

Two celebrity suicides show importance of getting help

Hope and good treatment available, psychiatrist says

By HELEN ADAMS

adamshel@musc.edu

June's suicides of travel host and author Anthony Bourdain and designer Kate Spade are a stark reminder of the fact that the suicide rate in the U.S. is on the rise. From 1999 to 2016, it went up 28 percent. In South Carolina, it rose almost 40 percent.

MUSC Health psychiatrist Jeffrey Cluver, associate professor in the Department of Psychiatry and Behavioral Sciences, said the mental health issues that can lead to suicide can be well hidden. "People can in public put on a good face and still be fairly depressed. It's not always obvious. So if you sense that someone is not functioning as well as they used to, or especially if they're isolating themselves, just ask if they're feeling depressed or anxious or they're OK."

He's encouraging anybody who's having suicidal thoughts to call the National Suicide Prevention Lifeline at 1-800-273-8255. It's open 24 hours a day.

And if you know someone who is suicidal, treat it as a medical emergency, Cluver said. "Call for help, whether that's 911, or if they're already seeing a provider, calling that provider and asking for guidance. Stand by that person's side until they get some help."

If you're worried about somebody but it's not clear that they're in a crisis, Cluver said you should speak up. "You

don't have to have a magic thing to say. Just engage and say are you OK, are you hurting, is there anything I can do? The more people the better. One of the predictors of suicide is lack of social support. It can be chronic or in the moment. Just having dialogue and engaging can go a long way."

So why is the suicide rate rising in the U.S.? "We don't know," Cluver said. "The risk factors for suicide are well elucidated, but there's not enough research that goes into suicide."

The Centers for Disease Control and Prevention cites several factors that contribute to suicide in people with and without mental health issues:

- ☐ Relationship problem
- ☐ Problematic substance use
- ☐ Crisis in the past or upcoming two weeks
- ☐ Criminal legal problem
- ☐ Physical health problem
- ☐ Loss of housing
- ☐ Job/financial problem

Cluver said feeling hopeless can also lead to suicidal thoughts, along with chronic pain. "There's good treatment out there for depression and any other mental illness people have. There's help, and we need to stop treating mental illness like it's not an illness."

"We need to end the stigma surrounding mental health treatment," Cluver said. "I'd say the higher up the social and economic ladder you climb, potentially the worse the stigma gets. You

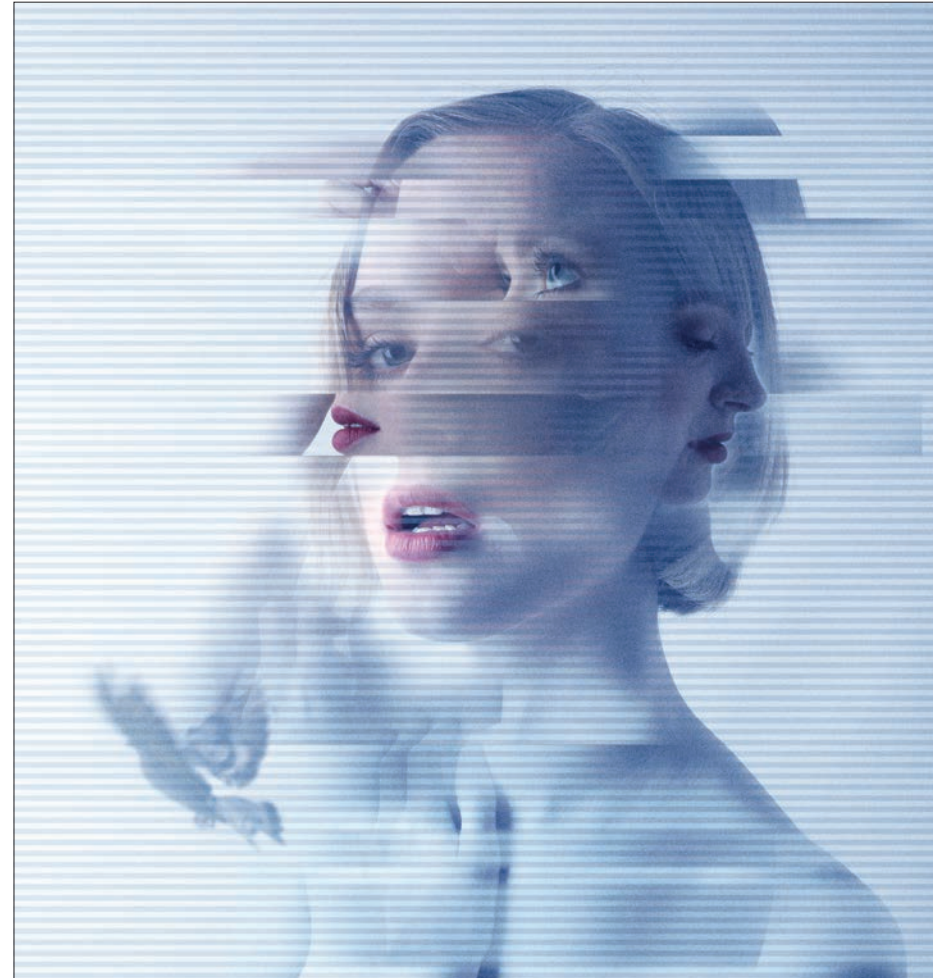


Image Provided

Suicide is the 10th leading cause of death overall in the U.S., killing almost 45,000 people. (Source: National Institute of Mental Health)

want to be seen as omnipotent person who's in control and you worry about how it's going to affect your career. Some people have started to buck that trend, but it's a real problem."

MUSC Health has an Institute of

Psychiatry with inpatient and outpatient treatment. The number is 843-792-9888. You can also find more information about risk factors and resources on the MUSC Counseling and Psychological Services page.

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Worthwhile funds still need support.

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Shark Tank fever floods MUSC campus.

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Imagine Nation

MUSC ranked in top 2 percent, universities worldwide

MUSC has been ranked in the top 2 percent of universities worldwide, according to the Center for World University Rankings (CWUR) 2018-19 report. Listed as No. 333 out of 18,000 institutions worldwide, MUSC's most notable stats were reported by the third-party organization as follows:

- National Rank: 111
- Research Output Rank: 421
- Quality Publications Rank: 333
- Influence Rank: 320
- Citations Rank: 222

CWUR uses seven robust and objective indicators to rank the world's universities without relying on surveys and university data submissions, with research prowess now accounting for about 70 percent of the total score:

- ❑ Quality of education, measured by the number of a university's alumni who have won major international awards, prizes and medals relative to the

university's size

- ❑ Alumni employment, measured by the number of a university's alumni who have held CEO positions at the world's top companies relative to the university's size
 - ❑ Quality of faculty, measured by the number of academics who have won major international awards, prizes and medals
 - ❑ Research output, measured by the total number of research papers
 - ❑ Quality publications, measured by the number of research papers appearing in top-tier journals
 - ❑ Influence, measured by the number of research papers appearing in highly influential journals
 - ❑ Citations, measured by the number of highly cited research papers
- For information about the rankings, visit <http://cwur.org/2018-19.php>.

MUSC veterans group promotes June 15 Red, White, Blue Jean Ball

By ALEXIS MIZELL


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While the summer offers sun, sand and celebratory cookouts, there are also many opportunities to reflect on America and the many freedoms this country enjoys. From Memorial and Independence Day to Labor Day, the summer months seem to be painted in patriotic hues of red, white and blue. The Veterans Resource Group, a recent addition to the MUSC community, knows those colors all too well. Founded to engage veterans of the community and MUSC enterprisewide, the organization hopes to increase care team member


and patient veteran involvement and continuously works to improve the efforts and recognition of all veterans. One such way is through its sponsorship of the June 15 Palmetto Warrior Connection's Red, White, and Blue Jean Ball at Founders Hall, Charles Towne Landing. This event affords the newly formed group an opportunity to engage guests and spread awareness of its mission within the veteran community. Tickets range from \$50 to \$75, and all proceeds from the event will benefit local veterans through the Palmetto Warrior Connection. To purchase tickets or for more information, visit <https://palmettogoodwill.org/bluejeanball>.

TEDx Charleston seeking speakers for spring 2019 event

Technology Entertainment Design (TED) Talks Charleston is now seeking speakers for its spring 2019 event. In 2017, about 1,000 people attended the event at the Music Farm and 15,000 were able to watch via live-stream the presentations. Applications for TEDxCharleston are open through Aug. 17. For information and to apply, visit <https://tedxcharleston.org> or to download the TEDxCharleston informational sheet, visit <https://tinyurl.com/ydbrz2vd>.



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in the Horseshoe

Please email Jo Sullivan (sullivanj@musc.edu) to enter the healthy dessert bake-off contest. The first 10 people to enter will be eligible for the contest.

Imagine U
Building Well-being Together

June "Health Focus" schedule on SC Public Radio

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

June 16 – Segment #1
Topic: Research and New Treatment for Inherited Childhood Retinal Disease
Guest: Dr. Mae Millicent Peterseim
Storm Eye Institute's Pratt Chair for International Ophthalmology's Dr. Mae Peterseim will talk about a new treatment for one type of inherited childhood retinal disease.

June 16 – Segment #2
Topic: How the Human Brain Processes Language
Guest: Dr. Leonardo Bonihla
Neurologist Dr. Leonardo Bonihla discusses how the human brain processes language and produces speech.

June 25 – Segment #1
Topic: Biomedicine and Cancer Research
Guest: Dr. Alan Diehl
Biochemistry and Molecular Biology professor Dr. Alan Diehl will speak about recent research and discoveries related to biomedicine and cancer.

June 25 – Segment #2
Topic: Cesarean Delivery
Guest: Dr. Krista Wagoner
MUSC Women's Health obstetrician Dr. Krista Wagoner will talk about cesarean delivery and efforts to reduce the number of unnecessary C-section deliveries. Wagoner is an assistant professor in the Department of OB/GYN in the College of Medicine.



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Office of Humanities awards first round SHARE grants

Staff Report

The Office of Humanities' Scholars of Humanities and Arts Research and Education (SHARE) grants program at MUSC has announced awards totaling \$4,500 for humanities-related projects across the MUSC enterprise. An additional project was funded in partnership with Student Programs and Student Diversity, thanks to the generosity of Executive Director Tajuan Wilson, Ed.D.

Recipients include Caitlin Bishop, RN, whose team will pilot a project using music as an intervention to reduce compassion fatigue in Post Anesthesia Care Unit nurses, and Whitney Marvin, M.D., assistant professor in the Department of Pediatrics, who will measure the impacts of a literature and medicine reading group on provider resilience, using the Connor-Davidson

Resilience Scale. The focus of these and all SHARE grants is to contribute to a growing body of knowledge about the role arts and humanities interventions can have in health care and health science education.

These grants mark the Office of Humanities' first round of pilot-project funding to support educational arts and humanities initiatives at MUSC.

"SHARE grants help bring the arts and humanities together with the health sciences," said Office of Humanities director Lisa Kerr, Ph.D. "Across the nation and the world, the arts and humanities are recognized as central



Kerr

2018 SHARE Grant Awardees

- ❑ "Reducing Compassion Fatigue among PACU Nurses," PI – Caitlin Bishop, PACU
- ❑ "Literature, Medicine, and Pediatrics," PI – Whitney Marvin, M.D., Department of Pediatrics
- ❑ "Designing a Course on the Power of Images to Teach Empathetic Patient Care," PI – John Dinolfo, Ph.D., Division of Education and Student Life
- ❑ "The Creative Healing Project," PIs – Kelly Anne Holes-Lewis,

- M.D., and Matthew Fadus, M.D., Institute of Psychiatry
- ❑ "Clinician's Eye Art Observation Project," PIs – Ryan Kane and Robert Borucki, College of Medicine Gold Humanism Honor Society
- ❑ "Race and Medicine Discussion Group," PIs – Alex Rice and Lindsay Haselden, College of Medicine second-year students (co-sponsored with Student Programs and Student Diversity)

to the missions of academic health science centers to prepare empathetic, person-centered health care providers and biomedical scientists – and to give

current providers tools for self-care and resilience."

Congratulations to all the spring 2018 grant recipients.

RESEARCH GRANT HIGHLIGHTS

College of Health Professions

Richard Segal, Ph.D.

Intensive Rehabilitation Research Grant Writing Workshops in the United States (TIGRR), \$793,870, from NIH/NICHD (\$793,870), April 1, 2018 to March 31, 2023

College of Nursing

Amanda Gilmore, Ph.D.

Mental Health Services for Victims of Crime Who Engage in Suicidal or Self-Injurious Behavior, \$162,799, from SC Dept. of Public Safety (\$162,799), April 1, 2017 to September 30, 2018

Amanda Gilmore, Ph.D.

Alcohol and Violence Prevention for College Students, \$663,936, from NIH/NIAAA (\$663,936), March 15, 2018 to February 28, 2021

Ronald E. Acierno, Ph.D.

Peer Social Support During In Vivo Exposure for PTSD: A Program to Address Dropout from Prolonged Exposure, \$2,112,716, from DOD (\$2,112,716), March 15, 2018 to March 14, 2022

College of Medicine – Cell and Molecular

Pharmacology and Experimental Therapeutics

Ann-Marie Broome, Ph.D., MBA

BC17026P1 - Development of Novel Molecular Targeted Therapy to Secreted Frizzled Related Protein 2 for Breast Cancer, \$350,461, from DOD (\$350,461), March 1, 2018 to February 28, 2019

Marcelo Vargas, Ph.D.

Circadian Timekeeping, Oxidative Stress and Metabolism in ALS Models, \$406,085, from NIH/NINDS (\$406,085), May 1, 2018 to April 30, 2020

Dermatology and Dermatologic Surgery

Lara Wine Lee, M.D., Ph.D.

A Multicenter, Randomized, Double-Blind, Placebo-Controlled, Phase 3 Study to Evaluate the Efficacy and Safety of Baricitinib in Adult Patients with Moderate to Severe Atopic Dermatitis, \$156,471, from Eli Lilly (\$156,471), March 14, 2018 to March 31, 2021

Medicine

Amarendra Neppalli, M.D.

A Phase Ib Study of the Safety and Pharmacokinetics of Atezolizumab (Anti-PD-L1 Antibody) Alone or in

Combination With an Immunomodulatory Drug and/or Daratumumab in Patients With Multiple Myeloma (Relapsed/Refractory and Post-Autologous Stem Cell Transplantation), \$2,975,594, from Covance, Inc. (\$2,975,594), April 18, 2018 to April 17, 2023

Andrew Goodwin, M.D.

The Role of Circulating Micro RNAs in ARDS Pathogenesis and Outcomes, \$537,117, from NIH/NHLBI (\$537,117), July 15, 2017 to April 30, 2020

Betty Tsao, Ph.D.

Transancestral Fine Mapping and Functional Dissection of Autophagy-Related SLE Risk Loci, \$3,518,351, from NIH/NIAMS (\$3,518,351), April 9, 2018 to February 28, 2023

The MUSC Catalyst News Research Grant Highlights column showcases the MUSC research community's grant activities.

For more information about campuswide research awards, visit the Office of Research & Sponsored Programs at <http://academicdepartments.musc.edu/research/orsp/reporting/>.

YES Campaign hits the home stretch, ends June 30

In last days of three-month employee giving campaign, there's still time to give

By ANDREW LIPKE
lipke@musc.edu

This year's YES Campaign has seen an explosion of generous employee giving, with the thermometer currently rising toward the \$440,000 mark.

Since 1985, this 90-day fundraiser has benefited scores of hospital programs. Thanks to the generosity of MUSC's faculty and employees, over \$8 million has been raised, which will improve the lives of countless patients and enhance numerous programs. With June well underway, there is still time to give to the fund of your choice, and many programs are in need of your support.

The CARES Clinic Vaccination Program, for instance, is dedicated to making medical health care accessible to people regardless of race, religion or economic background. Every year physicians and students volunteer their time to treat disadvantaged patients. These preventive and often lifesaving inoculations are provided free of charge to protect against a variety of illnesses such

as flu, pneumonia, tetanus, diphtheria and pertussis.

The Family Meal Coupons Project reinforces the importance of putting patients and families first. In many instances, family members at the Children's Hospital do not have the means to purchase meals while their children are recovering. Through this program, meal tickets are provided to patients' family members who otherwise might go hungry while providing constant comfort and support at their loved one's bedside.

The Bone Marrow Transplant Pediatric Bone Marrow Psychological program strives to negate the negative effects of isolation on children during bone marrow transplants. Providing entertainment and fun activities lift patients' spirits and aid in their recoveries.

The Harm Reduction Strategies to Combat Opioid Overdose program provides a valuable service to those in potentially deadly situations. During an opioid overdose, respiration slows and many find themselves no longer able

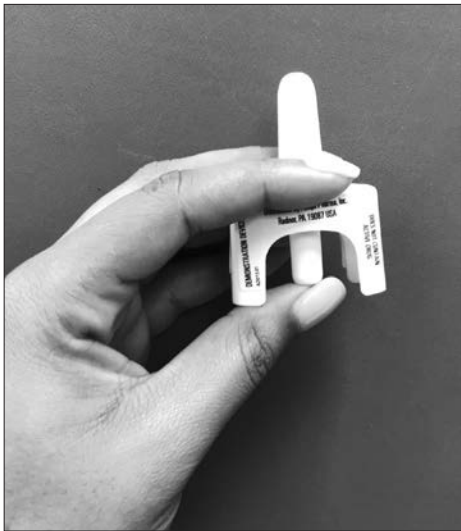


Photo by Andrew Lipke
Naloxone is a lifesaving nasal spray that's being used to counteract opioid overdose. This is a current YES Family Fund project in the Institute of Psychiatry.

to breathe. In the past, many have died waiting for EMS services to arrive with a drug that the MUSC team can now provide, often free of charge.

Jordan Cooler, a current second-year psychiatry pharmacist resident, explained the drug naloxone's lifesaving

applications.

"Naloxone, brand name Narcan, is an opioid antagonist that is available as a nasal spray. What that means is if a person has ingested too many opioids and finds him or herself in an overdose situation, a family member, friend or bystander can administer naloxone. It essentially travels to the opioid receptor and knocks the opioids off, thereby quickly taking a patient out of an overdose situation."

Clint Ross, Pharm.D., assistant professor in the College of Pharmacy, agreed, adding, "The provision of naloxone to patients at risk for opioid overdose also allows a perfect opportunity to provide education regarding overdose prevention and the importance of calling 911."

Providing this nasal spray to a patient's family or loved one helps combat the needless death that often follows an opioid overdose. Cooler explained that kits containing naloxone are given to those who are identified through a screening process as "at risk" and have no other means to obtain it.

While the YES Campaign has provided necessary funding for many vital programs at MUSC and in the Charleston community for more than 30 years, there is still so much more to accomplish. Whitney McLuen, employee campaign coordinator, orchestrates the YES Campaign each year. She explained how important giving is to the future of many valuable programs.

"This year, we received 35 applications, but unfortunately, while support to the YES Family Fund continues to grow in each year's YES Campaign, we still don't have enough to cover the growing need of financial support."

While wrapping up this year's campaign, the wise words of Charles Dickens ring true. "No one is useless in this world who lightens the burdens of another."

The last day to give to the YES Campaign is June 30. To donate to MUSC's family fund projects, please visit the online page <https://giving.musc.edu/yes>.

2018 YES Family Fund Projects

- ☐ Ozzie's Project – 7East/Child Life
- ☐ CARES Vaccination Program – Family Medicine
- ☐ Rides and Resources for Recovery – Institute of Psychiatry
- ☐ (BMT)Pediatric Bone Marrow Psychological Program – Child life/ Hematology/ Oncology
- ☐ Summerville Clinic Family Requests – MUSC Specialty Clinic and After Hours Care
- ☐ Harm Reduction Strategies at MUSC to Combat the Opioid Overdose Epidemic: Providing Take Home Naloxone Nasal Spray to High-Risk Patients – Pharmacy Services
- ☐ Project Pressure Vests – Institute of Psychiatry
- ☐ Can-Teen Support Group – Pediatric Hematology/ Oncology
- ☐ Children's Hospital Grief Resources – PICU/7C Child Life
- ☐ Patient and Family Centered Care and Video Conferencing Technology in PCICU – Pediatric Cardiovascular ICU (PCICU)
- ☐ VECTA Distraction Station for Pediatric Emergency Departments – Child Life
- ☐ Operation Bag Buddy- Institute of Psychiatry 4N – Addictions Unit
- ☐ Project Secure the Small Fries-Car/Booster seat vouchers – Case Management and Care Transitions
- ☐ Child and Adolescent Unit Environmental Enrichment Project – Institute of Psychiatry
- ☐ Healing Through Music – Child/Youth Psychiatry
- ☐ Cardiac Condiment Caddy – A5 EX
- ☐ Musical Mondays – 5 East ART
- ☐ Charleston Teen and Family EMPOWER Program – Psychiatry
- ☐ Discharge Hang Tags to Protect our Vulnerable Infants and Reduce Readmissions – Case Management/Neonatal ICU

MEET SHURENE



Shurene Simmons

Department; How long at MUSC
Admitting/Patient Access Services; 23 years

How are you changing what's possible at MUSC

By providing excellent customer services to everyone who enters my door

Family

Daughter, Chelsea, and granddaughters, Layla and Leilani (my angels)

A unique talent you have

I'm a floral designer operating a part-time business. I love decorating for all types of celebrations.

Best thing about living in Charleston

Historical sites and the hospitality of people who live here

Who in history would you most like to meet and why

Former U.S. President Barack Obama and wife Michelle Obama

Favorite quote

"Don't let someone else's opinion of you become your reality." — Les Brown

A CASUAL EVENT FOR A SERIOUS CAUSE

THANK YOU FOR TAKING THE TIME TO CONSIDER SPONSORING THE RED, WHITE & BLUE JEAN BALL BENEFITING PALMETTO WARRIOR CONNECTION.

ABOUT THE RED, WHITE & BLUE JEAN BALL
 Palmetto Warrior Connection's Red, White & Blue Jean Ball is a laid-back evening of enjoyment supporting Lowcountry Veterans and their families. A sophisticated departure from traditional fundraising events, the Red, White & Blue Jean Ball invites Charleston area taste-makers to enjoy a selection of signature dishes from local prominent restaurants while sipping cocktails and beers and taking in live entertainment. All proceeds from the event will benefit local veterans through Palmetto Warrior Connection.

ABOUT PALMETTO WARRIOR CONNECTION
 Palmetto Warrior Connection (PWC) believes in proactive relationships. Leaving the Military is a huge transition, and PWC believes that Warriors and their family members shouldn't do it alone. PWC's goal is to be the first stop to help transitioning Warriors determine what's next. PWC's dedicated staff walks with each Warrior every step of the way, directing them toward the services and opportunities that will help them achieve their goals. From housing, education, employment, benefits, mental health and everything in between, PWC has Lowcountry Warriors covered.

WHEN
 Friday, June 15, 2018
 6 p.m. - VIP cocktail hour
 7 p.m. - General Admission

TICKETS
 GA - \$50
 VIP - \$75

WHERE
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Shark Tank competition brings out most innovative ideas

By Mikie Hayes

hayesmi@musc.edu

With reality TV shows like “Real Housewives” and “Southern Charm” reportedly not adding to the American brain trust, there is one particular bright spot in the lineup – ABC’s “Shark Tank.” With terms like IPO, capital and leverage bandied about every week by experts known as “sharks,” this business show not only has improved the finance and investment vocabularies of its viewers but also the lives of those fortunate enough to have had their innovative business ideas funded by the billionaire sharks. And as it hits its 10th season and 200th episode this fall, it continues to reel in contenders and viewers.

Now, MUSC has its own Shark Tank, thanks to one of the hit show’s biggest fans – Michael Caputo, chief information officer for MUSC.

“I love ‘Shark Tank,’” he said with a hearty laugh. “Seeing those people come forward with their ideas and their companies and products, trying to figure out how their product is going to meet a need or niche – not just an investment but to have people purchase their products. I love seeing people’s ideas. They’re great ideas. It helps me think bigger with some of the issues we deal with. I love that.”

During each episode of “Shark Tank,” entrepreneurs hope to entice one or more of the five sharks to invest in them by presenting ingenious ideas and offering up a specific stake in their companies. The ultimate goal: increasing sales or profits and building recognition with the show’s millions of viewers.

Having been tasked by Patrick Cawley, M.D., CEO of MUSC Health, as the champion of the Innovation Pillar goal at the beginning of the year, Caputo wanted to do something novel to raise awareness about innovation at MUSC and infuse the culture enterprisewide with the notion that everyone – no matter where they work or what they do – has the ability to be innovative. And

while his plan was to inspire MUSC to think bigger, even he had no idea just how big the first year would be.

Caputo envisioned something similar to the show and conceptualized an innovation summit that would include a two-day event complete with a speaker, booths featuring innovation vendors, food trucks and games and, most importantly, teams that would create and present idea posters with competitors who would move on to an actual Shark Tank competition.

They challenged prospective participants to develop or mainstream fundable ideas. Caputo thought the event would attract perhaps as many as a dozen inventive ideas; 39 teams actually rose to the challenge.

Alexandra O’Brien, director of innovation and business development, planned the event and served as the emcee.

She explained that when MUSC Health care members plan goals for the fiscal year, they choose from pillar goals such as finance, growth, quality, people and innovation.

If someone chose the innovation pillar goal, they had to become part of an innovation team and choose a champion, execute an idea campaign for a specific area, test or launch an innovation initiative, document the value proposition and lessons learned, then finally, prepare and present a compelling poster. More than 200 picked the innovation goal. Teams were created and ideas thrown in hats and picked. The winning team would receive \$15,000.

On Wednesday, May 2, Innovation Station was the place to hear keynote speaker Laura Corder of the South Carolina Department of Commerce and check out posters and presentations. More than 325 people filtered through to take part in the day’s events and vote at the IS kiosk for their favorite project. Four teams were selected to compete: Open Mic, Capturing the Sixth Vital Sign, Ambulatory Care – Best Practices, and Giving What’s Possible. The teams had until 9:30 the next morning to



Photo by Anne Thompson

Members of Hollings Cancer Center’s Capturing the 6th Vital Sign team are recognized by MUSC leaders in the first MUSC Shark Tank Innovation Summit held May 2 and 3.

prepare their presentations for the judges, who, like on the show, would scrutinize each idea and lob tough questions at the would-be entrepreneurs.

On May 3, guests packed the auditorium to hear the presentations. Each team had 20 minutes to wow Cawley and the other five judges –

MUSC president David Cole, M.D., FACS; Jesse Goodwin, Ph.D., chief innovation officer; Sarah Bacik, chief strategy and business development officer; David Mahvi, M.D., director of the division of surgical oncology;

See **INNOVATION** on page 9

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MUSC leadership briefed on aeromedical evacuation

BY CHUCK DIGGLE

Joint Base Charleston

Joint Base Charleston played host to senior officials from MUSC, including MUSC President David Cole, M.D., FACS, during a briefing and tour of the aeromedical capabilities May 22 at Joint Base Charleston, South Carolina. The purpose of the visit was to share information about the medical missions, as well as the overall mission of the various units at JB Charleston. It echoed a visit base officials made to MUSC earlier this year to familiarize themselves with the institution's facilities.

After a briefing by base officials, the visitors from MUSC were escorted to the flight line, where they were further briefed onboard a C-17 during a static display. They learned about aeromedical evacuations and the Transportation Isolation System, an airtight pod intended to isolate patients exposed to pathogens, initially developed in response to the West African Ebola

outbreak in 2014. Members from the 315th Airlift Wing, 628th Aeromedical Medicine Squadron and 628th Bioenvironmental Engineering flights touted the capabilities of JB Charleston and showed the visitors specialized equipment used for medical evacuations.

During the briefing, USAF Col. Jeff Nelson, Joint Base Charleston commander, expressed gratitude for the relationship between the base and MUSC. He and Cole, along with leadership from both the base and the hospital, discussed the possibilities of furthering their partnership with mutual training opportunities.

"We've got such a medically rich community and great medical partners," added Col. Craig Lambert, 628th Medical Group commander. "This type of communication is what makes these relationships work so well."

Joint Base Charleston and MUSC are the two largest employers in the Charleston region, with 22,000 employees at Joint Base Charleston and 13,000 at MUSC.



Photo provided

Members of Joint Base Charleston's 315th Airlift Wing 628th Aeromedical Medicine Squadron, brief MUSC leaders Dr. David Cole, Dr. Patrick Cawley and others about readiness during a May 22 visit.

science café

Parkinson's Disease Research - Moving in the Right Direction.

Vanessa Hinson, M.D., Ph.D.
Professor of Neurology
Director, MUSC Movement Disorders Program
Chief of Neurology, Ralph H. Johnson VA Medical Center

Colin McLeod, M.D.
Movement Disorders Fellow
MUSC Movement Disorders Program

Every 9 minutes someone gets diagnosed with Parkinson's Disease, a slowly progressive brain disease with no cure.

Come learn about recent breakthroughs in the science and treatment of Parkinson's Disease with members of the MUSC Movement Disorders Program.

Tuesday, June 19, 2018 | 5:30 p.m.
Charleston Beer Works (upstairs)
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Science for the rest of us

MUSC's Science Café is a series of presentations offering entertaining talks on scientific subjects in a fun, non-technical way in a pleasant social environment. To learn more, contact Tara Abbott at 843-792-2926 or abbott@musc.edu.

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OB-GYN CHIEFS BID FAREWELL TO A LEGEND



Photo by Anne Thompson

Outgoing Department of OB-GYN chief residents Drs. Blake Butterworth, left, Lindsey Harward, Genevieve Wolpert, Sarah Shea, Melanie Blohm, and Shauna Hemingway salute OB-GYN professor and mentor Dr. Paul Underwood, center, as he steps down from the department. He will now support activities in the College of Medicine’s dean’s office.

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INNOVATION *Continued from Page Six*

and R. Todd Watkins, DDS, a serial entrepreneur known for creating companies and schools. They had 10 minutes to sell their ideas and 10 to endure the judges' grilling.

"The questions were really good. Tough," said O'Brien. "The judges all have ties to innovation and know their stuff. Dr. Mahvi asked in detail about the products — just like the real 'Shark Tank.'"

DISTRESS TOOL TAKES TOP HONOR

While all four ideas received high marks, Hollings Cancer Center's Capturing the 6th Vital Sign team was declared the winner for designing an inventive distress-screening questionnaire that will help cancer patients experience a much more holistic and compassionate experience — \$15,000 goes a long way in launching efforts.

Tara Lock, the administrator for Oncology Integrated Centers of Clinical Excellence, served as the team champion. "We're very proud of that little tool," she said.

She explained that one of the accreditation requirements in oncology is to monitor patients' distress. They don't tell you how to do it, she said, just that you have to do it. She was part of the team tasked with figuring out the best way to accomplish this. Team members envisioned an electronic tool, and information technology specialist Laura Cole helped them put a prototype together. Once it was ready, they needed to determine the best ways in which to use the information.

"That's where the referrals come in," Lock said. "If, for instance, someone had a high concern about their financial burden, we now had a referral over to the financial counselor to help that patient."

She said before that it was essentially tribal knowledge — unwritten information that only a select few knew about.

"We didn't have a standardized path for a patient to get to the social worker or the chaplain — it was by happenstance. Now we, with this tool, have a coordinated effort so all patients will be screened, and all patients who have needs like that — no matter what point in

their care — we now have a mechanism to send a message to the support services: This patient needs you."

Lock said that what the Hollings team does really well is cancer care.

"We know what we're doing and do it well. However, we don't tend to ask patients about the other things that impact their care. It hasn't been in our wheelhouse. Docs do their things. Nurses do their thing. But who is doing supportive care, and where are they? We have them, but what are we doing to help? The doctor can do everything right, but if that patient can't get here, and we didn't know that, then shame on us."

HCC, she explained, is now in the business of caring for the entire patient.

"That means helping patients get here. Helping them get home. Helping them get their meds, with their faith issues, with their behavioral health. If a patient has a survivable disease but they can't get here, they don't have insurance or copays are too high, that's going to prevent their care. We should know about it, because there are other options for them."

It's not enough to provide medicine, surgery and radiation, she said. Patients shouldn't be on their own to figure out what they don't know.

"We can do better, because we know better. That's the impetus for this tool, and that's the passion we all have about it, because it's so hard to see and deliver half of the equation. Opening this up to the whole patient and helping them overcome barriers to receiving care is so cool, because it's the right thing to do."

AN ANNUAL SHARK TANK

The event was a success. Caputo was thrilled for the winners and contenders. He believes MUSC will actually see many of the projects come to fruition.

When it was all said and done, O'Brien particularly enjoyed seeing the whole MUSC community come together and get excited about innovation.

"We had so much participation, and there was constant traffic. This event elevated the scope of innovation at MUSC and paved the way for more people to potentially get involved."

Caputo agreed. "This event made innovation more mainstream in a sense. A lot of people just thought of innovation as something that is



Photo by Anne Thompson

Participants review project idea posters near the MUSC Innovation Station at the Colbert Education and Library Building for the first MUSC Innovation Summit.

done in certain departments, but this showed that anyone can get involved. Departments that made it to the Shark Tank have nothing to do with innovation as we typically think about it a MUSC."

His view on innovation is simple. "Like Dr. Cole says, 'We all have to own innovation.' We don't necessarily get up every day and think, 'We have to be innovative today!' For me, what seemed like an exciting new way to do innovation was to localize it and let leaders and teams put their own spin on it. What made it real was to have some sort of an outcome and create an environment where people who don't typically consider themselves to be innovative get to be innovative. I saw very proud teams exchanging ideas and information with other folks."

The results, he said, exceeded his

expectations — from the quantity of projects that were presented and proposals that were brought forward to the great variation in the types of ideas that were generated.

He'd like to see it become an annual event.

"People are now aware of the event and how much fun it was. I would love to see us do it again next year with even more participation across the enterprise. It would be fun to engage students and have each college do its own competition and have the best from each college participate. Again, making it local. If we can get the students, staff and faculty engaged, I think that would bring innovation into the mainstream of what we're doing and talking about here at MUSC."



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Mobile screenings help employees know their health info

By CATHERINE SMITH
smitcathi@musc.edu

Worksite health screenings are planned for June 26 on the Greenway, from 7 until 9 a.m. and 5 until 7 p.m. Blood pressure readings and basic labs will be provided as part of the Office of Health Promotion’s “Know Your Numbers” campaign. Employees will be able to gather vital health information in a five-minute walk-up visit.

“No appointment is necessary. We are just trying to get as many employees as possible to participate,” said Elonda Threat-Seabrook, RN, an MUSC gastroenterology nurse and student in the RN-to-BSN program, who is working with the screening program as part of a class project. “The Greenway is a central location, and with the times offered, we are hoping to catch people coming and going to work,” she added.

Employees can use the information

to complete the Imagine U Health Risk Assessment in MyQuest. Imagine U is a healthy lifestyle initiative developed by Susan L. Johnson, Ph. D., director of the Office of Health Promotion, and ties in with the MUSC strategic plan Imagine 2020 goal of building healthy communities.

“Knowing your numbers is the first step,” said Johnson. Employees can put their information into an easy and confidential platform called MyLifeCheck through the link on MyQuest. The health risk assessment is completely anonymous and data is only available to MUSC as a compilation. “We will be able to use the aggregate data to set outcome metrics for the initiative,” said Johnson.

The Imagine U campaign will kick off in July. Using their own health risk assessment info, employees will set personal goals. The idea is that better personal health will translate into a healthier MUSC community.

“Over the course of the program, there will be self checks, competitions, and some pretty cool prizes,” said Johnson.

“It’s really about getting baseline data to see, after we implement all these tactics, how we can improve the health of the people at MUSC,” said Andrea Coyle, RN, director of the Magnet program.

The upcoming screenings on the Greenway will measure blood pressure, total cholesterol, fasting glucose, height and weight. Readings will be more accurate if an employee fasts beforehand, but there is still value for labs drawn without fasting.

“It is worthwhile to get random blood draws,” said Elaine Amella, a professor in the College of Nursing and former nurse practitioner. “Nobody can consume enough calories to push their blood glucose up to 400.” A high non-fasting glucose reading would indicate an underlying issue.

Employee well-being is important to MUSC Health, and significant resources will be allocated to improving our community health through the Imagine U campaign. It all starts with the first step: employees participating in mobile health screenings.

Active directory being integrated into Horseshoe

The Digital Services team within Information Solutions is pleased to announce that we are integrating the Active Directory into our intranet, the Horseshoe (<http://horseshoe.musc.edu/>), beginning June 12 at 9 a.m.

What does this mean to you? Currently, employees can’t access the Horseshoe (intranet) when they are away from the MUSC campus without using a Virtual Private Network (VPN) connection. With this new change, they will be able to enter their Net IDs and passwords to view the Horseshoe off campus. The login page will look very similar to other MUSC applications, as shown below.

Contact webcms@musc.edu with any questions.



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Imagine U

Building Well-being Together

JUNE 26, 2018 CON KNOW YOUR NUMBERS MOBILE SCREENING

MUSC College of Nursing Free Mobile Screening
The RNBSN Summer Practicum Course, in collaboration with MUSC’s Imagine U 2020 Initiative, will host a FREE *Know Your Numbers* mobile wellness screening for all MUSC employees.

What is Know Your Numbers? To kick off the Imagine U program, we invite you to participate in a free and confidential Health Risk Assessment (HRA) available to MUSC employees through MyQuest. The HRA is an American Heart Association (AHA) survey that asks a few simple questions. In order to obtain the most accurate HRA result, it is recommended that you *Know Your Numbers*: height, weight, blood pressure, blood cholesterol, and fasting blood sugar. The CON Free Mobile Screening event will offer you the opportunity to *Know Your Numbers* and then be able to complete the HRA survey with up-to-date health information. The AHA will combine everyone’s answers on the HRA and provide a collective profile of health and well-being for the MUSC organization. This will help guide MUSC’s future efforts to improve the health and well-being of the MUSC family. Please know that all information is protected and neither the AHA nor MUSC have the ability to access or view your personal health information or score. For more information, please visit: www.musc.co/imagineu



FREE
Who: All MUSC Employees

What: Screening includes blood pressure, weight, height, blood glucose and cholesterol

When: 7a-9a and 5p-7p (Screening requires 5 minutes, or less)

Where: Portico between Library and Horseshoe

ALL Screening information is confidential

QUESTIONS?
Dr. Tese Stephens or
Dr. Brantlee Broome
StephensT@musc.edu
BroomeB@musc.edu

IMAGINE NATION

Imagine U
Building Well-being Together

With more than 70 percent of MUSC family members already engaged in our new enterprisewide employee well-being program, you've likely heard about Imagine U or already have gotten underway with the program. If you haven't jumped in just yet, it's easy to get started in just three easy steps:

1. Know your numbers.
2. Complete your Health Risk Assessment. It takes just a few minutes online.
3. Set your personal goals.

For details on these three steps, visit muscd.edu/ohp, and click on "Imagine U" on the right.

NEW WELL-BEING CHALLENGES JUST AROUND THE CORNER

If you have already completed the steps to get started, there's exciting news! Well-being challenges will launch in MyQuest beginning July 1. You'll find fun well-being challenges designed to support your goals, ranging from work-life balance, alcohol risk reduction, becoming more resilient to purchasing healthier food from the grocery store and vending machines, trying new healthy recipes and increasing muscle mass and improving flexibility. Whatever your goals, there are challenges just for you. And the best part is, you can earn some great prizes just by completing challenges. You'll be hearing much more about that soon.

In the meantime... Save the date for a fun beach-themed event celebrating Imagine U.

Imagine U
Building Well-being TogetherImagine U
Celebration

Beach-inspired well-being activities, refreshments, information and more!

Tuesday, July 10 | 11:00 a.m. – 2:00 p.m.
in the Horseshoe

Please email Jo Sullivan (sullivanj@musc.edu) to enter the healthy dessert bake-off contest. The first 10 people to enter will be eligible for the contest.



LETTERS OF GRATITUDE

MUSC President Dr. David J. Cole and campus leaders often receive heartfelt letters or emails from patients, patient families and staff commenting on the excellent care and experiences they've experienced while at MUSC. Periodically, *The MUSC Catalyst News* will reprint these letters (or excerpts from these letters) recognizing employees and their continuing commitment to putting patients and families first.

Good evening Dr. Cole. I know you are an extremely busy man, but I had to take a moment to let you know how wonderful your Children's Neurology Clinic is and has been for my family.

I am not used to the type of service or understanding we receive from the wonderful physicians and physician's assistants in this department. They are all wonderful to a level I can't exactly relay in an email and treat my daughter and I with respect and kindness each time we visit or need to contact them. Especially extraordinary is physician assistant Natalie Schmidt. She responds quickly, listens to me as a mother and goes out of her way to understand and assist in any way she can.

I truly just wanted to say thank you for leading such an amazing group of people and let you know...you and they are doing an amazing job!

Sincerely,

Jackie Leggette

Instructional Technology Specialist

Beech Hill Elementary School

MUSC Hollings Cancer Center
FREE SKIN CANCER SCREENINGS

Saturday, June 16, 2018
77 Center St.
Folly Beach Baptist Church
Parking Lot - 9am to 1pm

Saturday, July 14, 2018
Isle of Palms Front Beach
Parking Area - 9am to 1pm

- Open to the public
- No Appointment Required
- Complete your screening form ahead of time at:
<https://mobilehealth.hcc.musc.edu>

Call 843-792-0878 for more information

All in a day's fun



MUSC President Dr. David Cole, center, joins Salma Babiker, from left, Jessica Lewis and Alexandria Green of Hollings Cancer Center's Clinical Trials Office, as they enjoy the fun and entertainment available at the Horseshoe and Charleston Medical District Greenway for the annual MUSC Employee Appreciation Day celebration.



Photos by Anne Thompson

MUSC medical students Tristan Young, left, and Brittany Hozik play cornhole at the Horseshoe as part of the May 9 MUSC Employee Appreciation Day activities. The picnic-themed event featured music, games and entertainment for employees, faculty, students and staff.



Lisa K. Saladin, PT, Ph.D.
Executive Vice President for
Academic Affairs & Provost

requests the honor of your
presence at Faculty Convocation
to celebrate the new academic year
and
honor faculty award recipients

Tuesday, August twenty-first
four-thirty o'clock

Keynote Speaker
Teresa Stephens, Ph.D., MSN, RN
College of Nursing

Drug Discovery Building
Room 110

Reception to follow in
Drug Discovery Building Lobby

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