patients have the option to accept the newly available time slot.

The QueueDr system was introduced as a pilot during the week of July 16 at Primary Care East Greenwich. The system will go live with most of the remaining SCMG Practices in subsequent weeks.

Current patients have been notified of this new system, that will allow them to take the newly available time slot if it is more convenient for them.

Learn more by visiting the [QueueDr website](#).

South County Health Nurses: Help pave the Pathway to Excellence



South County Hospital is currently seeking re-designation as a Pathway to Excellence® organization. The application for re-designation, comprised of exemplars from projects or staff experiences, were submitted and accepted by the American Nurses Credentialing Center's (ANCC) reviewers in June.

Phase 2: The Survey

From July 3 – 25, 2018, staff from participating departments are encouraged to take the survey. The affected departments include: ACC, Case Management, Cath Lab, Clinical Operations, ED, Endo, Float, ICU, Infection Prevention, Infomatics, Infusion Therapy, Med Surg, OR, Ortho, PACU, PAT, PreOp, Professional Development, Quality, Telemetry, Wellness, Women & Newborn Care Unit, and Wound Care.

In order to qualify for the Pathway to Excellence designation, South County Health must achieve a 60 percent minimum response rate. We need your help. Visit the intranet homepage to [take the survey](#) by July 24.



South County Health Medical & Wellness Center in Westerly Welcomes Hope Bus for those affected by cancer

The ongoing partnership between the [South County Health Cancer Center](#) and the [Gloria Gemma Foundation](#) will extend to Westerly, when the Hope Bus makes monthly visits to the Medical & Wellness Center there.

Beginning on Monday, July 16, the Gloria Gemma Hope Bus, a pink, 38-foot recreational vehicle, that offers resources and support to those affected by cancer, will travel to South County Health's Westerly location after its stop at South County Hospital.

The Westerly visit will be added on a trial basis through November 2018. The Hope Bus visits South County Hospital every third Monday of each month from 10 am to 2 pm. It will be at the Medical & Wellness Center, 268 Post Rd., Westerly, from 3 to 5 pm.



South County Hospital rated “high performing” by U.S. News & World Report



South County Hospital was rated as “high performing” by US News & World Report, based on the high marks it demonstrated in quality and patient experience.

To help patients decide where to receive care, [U.S. News & World Report](#) evaluated data on nearly 5,000 hospitals across the nation. To be nationally ranked in a specialty, a hospital must excel in caring for the

sickest, most medically complex patients. South County Hospital achieved the highest rating possible for knee replacement surgery.

The score is based on multiple data categories, including patient outcomes, volume and more. Hospitals that earned a high performing rating were significantly better than the national average.

Patient Experience was based on surveys taken from inpatients after they were discharged, inquiring about different aspects of their stay.

Quality Indicators & Score:		Patient Experience Scores	
Preventing prolonged hospitalizations	Excellent	Overall hospital satisfaction	5
Preventing complications	Excellent	Willingness to recommend	5
Preventing infections	Average	Doctors' communications	5
Number of patients	Very high	Nurses' communications	5
Patient Experience	Very high	Pain management	4
Survival	Average	Medicinal harm prevention	5
		Quality of discharge information	5
		Involvement with recovery	5
		Staff responsiveness	5
		Noise volume and quietness	4

Change in building security protocol addresses safety of patients and staff

All staff are reminded to wear their badges at all times

The safety of patients, visitors, and staff extends to all facets of the organization, including keeping our physical environment secure, particularly during evening and overnight hours.

Beginning on Monday, July 30 the perimeter doors (**which does not include the main entrance, switchboard entrance, and emergency department**) will be unlocked at 6 am and locked at 7 pm on weekdays. Entry will be accessible through badge access only beyond this timeframe. **You will be able to exit the building from these areas at any time.**

The main entrance and switchboard entrance will continue to remain unlocked until 9 pm daily.

Staff are required to wear their hospital-issued badge at all times during working hours. While your badge allows you access into secure areas, it is important that you do not allow anyone to follow you into a badge-access area.

The Hospital doors will remain unlocked as listed below. Entry beyond the listed hours will require badge access. Please note particularly if you take call during the locked hours.

Switchboard	6 am - 9 pm
Main Entrance	5 am - 9 pm
Main Entrance (Sat)	6 am - 9 pm
Main Entrance (Sun)	7 am - 9 pm
MOB Main (M-Sat)	6 am - 7 pm
MOB Main (Sun)	7 am - 7 pm
MOB West	6 am - 7 pm
West Entrance	6 am - 7 pm
Employee Entrance	6 am - 7 pm
Cafeteria	6 am - 7 pm
Potter	6 am - 7 pm

Emergency Department doors remain open 24/7/365.

South County Health awards scholarships to 21 area students

Annual scholarships give \$11,500 to college-bound grads

Current, and possibly future, medical professionals gathered inside South County Hospital's Potter Conference Center where 21 recent high school graduates were awarded scholarships toward their undergraduate studies. For the past 30 years, South County Health's Conrad Nestor Scholarship and Medical Staff Scholarship have been helping area students pursue their passions.

The Conrad Nestor Scholarship is awarded to students who are interested in pursuing a career in the medical field. To begin the process, guidance counselors from high schools in Washington County are asked to nominate two students for consideration.

The Medical Staff Scholarship is open to South County Health employees and their family members who plan to further their education in any field.

The scholarship committee reviews each student's application that includes academic experience, extracurricular and civic involvement, a personal essay on why he or she should receive the award, as well as a face-to-face interview with each of the candidates.

Eleni Pappas, DPM, is a member of the South County Health medical staff and has been on the scholarship committee since its inception.

"Throughout the decades we have given scholarships to students who are now physicians, pharmacists, physical therapists, nurses, medical technology researchers, dentists, and sports medicine trainers. This year we have our first possible future medical geneticist," Dr. Pappas said.

For Dr. Pappas, the scholarship program is a great way for the physicians to connect with the community and get to know some of the current students who could become future colleagues.

"Besides reading through the students' applications, we (the committee) spend an evening meeting the students and learning about their future passions. It is heartwarming to hear their stories and learn about their educational pursuits," she said. "We hope this shared experience with our staff will help inspire these wonderful future professionals and health care providers and maybe bring them back to our community at South County Health."

Both scholarships are funded by membership dues collected from South County Health's medical staff.

Conrad-Nestor Scholarship

Rachel Clancy, Steven Costantino*, Caitlin Fogerty, Nicholas Graichen, James Mason, Sierra Rowley*, Ellie Sullivan, Kathryn Sullivan*, Sean Tally, Rachael Tovar, Kallan Trombino

Medical Staff Scholarship

Neelam Ahmed*, Olivia Clarke, Tucker Curtis, Brooke Hopper, Sara Iacovelli, Alexandra Lanna, Jaqueline Lindstrom, Kristen Parenteau, Emily Pinch, Madison Rittner

* *Volunteered at South County Health*



South County Health's Medical Staff Scholarship awarded a total of \$8,200 to 10 local high school graduates who plan to pursue undergraduate studies leaning toward a career in the medical field. Four of the recipients received \$1,300 each and six received \$500 each.



Each of the 11 high school graduates who are members of South County Health employees received \$300 from the Conrad-Nestor Scholarship to further their education.

Heather Mackey-Fowler, MD, finds that fitness helps body & soul.

As a primary care physician, [Heather Mackey-Fowler, MD](#), routinely encourages her patients to eat healthy and exercise. But, like many people, Dr. Mackey-Fowler found that giving health advice was much easier than heeding it, until she took that first step toward fitness.

“I ran cross-country in high school, and my husband played soccer at the collegiate level, but when we looked at our lifestyle now, I realized we weren’t being very health conscious,” she said.

In 2016, Dr. Mackey-Fowler’s mother died from lung cancer at age 57. To help her through her grief and focus on improving her own health, the doctor heeded her own advice and incorporated physical activity into her daily routine.

Turning to the gym, weight training became part of her workout regimen. Dr. Mackey-Fowler discovered an untapped strength - in mind and body. As her workouts became more challenging, she found that self-motivation was often the toughest part of working out. With that in mind, she began to look for camaraderie.

“I needed to be accountable to someone other than myself.”

- Dr. Heather Mackey-Fowler



After winning a silver medal, Dr. Mackey-Fowler shares the moment with two of her greatest supporters.

“I needed to be accountable to someone other than myself, she said.

She found a website whose community was doctors who lifted weights. Through e-mail, web posting and Skype, Dr. Mackey-Fowler could benefit from others’ experiences and share some of her own.

In the gym, Dr. Mackey-Fowler was lifting twice her body weight – 230 pound squats and deadlifting weights over that amount. Under the guidance of her trainer, Julia Girman, Dr. Mackey-Fowler set her sights on a USA Powerlifting competition held on June 3. Six months prior, her training became focused for that event, learning to perfect her body positioning to perform lifts with heavy weight without getting hurt. In the process, she lost 15 pounds of excess body weight while building up lean muscle.

The USA Powerlifting Massachusetts/Rhode Island 2018 Championship took place at Twin River in Lincoln, RI. It was Dr. Mackey-Fowler’s first time competing against other athletes. Competing in the Women’s Masters category, she took second place and was awarded a silver medal.

“It was a learning experience,” she said after the event.

While the medal is a great way to start, Dr. Mackey-Fowler said that the benefits of any type of exercise are its own rewards.

“I’ve gotten a lot of personal satisfaction from power lifting, apart from the health benefits,” she said. “Now I’m able to discuss the power of exercise with patients who are recovering from grief, wanting to improve their ability to set goals, and other life benefits.”

She’s also not ready to end at a lone silver medal.

“I can’t wait to sign up for another meet,” she said.



Dr. Mackey-Fowler deadlifts over 200 lbs. at a USA Powerlifting competition in June.

Dr. Heather Mackey-Fowler practices [Family Medicine](#) with South County Medical Group Primary Care, Medical Office Building, 70 Kenyon Ave., Suite 211, Wakefield, RI. She can be reached at 401-789-8543.



Upcoming classes, conferences, and continuing education for physicians and other healthcare professionals

ON-LINE

Dealing with Difficult Patients: Everything a Clinician Needs to Know

This training meets the requirements set forth in RI Regulation 3.14 Prescriber Training Requirement for Best Practices Regarding Opioid Prescribing. This specific training requirement is required only once and must be completed before renewal of controlled substance registration or two (2) years (whichever is longer).

Patients who take opioids, whether they are dependent, tolerant or misuse the medication may act out in the exam room & conflict may ensue. This on-line course will equip you to prevent, recognize and diffuse conflict in the exam room. Physicians and other prescribers have a responsibility to address this and other conflicts in the exam room in a dispassionate and therapeutic manner. Learn about transference, counter-transference, the hateful patient, avoiding unpredictable outcomes and managing professional risk.

LOCAL

Complex Care Conversations: Creating a Climate of Healing

Multiple sessions offered September - December

Complex Care Conversations is an interactive curriculum designed for small groups to increase clinician ease and effectiveness in approaching goals of care conversations with patients dealing with serious, progressive illnesses.

This program offers guidance in how to approach this sometimes awkward subject so that important discussions are not delayed or postponed. The overall objective is to give clinicians key tools for effective communication, and learn skills of balancing patients' values with the medical reality when recommendations are given to patients and families.

Providers will also learn how to properly bill and code for these reimbursable activities.

Refer to each conference's website for credit and registration information.

DESTINATION

The 2nd Annual National Hospitalist Conference

September 7-9, 2018

**Grand Hyatt San Antonio
San Antonio, TX**

The content of this conference is designed to provide attendees with the information and skills to improve the care of hospitalized patients, focusing on the practical management of problems commonly encountered in hospital medicine. An emphasis will be placed on recent advances, up-to-date practices, and guidelines for inpatient care.

This conference is designed for primary care physicians, nurse practitioners, physician assistants, and other related healthcare professionals involved in the treatment of hospitalized patients.

3rd Annual Emergency and Urgent Care Medicine for the Primary Care Provider

October 26-28, 2018

**The Westin San Diego
San Diego, California**

This conference is designed to update primary care physicians, nurse practitioners, and physician assistants in rapidly changing therapeutic areas. The focus is on timely and practical issues involving emergency and urgent care medicine, providing the latest evidence-based information on the evaluation and treatment of acute emergency conditions. Each session will provide best practices for use in an outpatient clinical setting.

9th Annual Essentials in Primary Care Fall Conference

SESSION I: November 5-9, 2018

SESSION II: December 3-7, 2018

**Hawks Cay Island Resort
Duck Key, Florida (Florida Keys)**

The 8th Annual Essentials in Primary Care Fall Conference is designed to update primary care physicians, nurse practitioners, physician assistants and other healthcare professionals in rapidly changing therapeutic areas. As a result of this conference, participants will be able to: Assess and provide patients with an accurate diagnosis and optimal care for a broad range of disorders seen in primary care; utilize current guidelines in the diagnosis and management of commonly encountered therapeutic issues; formulate comprehensive evidence-based interventions and treatment strategies that will lead to the reduction of modifiable risk factors and improved long term outcomes.

ENTREE Diabetic Recipe ~ Heart Healthy ~ Gluten Free

FRESH TUNA NICOISE



© Baldwin Publishing, Inc.

Pairing high-protein tuna with fresh farmer's market vegetables makes a healthy lunch or dinner entree that's perfect for summer. A classic Nicoise salad, this tuna recipe is a Mediterranean diet favorite that is bursting with flavor.

NUTRITION FACTS PER SERVING

Serving size: 4 ounce tuna; 1 cup salad; 1 Tbsp dressing

Per Serving

Calories: 241

Fat: 18g

Saturated Fat: 3g

Cholesterol: 93mg

Sodium: 245mg

Carbohydrates: 13g

Fiber: 2g

Protein: 4g

INGREDIENTS

- 3/4 lb red potatoes, quartered
- 2 Tbsp olive oil
- 1/4 lb green beans, trimmed
- 1 head Boston lettuce
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh basil leaves
- 1/2 cup chopped fresh tarragon
- 1 cup cherry tomatoes, halved
- 1/4 cup nicoise or Kalamata olives halved
- 2 hard-cooked eggs, peeled and quartered
- 1 lb fresh tuna steak
- 1/8 tsp salt
- Black pepper to taste
- 2 Tbsp red wine vinegar
- 1/2 tsp Dijon mustard (gluten free if needed)
- 1/8 tsp black pepper
- 1 garlic clove, minced
- 2 Tbsp olive oil
- 1 Tbsp capers

PREPARATION

Preheat oven to 425°.

Arrange potatoes on a baking sheet and drizzle with 1 tablespoon of the oil. Roast for 30 minutes, or until golden and tender. Remove from oven and set aside.

In a pot of boiling water, cook green beans for 2 minutes, or until just tender. Drain well and set aside. On a platter, arrange lettuce, parsley, basil, tarragon, tomatoes, olives, eggs, green beans and potatoes.

In a skillet, heat remaining 1 tablespoon of the oil until hot. Season the tuna with the salt and black pepper. Sear the tuna in the skillet for 1 minute on each side, or until desired doneness. Remove from skillet. Let tuna rest for 2 minutes. Slice tuna thinly and arrange over greens and vegetables.

Make dressing: In a small bowl, whisk together vinegar, mustard, black pepper and garlic. Add oil in a slow stream and whisk until emulsified. Add capers and stir. Immediately drizzle dressing over salad.

Recipe courtesy of: webhealthyrecipes.com

Visit Healthy eRecipes for this and other great food ideas!



JULY 2018

MEDICAL STAFF CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 OB/GYN Dept. 6 - 7:30 pm Potter	3 Cancer Conference 7 - 8 am Potter P&T Committee 7:30 - 8:30 am DI Conf. Room	4	5 Hospitalists/ Nurses Lunch 12:30 - 1:30 pm Potter B&C	6	7
8	9	10 Cancer Conf. 7 - 8 am Potter Cred Comm. 7 - 9 am Potter A Joint Conf. 6 - 8 pm Potter	11	12 Leadership Council 7 - 8:30 am Med Staff Lib Util. Rev. Comm. Noon - 1:30 pm Potter	13	14
15	16	17 Cancer Conf. 7 - 8 am Potter Med. Exec. Comm. 7 - 9 am Lab Conf. Room (basement)	18 Medicine Dept. Meeting 7:15 - 8:15 am Potter	19	20	21
22	23	24 Cancer Conf. 7 - 8 am Potter Hospitalists' Meeting Noon - 1 pm Frost 3	25 Peer Rev. Comm. 7 - 8 am Potter Conf. Rm. Medical Records Committee 7:15 - 8:15 am Med Staff Lib	26 Quarterly Med Staff Meting 6 - 8 pm Arturo Joe's	27	28
29	30 Board Meeting 5 - 6 pm Potter	31 Cancer Conference 7 - 8 am Potter	1 Med Records Comm. 7 - 8 am Med Staff Lib.	2 Hospitalists/ Nurses Lunch 12:30 - 1:30 pm Potter B&C	3	4

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.