



Emory leader, PT educator named new College of Health Professions dean

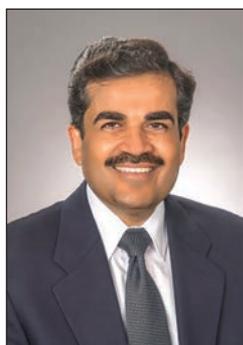
Staff Report

Zoher F. Kapasi, PT, Ph.D., has been named the new dean of the College of Health Professions, effective May 1. Kapasi was selected after an extensive national search.

Lisa Saladan, PT, Ph.D., executive vice president for academic affairs and provost, expressed her gratitude and praised the search committee and chairman, Mark Sothmann, Ph.D., for their efforts in identifying the best candidate for the dean position at the college. “I would also like to extend my appreciation to Dr. Jim Zoller for his service and excellence as interim dean of the College of Health Professions since July 1, 2016,” said Saladin.

Kapasi has 24 years of experience as an academic faculty member and seven years of experience as an academic leader as Emory University School of Medicine’s director of the Division of Physical Therapy, and vice chairman of education and chief of outpatient development in the Department of Rehabilitation Medicine. Kapasi’s administrative skills include academic program development, accreditation and fiscal management, fundraising and alumni engagement, and faculty mentoring, assessment and development. Some of his many administrative

accomplishments include the successful initiation of two dual degree programs that combine a clinical degree with either an MBA or a master’s degree of



Kapasi

public health, the successful development of two residency programs, increasing direct research grant revenues by more than 200 percent over a five-year period, establishing a collaborative relationship

with the Georgia Institute of Technology to broaden research opportunities, and increasing clinical revenues in the faculty practice. In summary, his leadership experience encompasses all areas of MUSC’s tripartite mission of education, research and service.

Despite significant administrative roles, Kapasi also teaches human anatomy, advanced human anatomy and business management for the physical therapists in Emory’s physical therapy program and is dedicated to educational excellence.

See **DEAN** on page 10

CHILDREN’S MIRACLE NETWORK CELEBRATION



photo provided

Children’s Miracle Network Charleston area corporate sponsors and programs gathered Feb. 28 to celebrate the \$1.16 million raised in 2017. The group also recognized CMN champion Riley Klim, third from right, during this event. A majority of these funds will support the MUSC Shawn Jenkins Children’s Hospital.

MUSC to deliver health care services for Volvo Car US ops workforce

Staff Report

MUSC and Volvo Car US Operations Inc. (Volvo Cars) have signed an agreement for MUSC to deliver health care services at its new auto production facility in Ridgeville, S.C. MUSC will staff and operate a health clinic to serve some 3,900 Volvo workers. The Swedish auto manufacturer is investing more than \$1 billion in the Berkeley County plant, which is scheduled to open later this

year.

“Building healthy communities is one of the five goals of our strategy for the future,” said MUSC President David J. Cole, M.D., FACS. “Two effective ways to achieve that goal are to develop community partners who share our vision for health and to continually innovate in the health care arena. That’s why we’re extending our top-quality MUSC Health clinical care services. We

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AROUND CAMPUS

PEOPLE

Jerry Mansfield



Jerry Mansfield, Ph.D., RN, MUSC Health executive chief nursing officer, was named to the Beryl Institute's Nurse Executive Council. Mansfield joins 14 other innovative and visionary

nurse leaders from across the country who will collaboratively work with the institute to develop strategies for nurse leader engagement in the patient experience efforts. Mansfield joined MUSC Health in 2016.

Caroline O'Neal



Caroline O'Neal has been named initial director of the Office of External Affairs for MUSC and MUSC Health. Previously, O'Neal has served as external affairs and strategic

engagement coordinator for the Office of the President since 2016. In this new role, she will expand her work to an enterprisewide capacity working with both the university and MUSC Health system.



photo provided

Members of the Medical University Women's Club gathered for their annual spring Posies for Patient activity on March 2. The women worked with the MUSC Health volunteer office and arranged and delivered more than 200 flower arrangements to dozens of patients in University Hospital.

Matthew Severence



Matthew J. Severence joined MUSC Health as the new chief of Affiliations and Network Development. A senior health care executive who worked with the

Roper Saint Francis Health system and Lawrence Hospital Center in Westchester County, New York, Severence will help ongoing efforts to expand access to clinical, research and educational expertise among providers in the state.

James Sterrett



James Sterrett, PharmD, assistant professor in the College of Pharmacy and a diabetes educator, was the 2017 recipient of the Franklin C. Fetter Advocacy Award. Sterrett was praised

for his work with Fetter providers and patients to improve chronic disease management using telehealth conferencing for patient education and motivational interviewing.

EVENTS

St. Paddy's Day Block Party

The 15th Annual St. Paddy's Day Block Party and Parade will take place from noon to 6 p.m., Olde Village of North Charleston. This family friendly event will take place between East Montague Avenue between Virginia and Jenkins avenue. The celebration will feature live music across four stages and food served from Park Circle restaurants and food vendors; a mechanical bull and a kid's zone featuring jump castles, face painting and inflatable slide. The event is free and will kick off with a parade starting at Park Place East at noon. Call (843) 740-5854.

ER Nurses Oyster Roast

The Low Country Emergency Nurses will host an oyster roast at the VFW @ Isle of Palms from 2 to 5 p.m., Sunday, March 11. All you can eat oysters, chili, hot dogs, appetizers, desserts, a silent auction and music. Proceeds will benefit educational endeavors and HALOS, a local orphanage. For tickets, email Julie Jones at jjones@sc-ena.org.

MUSC Patient Safety Fair

Employees and students are invited to the Annual Patient Safety Fair from 11 a.m. to 2 p.m., March 14, MUSC Horseshoe/Portico. Scheduled is a poster competition, therapy dog promenade, Little Room of Horrors, and giveaways. Visit <https://www.musc.edu/medcenter/news/PSW-2018>.

THE CATALYST

Editorial Office

MUSC Office of Public Affairs & Media Relations, 135 Cannon Street, Suite 403C, Charleston, SC 29425.

843-792-4107

Fax: 843-792-6723

Editor: Cindy Abole
catalyst@musc.edu

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RECYCLEMANIA TRIVIA – WEEK 4

Which of these isn't recyclable?



Respond to
recycle@musc.edu
for a chance to win a prize

Last Week's Answer:
The Reusable Lab Supply Exchange is in Clinical Sciences Building 9th floor, in the recycling room at end of hallway (CSB935).

musc.edu/gogreen



Letter from the
MUSC **FACULTY SENATE**

Gaudeamus Igitur: A Day to Celebrate

Commencement is the high point of a student's aspirations, a formal recognition of effort expended in widening of intellectual horizons and laying a solid foundation for professional success.

Faculty are vital participants and drivers in the flowering of students' aspirations. And so Commencement highlights the wisdom, guidance, leadership and innumerable hours that faculty have devoted to students. The celebration recognizes faculty's accomplishments as much as it lauds the triumph of graduation.

The students, their families and the leadership of MUSC pay tribute to MUSC Faculty at Commencement. Please acknowledge this tribute by participating in the 2018 MUSC Commencement on Saturday, May 19. Details of the Commencement celebration will be posted shortly.

Please join me and the Faculty Senate in congratulating our graduates and MUSC Faculty at this year's Commencement.

Adam J. Smolka, Ph.D.
Professor of Medicine
Faculty Senate President



Smolka

Thaddeus J. Bell, MD Family Scholarships Available

The Thaddeus John Bell, MD Family Scholarship Endowment was created with the Coastal Community Foundation of SC in 2006 to honor decades of medical services and civic contributions provided by Dr. Bell both to communities in the greater Charleston area, South Carolina and nationally. The Endowment will provide a total of \$10,000 in awards, which may be for \$5,000 (two awards) or \$10,000 (one award).

The scholarship is available to students who have been accepted or enrolled in any of MUSC's six colleges and and who,

Candidates must have completed

at least one semester of studies at one of MUSC's colleges; are legal residents of the state of South Carolina; are minority students of African or African-American descent; are in need of financial aid to some degree, as determined (a) by MUSC's Office of Financial Aid and (b) by information provided on the scholarship application.

Deadline is April 6. Applications must include a brief letter from his/her Dean attesting that the applicant is a student in good standing at MUSC.

Visit <https://goo.gl/surKtr> to download the application or call (843) 723-3635 or email Caroline@CoastalCommunityFoundation.org.

Construction Update:

After delays, crews begin resurfacing project on Spring, Cannon streets

The road resurfacing project on Spring and Cannon Streets in downtown Charleston resumed March 5, two months later than the original planned start date.

Work was set for December, but was delayed until late January. By then, as the milling process began, a contractor convinced the city it would be wise to wait until early spring.

The resurfacing is expected to last six days, according to city officials.

One lane of eastbound traffic on Cannon and one lane of westbound traffic on Spring will remain open. Traffic will be diverted into the parking lanes, which means parking will not be allowed on the streets during the construction.

The work will take place during daylight hours beginning at 7 a.m. The construction schedule is as follows:

Thursday

- No parking on Spring Street until pavement markings are in place.
- No parking on Cannon Street.
- Spring Street: Paving north side.
- Cannon Street: Milling south side

Friday

- No parking on Cannon Street until pavement markings are in place.
- No parking on Spring Street within



Street resurfacing continues from March 5 to March 12.

work zone. As pavement markings are installed, parking will be opened.

- Cannon Street: Finish milling south side. Begin paving south side.
- Spring Street: Complete pavement markings. Intersection work may be completed as needed.

Saturday and/or March 12:

- Cannon Street: Finish paving south side. Intersection work may be completed as needed.
- No parking on Cannon Street within work zone. As pavement markings are installed, parking will be opened.

Call for Peggy Schachte Research Mentor awards March 15

A call for nominations is underway to all MUSC faculty for the 2018 Peggy Schachte Research Mentor Award. The purpose of this award is to encourage and support the advancement and achievements of others as successful investigators and for whom research mentorship has been a major commitment over a significant period of time.

This award shall be presented at the annual MUSC Faculty Convocation in August and will include a monetary

award.

MUSC faculty, fellows, students and staff may submit nominations. The nominating package must include a letter from the nominator highlighting the nominee's background and achievements as a research mentor, CV and other information. Visit <http://academicdepartments.musc.edu/provost/>.

Deadline to submit applications (pdf file) is March 15, 2018.

Students expand in diversity, inclusion representation in SGA

BY KATHERINE LAWRENCE & MIKIE HAYES
lawrekat@muscd.edu

Compared to colleges with top 10 football teams and stadiums that hold 100,000 screaming fans, a medical university like MUSC has to work a little harder to build community among students of varying ages, stages and professional aspirations throughout six colleges and approximately 85 student organizations. Enter the Student Government Association — an important organization on any campus and one that promotes unity, pride, respect and cooperation among the students, faculty and administration and builds vital bridges to the community.

Since 1925 when the SGA was established within the institution's first college — the College of Medicine — it has provided a collective voice for students on campus. In order to remain responsible and well-informed, that voice must reflect the organization's commitment to discussing relevant issues of the day — issues like sexual orientation and gender identification; diversity and inclusion; equity and acceptance.

Toward that end, two third-year College of Medicine students, Keeland Williams and Celeste Jilich, conceptualized an idea to add a new SGA office on campus — vice president of diversity and inclusion — and, together, they were the driving force behind its favorable reception.

After conducting research on the subject, Williams and Jilich found that numerous academic institutions across the nation had integrated this role into their SGAs.

"We thought that MUSC would benefit from such a position. The vice president of diversity and inclusion would be an elected SGA official, chosen from

within the student body, and tasked with facilitating dialogue and communication across MUSC's diversity organizations, merging the gap that exists between them," Williams said.

Jilich added that they believe this position would also allow for a unified effort to make sustainable changes on campus for minority students.

The new office interfaces closely with the Office of Student Programs and Student Diversity, which is responsible for the oversight of the SGA and provides guidance to its officers. Both promote the cultivation of a diverse, inclusive and supportive campus environment. Kevin Smuniewski, director of student programs, believes the new role will accomplish just that.

"This new office will complement the ability to plan appropriately with our programming and activities, because it changes over time as different generations of students come in," he said. "Therefore, we need to change our programming to meet their needs."

During November's special SGA election to vote for this position, Williams was selected to serve as the first-ever vice president of diversity and inclusion, and since that time, he has hit the ground running. Jilich again serves as the SGA representative for the campus organization Alliance for Equality.

"The primary role of this new vice president position will be to implement yearly initiatives that aim to ensure all MUSC students feel welcomed and valued regardless of race, religion, sexual orientation, gender identity or socioeconomic status," said Jilich.

Williams agreed. "We believe that MUSC has made great strides in diversity and has devoted much effort into creating a diverse environment for their students. However, it is now our duty, as students of such an institution, to do the same. The SGA vice president of diversity and inclusion reassures everyone that pillars of diversity are upheld and acts of inclusion are practiced," he said.

He explained how they already have a number of wheels in motion, and students across the board are included in the process.



photo by Anne Thompson

SGA Diversity and Inclusion representative Keeland Williams joins fellow SGA representatives at the SGA dinner hosted by MUSC President David Cole and wife, Kathy Cole, back in Oct. 2017.

"This position allows students to be in on the ground floor when it comes to creating and enacting diversity initiatives at MUSC. We have already begun implementing plans to install MUSC's first gender-inclusive bathroom. It will serve as a safe and easily accessible place for all individuals to use the restroom, regardless of gender expression or identity. Within just a few short months, we have already begun to implement a great amount change on our campus, and it could not have been done without support from our supervisors in the Student Programs and Diversity Office."

Jilich already sees meaningful change and is optimistic about the continued impact this role will make enterprisewide. "The D&I position in particular will propose initiatives as small as adding a statement about diversity to promotional materials to those as large as advocating for greater diversity in campus leadership and offering more categories for race, ethnicity, and gender identity in our institutional data systems to be inclusive of all people. Despite these

ambitious goals, I believe the position would be a success if it did nothing more than provide a pipeline for under-represented students to have a voice," she said.

Smuniewski shares their optimism. He has been affiliated with the SGA for 12 years and has been an integral part of helping guide the students. He is pleased with how forward thinking these students have been and the progress that's been made.

Smuniewski described how thoroughly Williams and Jilich approached this initiative — researching the subject, hosting town hall meetings and intently listening to opinions that pointed them overwhelmingly to the fact this position was necessary.

"They saw so many diversity and inclusion initiatives that were happening from the staff and institutional side, like Imagine MUSC 2020," he said, referring to the organizational strategy that drives priorities. "But they wanted something from the students' perspective. They

See SGA on page 11



Jilich

MEET JAMIE



Jamie McAdams

Department; How long at MUSC
Perioperative Services; 2 years

How are you changing what's possible at MUSC

By taking challenges and turning them into opportunities

2018 New Year's resolution
Running in the Cooper River Bridge Run (April 7)

A unique talent you have
I love to paint.

Favorite place in the world
Nashville or Charleston

Best thing about living in Charleston
Always something to do. Every weekend there's multiple events to choose from.

Greatest moment in my life
Buying my first house

Favorite quote or words of advice
"Always do right. This will gratify some people and astonish the rest." — Mark Twain



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4:00 PM**

Global Health Speed Networking Student Event
Registration required.

**Wednesday
4:00 PM**

Soccer as a Grassroots Intervention to Tackle HIV/AIDS
Discussion with experts from MUSC, Grassroot Soccer, and Vijana Amari Pamoja.

**Thursday
4:00 PM**

A Calling To Help: Humanitarian Aid - The Risks, Rewards, and Reality
Discussion with experts from MUSC, Doctors Without Borders/ Médecins Sans Frontières and Vanderbilt University.

**Friday
9:00 - 11:45 AM**

A Hopeful Future: How We Can End Preventable Deaths of Moms and Kids Worldwide
Keynote: Kelly Saldana, Director of the Office of Health Systems, USAID
Panel session on maternal and child health and advocacy training will follow.
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Sponsored by MUSC Center for Global Health

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Coffee Hour **Wednesday, March 21**
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Featuring **Connie Best, Ph.D.**

*Professor, Department of Psychiatry & Behavioral Sciences
Director of Adult Services of the
National Crime Victims Research & Treatment Center*

All Are Welcome!

For questions or additional information contact:
wsinfo@musc.edu

Sponsored by The Women Scholars Initiative and the Center for ARROWS
Diversity & Ethnic Relations Committee

<http://academicdepartments.musc.edu/musciversity>
<http://academicdepartments.musc.edu/arrowinitiative/arrows>

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Thirty seconds made him who he is today

Doctor leads child abuse team 'on four wheels instead of two feet'

BY HELEN ADAMS

adamshel@musc.edu

John Melville, director of the Division of Child Abuse Pediatrics at MUSC, knows firsthand how important a matter of seconds can be. He was a young medical resident working with a neurology professor when she asked him a question.

"She said, 'So do you know why there are so few high-functioning C.P.s like yourself?'"

C.P. stands for cerebral palsy, a condition that affects muscle coordination and can cause other disabilities. Melville was diagnosed with it as a child. His mother suffered from cord prolapse, which means her umbilical cord was compressed, cutting off oxygen and blood to her baby during labor.

"No, tell me," Melville remembers saying to the neurology professor.

What she said next astounded him. "She knew my C.P. was due to birth trauma and cord prolapse. She said, 'When you look at birth trauma like that, the interval between completely normal and absolutely neurologically devastated is about 60 seconds. So to be a high functioning C.P. like you, you have to be born near the middle of that 60-second interval.'"

Melville was born by emergency C-section after a nurse realized he was in danger. "In that whole process, 30 seconds either way and I would not be who I am. I would be somebody else."

If he were somebody else, that might be medicine's loss. Melville is not only a pediatrician who runs a division at MUSC Children's Health but also a teacher, researcher, author and computer whiz who wrote the software his team uses for child abuse

evaluations. "I'm a geek. I really like my computers," Melville says.

"I've got a number of irons in a number of fires, just like I'm sure any associate professor would have. The only difference is I move between them on four wheels instead of two feet."

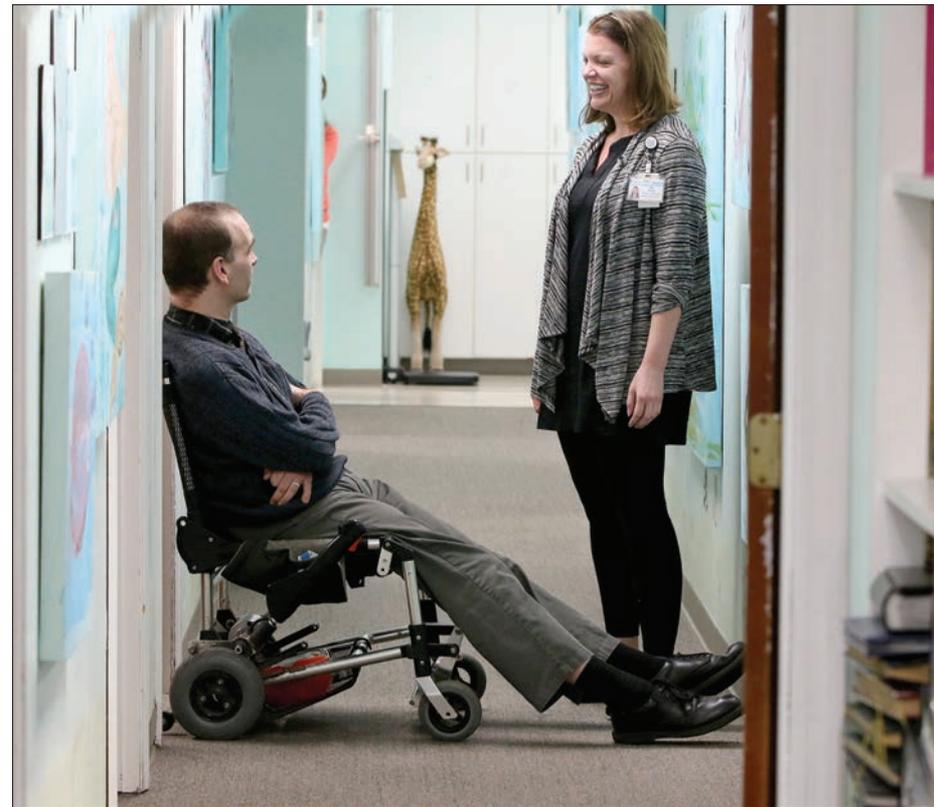
He calls his wheelchair a small part of his life. "It's my means of locomotion, but it's not my identity or what I'm most proud of or how I introduce myself to people," Melville says. "My disability is an attribute of mine, but it's not central to my identity. I have my faith, my family, my career, I have so many things that are core to who I am."

But Melville is proud of the fact that disabled children can see him in action. "I enjoy being a doctor in a wheelchair at a children's hospital. Many disabled children do not get a lot of exposure to disabled adults."

Melville was in medical school when he first realized the power of what he could represent for kids. "I was in a meeting with some other medical students and we were all wearing our white coats and we were filing out. I could walk at that time, but not very well. And I see this disabled kid and he sees me, and his eyes just turn huge. 'Hi there, how are you?' I said. Really, there was nothing else to say. The message had been sent."

Melville didn't set out to specialize in child abuse pediatrics. He planned to focus on rural medicine, offering care in places that really needed good doctors, and got a job in Alaska.

But once he was there, he wound up overseeing the sexual assault response team and decided to make helping survivors of child abuse his focus. Then, a family issue made it



Photos by Sarah Pack

Dr. John Melville stretches his legs while he talks to Amy Smoak, fellowship coordinator for the Department of Pediatrics at MUSC.



Melville sits outside the Dee Norton Child Advocacy Center, where he's on the leadership team.

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Be sure not to miss this pristine pond lot on Johns Island that has been waiting for you! When looking for a lot to purchase there are many factors to consider, and the characteristics associated with this property really make it stand out. First, the size of the lot with close to 20 acres offers incredible privacy while still keeping you close to downtown Charleston, shopping, dining and the beaches. Secondly, the setting is simply stunning with towering trees and a 7.5 acre pond that stocked with bass and bream. Thirdly, the property already has electric, water and a septic so some of the leg work has already been done for you. And lastly, the potential to build the home of your dream here or even subdivide, makes this once in a lifetime opportunity! MLS#18002678

MATT O'NEILL
REAL ESTATE



Chip Walsh | 843-822-4663 | Chip@MattO'NeillTeam.com

See **WHEELS** on page 11

March "Health Focus" schedule on SC Public Radio

Visit www.southcarolinapublicradio.org/programs/health-focus

March 12 – Segment #1

Topic: The Opioid Epidemic

Guest: Dr. Kathleen Brady, Distinguished University Professor and Vice President for Research at MUSC, and the director of the S.C. Clinical and Translational Research Institute, will talk about the opioid epidemic.

March 12 – Segment #2:

Topic: Pulmonary Emphysema

Guest: Dr. Charlie Strange, a professor of Pulmonary and Critical Care Medicine at MUSC, will talk about the diagnosis and treatment of pulmonary emphysema.

March 19 – Segment #1:

Topic: Influenza Research

Guest: Dr. Paula Traktman, the Hirschmann Endowed Professor in the Department of Biochemistry and Molecular Biology and Microbiology and Immunology, and the dean, College of Graduate Studies at MUSC, will discuss research related to the influenza virus.

March 19 – Segment #2:

Topic: Coping with Chronic Illness

Guest: Dr. Sharlene Wedin, a clinical psychologist and associate professor in the Department of Psychiatry and Behavioral Sciences at MUSC, will discuss coping with chronic illness.

March 26 – Segment #1:

Topic: Periodontal Disease

Guest: Dr. Joe Krayer, a professor in the College of Dental Medicine and director of the Periodontics Residency Program at MUSC, will talk about preventing and treating periodontal disease.

March 26 – Segment #2:

Topic: Research about Depression during Medical Education & Training
associate professor in the Department of Psychiatry and Behavioral Sciences at MUSC, will talk about research related to depression during medical education and medical training.

Charleston Medical District Greenway

YOU'RE INVITED TO

Come Plant with MUSC First Lady Kathy Cole

Spring has sprung! Come help Kathy Cole get the Greenway ready for Spring. We will be planting in the beds outside of Institute of Psychiatry and in some of the planters on the Greenway. All are welcome to drop by, and all tools are provided!



MARCH 29, 2018 11:00 a.m. – 1:00 p.m.

Please RSVP by March 26 to:

Elizabeth Long, longel@musc.edu



VA



U.S. Department
of Veterans Affairs
Veterans Health
Administration
Ralph H. Johnson
VA Medical Center



Roper
Hospital



VOLVO *Continued from Page One*

need to be where people live, work, play and learn. To serve our community best, MUSC teams must be trusted, forward-thinking partners, working to prevent situations like repetitive workplace injuries.”

“MUSC Business Health partners with employers to improve the health of their teammembers through a variety of channels, including on-site clinics, convenient ambulatory facilities, e-visits, telehealth, emergency care and hospitalization, if necessary,” said Patrick J. Cawley, M.D., CEO for MUSC Health and vice president for health affairs, university. “Working with the Volvo Cars team has been wonderful. They are a leading-edge company that is focused on optimizing the health of their team. We look forward to our ongoing engagement with them.”

MUSC Business Health providers will collaborate with the Volvo Cars team to deliver a full range of health services that include: on-site injury

treatment and prevention; ergonomic observations and recommendations; selected immunizations; and a variety of screenings and tests. MUSC team members will also work closely with the Volvo Cars team to serve employees who need treatment beyond the scope of what the on-site clinic can provide. Although the plant is not ready for full operation at this time, the health clinic is already staffed and open to serve the Volvo team.

According to the Bureau of Labor Statistics in the U.S. Department of Labor, there were approximately 2.9 million nonfatal workplace injuries and illnesses reported by private industry employers in 2016, which occurred at a rate of 2.9 cases per 100 full-time equivalent workers. The 2016 rate of total recordable cases (TRC) for four private industries – construction, manufacturing, wholesale trade, and retail trade – experienced statistically significant declines in the TRC rate of occupational injuries and illnesses in 2016.



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Campus social workers recognized throughout March celebration

By POLLY McCANN

mccannp@musc.edu

“Alone we can do so little; together we can do so much.” I love this quote by Helen Keller. In celebrating social work month, this seems the logical place to start, as we all here at MUSC are together pursuing excellence in patient care.

What is social work? By definition, social work is “work carried out by trained personnel with the aim of alleviating the conditions of those in need of help or welfare.” There are social workers all over MUSC. They are in outpatient clinics, on service teams in the hospital, in the emergency room, in IOP and in other places.

Regardless of their location, all social workers collaborate with a larger team to ensure that everyone they work with leaves MUSC with the tools and resources to be successful in becoming a healthier version of themselves.

Social workers at MUSC work with hospital administrators to create policies and practices that recognize all patients as individuals who have specific needs, and that all these needs are equally important. Social workers coordinate with physicians to make sure that each patient’s treatment plan is realistic to his or her circumstances, and that he or she has the ability and means to make this treatment plan successful. This can include referrals to substance abuse and mental health treatment, assessing the basic needs of

the patient and their support system, making sure patients are connected to community agencies and providers before discharge and advocating for access to ongoing care to meet their health and psychosocial needs.

This collaboration can become a very creative process and takes a great deal of thinking outside of the box.

Social workers also work closely with nursing staff and other disciplines such as nurse case managers, PT, OT and SLP to identify barriers to safe discharges, risk factors for readmission, as well as identifying patient and caregiver strengths to ensure successful discharges.

This interdisciplinary teamwork is essential to care coordination and creating appropriate discharge plans. Social workers in both the inpatient and outpatient setting provide education, resources and support to those suffering from a range of psychosocial issues.

Every social worker at MUSC is licensed and carries his or her own tool box of skills and expertise. However, not one of us would be successful without the collaboration and efforts of every team member here at MUSC in striving to make sure the person who walks out of MUSC’s doors, does so feeling empowered to be their best self. May social workers continue to work together to “Change What’s Possible,” and remember to give your social workers an extra dose of appreciation this month.

Developing Scholars nominations open until March 15

A call for nominations is underway for the Developing Scholars Award. This award recognizes and rewards MUSC junior faculty who have made outstanding contributions to the research mission through work in their individual research program or are part of an interdisciplinary research team and promotes the continued development of these creative scholars.

This award is aimed at

individuals who have successfully demonstrated the capacity to compete for extramural funding but are still in the formative stages of their career and demonstrate exceptional promise for the future. Candidates should be faculty (assistant professor) with at least two years to six years of service. Visit <http://academicdepartments.musc.edu/provost/>.



Photo by Cindy Abole

Kesha Wall Graham, first row, far left, new social work manager, gathers with MUSC social workers representing pediatric and adult (inpatient and outpatient), Institute of Psychiatry, population health and social work management.

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March is National Nutrition Month:**Go further with food**

BY DEBBIE PETITPAIN

petitpain@musc.edu

Hippocrates' message "let food be thy medicine" is as timely today as it was nearly 2,400 years ago. Today, food continues to be used therapeutically to aid in healing and allow the body to perform at its peak. During National Nutrition Month, a campaign sponsored by the Academy of Nutrition and Dietetics to highlight the importance of a nutrient-rich diet, the MUSC dietetic interns will organize events to promote this year's theme – "Go Further with Food."

The human body is designed to run off of whole foods, and there is increasing scientific evidence showing how food choices and diet patterns help people achieve, and even exceed, personal wellness goals.

Studies show that those who eat breakfast perform better in school and are less likely to be overweight.

Consuming lean, high-protein foods such as beans, cottage cheese and chicken aids in the healing process after surgery or a strenuous workout.

A diet high in vegetables, fruits and whole grains can promote weight loss and weight maintenance.

Medical nutrition therapy, (MNT) is an example of how food is used as medicine in a clinical setting to augment a patient's health care and allow them to "go further." Registered dietitians use current scientific evidence to create an MNT-based individualized assessment and produce a plan of care that leverages the power of food to manage the patient's disease. For instance, a heart-healthy, low-sodium diet can reduce blood pressure, LDL cholesterol and cardiovascular disease risk. This diet pattern emphasizes fruits, vegetables and whole grains to provide adequate fiber; the use of liquid fats such as canola oil over butter; moderate amounts of lean protein, including fish and low-fat dairy; and seasonings other than salt.

Look for events throughout National Nutrition Month that encourage the MUSC family to use food to achieve personal health goals and celebrate how therapeutic diets are used at MUSC as part of a patient's healing and wellness.

The "Go Further with Food Market" The market will be open from 11 a.m. until 1 p.m. in the main hospital lobby on March 9 and 16 and also in the ART lobby from 11 a.m. until 1 p.m. on March 23 and 30.

GO FURTHER WITH FOOD FUNDRAISER

Throughout March, the MUSC dietetic interns will be hosting a food drive to benefit the Lowcountry Food Bank. Donations can be made:



Photo provided

MUSC dietetic interns Erin Seprish, Emily Bowles and Erin Kavanaugh pack canned foods and items for the "healing meals" starter kits. The kits will be distributed to participating patients.



- At the Go Further with Food Market: Bring in canned goods or cash contributions on Fridays. (see schedule and locations above)
- At the cafeterias: Customers can make donations in increments of \$1 or \$5 at the registers. All proceeds will be donated to the Lowcountry Food Bank at the end of the month. Proof of the donation, which will be provided via a "go further with food receipt," may also be exchanged at the market for canned goods to be donated.
- Instead of hauling items from home, employees

can purchase canned items to donate right from the market. Everyone who visits the market will be entered into a drawing for \$50 credit on a MUSC badge to use in the cafeteria, with one winner per week.

HEALING MEALS STARTER KITS

In celebration of the "Go Further with Food" theme, a pilot project will provide a limited number of patients diagnosed with heart failure a healing meals starter kit at discharge. This kit provides the patient with an entire day's worth of food that meets the dietitian recommended heart-healthy, low-sodium requirements, which can be challenging to follow. By providing the patient with a specialized menu, recipes and ingredients, the objective is to accelerate the patient's understanding of and adherence to the therapeutic diet. MUSC employees can sponsor a bag or sign a get well card at the "Go Further with Food Market" on any Friday.

MARCH 14 — CELEBRATE REGISTERED DIETITIAN NUTRITIONIST DAY

The day commemorates the dedication of RDNs as advocates for advancing the nutrition status of Americans and people around the world. Be sure to thank the RDN in your life for their commitment to go further with food.

Happiness – the key to a long, healthy life

Each morning before I pack my girls' lunch boxes, I search the internet for inspirational quotes to write on their napkins. I know that school, like work, can be stressful and I love knowing that I can give them a little happiness in the middle of a long day. Lately I've been using quotes from children's books and found one this morning that mirrored my column topic this month – the biology of happiness.

"It's impossible to make your eyes twinkle if you aren't feeling twinkly yourself" – Roald Dahl

I've heard that the eyes are the window to the soul, and to our health, so how appropriate that Roald Dahl offers a physical definition of happiness. Happiness is something we all strive to achieve, but can it contribute to a longer, healthier life? The answer is yes, according to Laura Kubzansky, a key researcher in the biology of emotion from Harvard School of Public Health. Her research,

and that of many others, suggests that certain personal attributes such as vitality, optimism and supportive social connections help some people avoid or healthfully manage diseases such as heart attacks, strokes, diabetes and depression. It is believed that about 40 to 50 percent of our psychological makeup is genetic, which gives plenty of room for improvement if we aren't a born optimist!

As most of you have probably heard by now, Charleston is seeking to become the first Blue Zones Project community on the East Coast. Dan Buettner, National Geographic Researcher and co-founder of the Blue Zones Project, recently released his fourth book, "The Blue Zones of Happiness." Based on his most current research in some of the world's happiest places, Buettner identifies three strands of happiness – joy, purpose and satisfaction and provides specific strategies that anyone can

function and the effects of exercise and nutrition on the immune system.

Kapasi is a strong advocate for faculty and student engagement in their respective professional associations. He is an active member of the American Physical Therapy Association (APTA) and is currently secretary and a Board member of the American Council of Academic Physical Therapy. Most recently he served on the Excellence in Physical Therapy Education Task Force and he chaired the Education Committee of the Private Practice Section of the APTA.

2018 YES Campaign recruiting

The YES Campaign Committee is seeking new members who show some creativity and competitive spirit for this year's campaign. Duties include communicating with colleagues about the benefits of the YES program and attending meetings. For information, contact Whitney McLuen at mcluen@musc.edu.

apply to increase happiness. In addition, he outlines how communities can change the environment to create cultures of well-being that nudge citizens to habits that create health and happiness. If Charleston is selected and identifies funding to become a Blue Zones Project community, we will experience firsthand the notion that healthy, happy places = healthy, happy people!

On March 20, MUSC will join people and organizations from around the world to celebrate the International Day of Happiness. This campaign is a global celebration to mark the United Nations International Day of Happiness. It is coordinated by Action for Happiness, a non-profit movement of people from 160 countries, supported by a partnership of like-minded organizations. MUSC is committed to excellence, so we look for ways to cultivate happiness in our patients, their families, staff, students

MUSC Health & Well-Being

By Susan L. Johnson, Ph.D., MUSC Office of Health Promotion



and faculty, helping everyone lead healthy, successful lives. Happiness is the first step, so visit the Greenway on March 20 from 11 a.m. to 1 p.m. Bring co-workers and enjoy food trucks, therapy dogs, live music, bubbles, happiness rocks and hoola hoops. Be sure to post #happyacts on the Happiness Wall to show how you spread happiness. It's contagious.

DEAN *Continued from Page One*

Throughout his academic career, he has earned several teaching awards. In 2014, Emory University School of Medicine conferred upon him the Dean's Teaching Award and in 2017, Emory University presented him with the Emory Williams Distinguished Teaching Award.

Kapasi has been associated with Emory University since 1994, joining the faculty as an assistant professor in the Division of Physical Therapy. He received his bachelor's and master's degrees in physical therapy from Seth G.S. Medical College, University of Bombay in India. He went on to pursue his Ph.D. in anatomy-immunology from the Medical College of Virginia at Virginia Commonwealth University and later earned an MBA from Goizueta Business School at Emory University. Kapasi did post-doctoral work in immunology at Basel Institute for Immunology, Switzerland, and the Medical College of Virginia. After graduation, his research focused on age-related changes in immune

You're invited

Charleston Medical District Greenway

International Day of Happiness Celebration

Our community is committed to excellence, so we look for ways to cultivate happiness in our patients, their families, staff, students, and faculty, helping everyone to lead healthy, successful lives. Happiness is the first step, so visit the Greenway—laugh a lot, get playful, bring friends, and post #happyacts on the Happiness Wall to show how you spread happiness. It's contagious!



Tuesday, March 20 11 a.m. – 1:00 p.m.

Let's create a happier world together.

Food trucks, therapy dogs, live music, bubbles, happiness rocks and hoola hoops!



Junior faculty can look to PERK for supplemental funding

BY DIANA LEE-CHAVARRIA

leacharr@musc.edu

Junior faculty researchers at MUSC have a new opportunity for supplemental funding – the Program to Enhance the Retention of Clinicians (PERK) – funded by the Doris Duke Charitable Foundation (DDCF). PERK provides funding to improve the retention and advancement of clinician scientists with extraprofessional caregiving demands, including those for children, elderly or sick parents, spouse/partners, or other relatives.

MUSC was awarded this five-year grant in 2015 as one of 10 sites nationwide chosen to be part of the inaugural program. MUSC currently has three funded scholars, all of which describe the PERK award as being integral to achieving their research goals.

“The Doris Duke award has been

invaluable in my development as a clinical researcher over the past two years,” states Dr. Anne Andrews, a KL2 scholar and 2016 PERK recipient. “It has afforded me additional resources that I have used to support my research program.”

A new RFA, which will accept applications on a rolling basis, was released on March 1 and can be found on the SCTR website (sctr.musc.edu). Total funding and the length of award will be based on the applicant’s request and the demonstration of need. Awards up to \$25,000 are available for up to one year, with the possibility of additional funding dependent upon scholarly progress and continued need.

While funding cannot be used for direct caregiving expenses, scholars can use the award in a variety of ways to help aid work-life balance, including the salary for a research assistant or

grant writer, a buy-out of clinical time, and research subject compensation. Additionally, the PERK award provides the unique opportunity for clinician scientists to not only engage in research, but also participate in a research study. Coded data about PERK applicants and awardees is being collected as part of an ongoing evaluation projected conducted by the University of Michigan.

Kathleen Brady, M.D., Ph.D., vice president for research and the director of the PERK program, understands the demands that young researchers may have when balancing responsibilities at home and at work. “Clinician scientists who are also caregivers can face extraordinary burdens while juggling research, their clinical loads and personal obligations. Caregiving duties are 24 hours a day, 7 days a week – there is no vacation or down time. We are proud to be a recipient

of this funding from the Doris Duke Charitable Foundation to help support the continuing growth of our clinician researchers.”

For more information about the PERK award or the RFA, contact Diana Lee-Chavarria at leacharr@musc.edu.

To apply for the PERK Award, applicants must have:

- MD or DO with an active US medical license
- Full-time tenure-track appointment at MUSC at the instructor or assistant professor level
- Be conducting a clinical research project and have extramural support as a PI, with at least one year of support remaining
- Demonstrate a compelling need for the support

WHEELS *Continued from Page Six*

clear that he needed to return to an area with more resources. So Melville headed to San Antonio, where he did a fellowship in child abuse pediatrics at the University of Texas Health Science Center. Then he became site director of the Child Advocacy Center at the Akron Children’s Hospital campus in Boardman, Ohio. He came to MUSC in 2016.

Melville brings more than medical training to his role; he knows the importance of patience and compassion. “One of the things that has struck me in my practice as a child abuse pediatrician is the importance of listening to people. This includes listening to people accused of hurting their children, the non-offending caregivers and, of course, listening to the children themselves. I have found that when treating the psychological effects of abuse, listening itself can be therapeutic,” he says.

“I love my job. The way a kid gets to my office is that an adult has decided to stand up for them and protect them. And the kids get better. They get better over the course of weeks, not months. They go back to learning and developing and doing all of the things kids do because somebody protected them and made sure they got the right treatment.”

Melville enjoys being part of that process.

“I hope that at the end of my career, people won’t need to add the disabled modifier when they describe

SGA *Continued from Page Four*

wanted something student-driven – for students by students.”

Throughout the year, the SGA offers a wide variety of special events, services and programs to build community and expand and enhance the student experience. Together, the SGA and Student Programs and Student Diversity Office sponsor a five-sport intramural program for students. Williams, Jilich and Smuniewski agree that this added diversity and inclusion perspective allows the SGA to more effectively plan and execute programs and events and ensure awareness is on the front burner for all types of organized groups.

Williams and Jilich feel in particular that this position will lead to a vast improvement in terms of linking all affinity groups together.

“We believe that this position can help every student organization across the institution. Truly, diversity applies to each and every one of us in some way,” said Jilich.

The SGA serves as the liaison organization that brings all student groups together, said Smuniewski. “It’s a one-stop shop.”

Smuniewski praised Williams and Jilich and all the students who have taken positions on the SGA for their hard work throughout the year.

“They’re just good people, you know,” he said with a smile. “Their hearts are in the right place, and they do incredible work in the community.”

But he said the most important element of the students’ commitment goes well beyond that. “We are trying to develop health care leaders, not just health care professionals.”



me,” Melville says. “I hope they’ll talk about things I have written and students I’ve taught and patients I’ve advocated for – the fact that I did it from a wheelchair

is more of an implementation detail than anything else. Nobody’s guaranteeing that I’ll achieve that, but that’s what I’d like.”

HEALTH PROFESSIONS CELEBRATES 50TH ANNIVERSARY FUNDRAISING ACHIEVEMENT



The College of Health Professions recently held its 50th Anniversary Fundraising Campaign Conclusion Celebration on March 1 in the college atrium with more than 80 friends and donors. The college exceeded the campaign goal of \$3.5 million two months early and raised a total of \$3,631,139. The campaign launched in July 2015 under the leadership of the former dean and now MUSC Provost Dr. Lisa Saladin, and concluded in December 2017 under the leadership of CHP Interim Dean Dr. Jim Zoller. MUSC President Dr. David Cole and wife, Kathy Cole, joined campus leaders, CHP donors, faculty and staff in leading a toast revealing the total funds raised at the celebration. Philanthropic funds will support student scholarships and programs, rehabilitation research, pediatric initiatives and the CARES Therapy Clinic.

Photo by Anne Thompson



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