

MUSC recognizes highest qualities in 2018 Values in Action Award winners

President Cole, Kathy Cole applaud employees

BY CAPERS MITCHELL

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Each year, MUSC chooses five employees who embody the core ideals of the enterprise. As the employer of more than 14,000 employees, this is no easy task. The five Values in Action categories include compassion, respect, innovation, collaboration and integrity, and at the core of these values are members of the MUSC family.

The 2018 winners:

- ❑ Respect: John Melville, M.D.
- ❑ Integrity: Michelle Nichols, Ph.D., RN
- ❑ Innovation: Stephanie Michelle Brown
- ❑ Compassion: Rosaura Orengo-Aguayo, Ph.D.
- ❑ Collaboration: Bryan Wood

Employees enterprisewide submit nominations recognizing individuals who have demonstrated one of the five institutional values, and in those nominations, highlight their nominee's exemplary qualities.

This year's nominees and winners comprised a wide range of outstanding employees who represented myriad areas across the institution. It was clear from the heartfelt nominations that the winners had touched their sponsors both professionally and personally.

President David Cole, M.D., FACS,

and his wife, Kathy, personally surprised the winners at their workplaces, presenting each with a crystal star. The Coles congratulated and thanked them for embodying MUSC's core values through their dedication and meaningful work. Without exception, each winner was stunned and humbled.

Cole presented the Values in Action award for respect to John Melville, M.D., for his personification of respect. M.A. McCrackin, Ph.D., D.V.M., nominated Melville for the award, sharing some of her favorite qualities.

"Respect, as Dr. Melville lives it," McCrackin said, "is investing time and effort into reading, observing and caring about the worlds in which others live, so that he can communicate in a language and with contextual understanding that honors the other person."

"Thank you for what you do," Cole told Melville, as Kathy Cole gave him a congratulatory hug. "Thank you. Thank you," Melville replied, beaming with pride.

Michelle Nichols, Ph.D., RN, captured the award for integrity. Nominated by College of Nursing department chairwoman Julie Barroso, Ph.D., RN, Nichols had her unwavering support.

"Michelle respects patients, caregivers and community members and engages



Photos by Anne Thompson

MUSC President Dr. David Cole and wife, Kathy Cole, left, present MUSC Health's Stephanie Michelle Brown with the Values in Action Award for Innovation.



Department of Pediatrics' Dr. John Melville, center, receives the Values in Action Award for Respect from President Cole and Kathy Cole. Joining them is Dr. M.A. McCrackin, second right, and Dr. Andy Atz, second left.

them in the research process, often as equal partners," said Barroso. She cited Nichols' work with the Patient Centered Outcomes Research Initiative, rural and minority teens, economically distressed

communities of North Charleston and people with HIV and cardiovascular disease living in Ghana.

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Heart patients get new guidelines for warfarin.

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MUSC researchers sound the alarm.

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AROUND CAMPUS

PEOPLE

Daria Ilatovskaya



Daria Ilatovskaya, Ph.D., assistant professor, Division of Nephrology, was selected as the 2019 American Physiological Society (APS) Renal Section New Investigator Award recipient. This award

recognizes an investigator who has made meritorious contributions to the areas of research. It is presented to an APS renal section member who is an early investigator in his/her career.

Kelly Perritt



Kelly Perritt, Ph.D., has been named director of marketing campaigns for MUSC Health. Perritt previously was brand communications manager and has more than 16 years of experience in marketing and

communications in the health care industry. She held previous marketing management roles at Providence Health and Georgetown Hospital System (now Tideland Health).



Photo by Anne Thompson

James B. Edwards College of Dental Medicine's Frankie Maffett, from left, Lauren Chisolm, Arthuree Clark, Jamie Shokes and Brooke Barrineau open the new call center created to assist patients, schedule appointments with all dental clinics and other support. Call 843-876-7645.

John Vena



John Vena, Ph.D., chairman of the Department of Public Health Sciences, was awarded the Dean's Certificate of Merit in International Relations by the University of Zagreb School of Medicine, Zagreb, Croatia. Vena was recognized for his work in developing research and other learning activities in public health sciences and biostatistical analysis.

Zagreb, Croatia. Vena was recognized for his work in developing research and other learning activities in public health sciences and biostatistical analysis.

Jeremy Walz



Jeremy Walz, O.D., has joined the MUSC Storm Eye Institute. Walz received his doctorate from the University of Alabama-Birmingham School of Optometry in

2009 and completed his residency at Huntington VA Medical Center in Huntington, West Virginia. He also completed advanced training in traumatic brain injury vision rehab.

EVENTS

SGA spring art exhibit

The art exhibit, "Southbound: Photographs of and about the New South" will take place from 6 to 8 p.m., Friday, Feb. 15 at the Halsey Institute of Contemporary Art at the College of Charleston. Music by saxophonist Devone Gary. Enjoy a free reception with limited appetizers and two drink tickets. Event is free for MUSC students, employees, faculty/staff and their guests. Call Student Programs & Student Diversity Office at 843-792-2693.

SEWE from Feb. 13-17

The 2019 Southeastern Wildlife Exposition takes place from Feb. 13 to Feb. 17 at various locations. SEWE celebrates wildlife and nature through fine art, conservation education, sporting demos, food and drink. Featured are chef demos, art auctions, receptions, oyster roasts, birds of prey demo, lectures and more. For tickets and information, visit www.sewe.com/.

Kids Fair Expo

MUSC Children's Health needs volunteers to help out during the Kids Fair Expo on Sunday, March 3 at the Charleston Gaillard Center. MUSC Children's Health is the title sponsor for this event which will showcase departments and programs. Volunteers will receive T-shirts and work in shifts in various roles. For information, email birknera@musc.edu.

MUSC CATALYST news

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RECYCLEMANIA TRIVIA – WEEK 1

Why are the disposable Starbucks cups for hot drinks NOT recyclable?



Respond to
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for a chance to win a prize

musc.edu/gogreen

The first three correct responses are awarded a prize



MUSC ranks No. 13 on Forbes list of America's Best Employers for Diversity

Staff Report

MUSC has been ranked No. 13 out of 500 organizations on the Forbes 2019 list of America's Best Employers for Diversity. In addition, MUSC ranked No. 3 among the 30 institutions listed in the education category.

In collaboration with Statista, Forbes surveyed 50,000 Americans working for businesses with at least 1,000 people within their U.S. operations. The goal was to have employees evaluate their employers on issues of diversity in the workplace. The four criteria of the rankings were direct recommendations, indirect recommendations, diversity among top executives and board members and diversity KPIs (key performance indicators). Diversity KPIs include topics such as the existence of a department or position responsible for

diversity and proactive communication related to a diverse company culture.

"There are three reasons why embracing diversity and inclusion is of pivotal importance," said MUSC President David J. Cole, M.D., FACS. "First, it is who we should be as an institution. It has to be part of our vision and self-definition. Second, it is how we build upon who we are and what we can achieve together. Third, it affects the bottom line. It is about being our most productive and effective. People who feel valued are empowered to contribute and to be at their best," Cole said.

"This noteworthy recognition on the Forbes list, for the second consecutive year, affirms the value and impact of this tremendous body of work that is ongoing," he stated. "To sustain and extend this progress, we must remain

Earl B. Higgins Leadership in Diversity Awards nominations closing soon

MUSC's Department of Diversity, Equity and Inclusion is currently accepting nominations for the three 2019 Earl B. Higgins Leadership in Diversity Awards that include:

- The Earl B. Higgins 2019 University Leadership in Diversity Award
- The Earl B. Higgins 2019 Student Leadership in Diversity Award
- The Earl B. Higgins 2019 MUSC Health Leadership in Diversity Award

Nominees should be individuals who have contributed significantly to diversity in three of five areas:

- Enriches diversity through student/employee recruitment, retention and enrichment.
- Improves/enhances diversity through excellence to patients, families and visitors.
- Advances race relations or gender issues or disabled, aging or

international constituencies.

Takes initiative to affect/influence organization/work environment as it relates to diversity.

Promotes improvements that will benefit understanding of diversity at MUSC and the community.

Entries must include the nomination form and two letters of endorsement for each nominee. All submissions should be received by 5 p.m., Friday, Feb. 15 to burnham@musc.edu or faxed to 843-792-1288. Awardees will be announced in March.

The 2019 Earl B. Higgins Awards will be presented at a reception on Wednesday, April 3 from 5:00 to 6:00 p.m. at the Wickliffe House on Ashley Avenue.

For information, call 843-792-1072 or email henderco@musc.edu.



consistent, open and committed. Diversity and inclusion inherently yield innovation, and innovation is the key to making meaningful impact."

One example of the many tangible advances MUSC has made in D&I is the area of supplier diversity. In support of the local community, Cole impelled MUSC to prioritize small, women- and minority-owned business enterprises (SWMBES). As of June 2018, MUSC had awarded \$60 million in contracts to

SWMBES to help build the \$385 million MUSC Shawn Jenkins Children's Hospital, which is scheduled to open in fall 2019.

The MUSC chief diversity officers are Willette Burnham-Williams, Ph.D., University, and Anton J. Gunn, MUSC Health. They are supported through strategic collaborations with colleagues and partners across the organization. Each of the six colleges at MUSC also has a diversity officer focused on achieving shared institutional D&I goals.

To read more about MUSC efforts in support of D&I, read the article from Insight Into Diversity, a nationally recognized diversity publication that tracks the details of diversity in higher education at <http://www.insightintodiversity.com/wp-content/media/issues/november2018.pdf>.

In 2018, MUSC earned its second National Award for Diversity and was named a diversity champion.



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Faculty award nominations now open

A call for nominations is now underway for the MUSC faculty to recognize peers who have made outstanding contributions to the university through teaching or research initiatives.

Awards may be given in the following categories:

- Distinguished Faculty Service
- Outstanding Clinician
- Population Health
- Developing Scholar (Research)
- The Peggy Schachte Research Mentor Award

Any regular full-time faculty member who holds an academic rank of instructor or higher in a college or department at MUSC and has not been the recipient of this award within the previous three years is eligible for nomination.

The deadline for nominations is March 15. Nominees must submit supporting materials. Forms can be found at <https://education.musc.edu/leadership/provost/leadership/faculty-awards> or call 843-792-0945.

AFib patients get new guidelines with important change

Big changes in store for warfarin users

By MIKIE HAYES

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On Jan. 28, a panel of experts from the American College of Cardiology, American Heart Association and Heart Rhythm Society issued updated recommendations for the care of patients with atrial fibrillation (AF). One important update established that a group of newer blood thinner pills – or anticoagulants – is recommended over warfarin for eligible patients.

“This change in the recommendation supports what we continue to see in practice. There has been a large shift toward preferential use of the newer anticoagulant medications instead of warfarin,” said Michael Field, M.D., a nationally recognized cardiac electrophysiologist at MUSC and a lead writer on the study that the panel released on Jan. 28.

For years, warfarin, commonly known by its brand name Coumadin, has been the go-to drug for the prevention of stroke in patients with AF. The newer blood thinner pills are “NOACs” – novel oral anticoagulants.

AF is an irregular heartbeat that, without treatment, can lead to blood clots and stroke in some patients. Anticoagulation is an important preventive treatment. According to the Centers for Disease Control and Prevention, up to 6.1 million people in the United States could be living with AF, making it the most common type of heart arrhythmia – or irregular heartbeat. A significant number take warfarin.

The “2019 AHA/ACC/HRS Focused Update for the Management of Patients with Atrial Fibrillation” provided new guidelines for the treatment of patients with various types of AF. Of particular note is the change from warfarin to a preference for the NOACs, which first hit the U.S. market with the release of Pradaxa in 2011, Field explained. Since that time, the FDA approved three other medications – Xarelto, Eliquis and

Savaysa – for the treatment of AF.

The updated guidelines were necessary, he added, since new evidence had emerged. While a number of the recommendations remain from the 2014 version of the guideline document, in addition to the new preference for NOACs over warfarin, Field said there were significant changes in this update that include a recommendation for weight loss as part of AF management. Other notable updates include a new recommendation on the Watchman device, made by Boston Scientific, which is a consideration for patients who have an indication for anticoagulation but are unable to tolerate the medication because of bleeding.

Field said the updates support many of the current advances for AF treatment. He was eager to provide information that could help ease the minds of patients suffering with AF and their family members.



Photo by Son Nguyen

Dr. Michael Field says it's important for patients on warfarin to discuss the options available to them with their physicians.

How did you become involved in the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines and the Heart Rhythm Society that developed these guidelines?

I was fortunate to be invited to participate in the writing of my first guideline document starting in 2012. The writing process is rigorous and involved hundreds of hours of evidence review, discussions and writing. It is also thrilling to work so closely with the other experts on the committee, many of whom have been pioneers in their respective areas. These documents have an important impact on patient care in the United States and worldwide, so it is very prestigious to be part of the writing committee.

Can you briefly explain AF and who typically suffers from it?

AF is the most common type of heart rhythm problem or arrhythmia. It causes many different symptoms, but commonly, they are palpitations, shortness of breath or fatigue. The most common risk factors for AF are older age, high blood pressure, obesity, alcohol and sleep apnea. However, it can less commonly be seen in patients who are young and perfectly healthy otherwise.

To the everyday patients prescribed warfarin for their AF, what are the implications of this change in medication?

It is important to discuss with an individual's health care provider what options are available for them. The biggest impact of the new recommendation will be for patients who are starting an anticoagulant for the first time and are eligible for a NOAC drug or for patients who take warfarin but have a difficult time maintaining stable dosing.

For some patients, the NOACs are not an option because of certain aspects of their medical histories, which their physicians will be able to review and discuss on a case-by-case basis. Also, for many patients on warfarin who are maintaining stable INRs and doing well, they may want to continue warfarin. I would also point out that the NOAC drug class overall, unfortunately, remains costly for some individuals, particularly those with Medicare, who have limited pharmacy benefits and may not be able to afford them. Warfarin, because it is available as a generic, is inexpensive to purchase.

Physicians caring for patients on warfarin must regularly monitor the INR – international normalized ratio – to balance the risk of excessive bleeding against the risk of

See **GUIDELINES** on page 10

MEET MARGOT



Margot Lally, RN

Department; How long at MUSC
7A, MUSC Children's Hospital; 3 years

How are you changing what's possible at MUSC

Working with the tremendous team on 7A at the Children's Hospital to care for children and their families

Family

Fiance, Miles; mom, Dr. Michelle Lally (MUSC Children's Hospital); dad, Dr. Joe Lally (SEI); and brother, Michael

What is your idea of a dream job

Pediatric nurse practitioner at MUSC — I will graduate with my DNP in May!

Best thing about living in Charleston

It's a small livable city with the culture, restaurants and sophistication of a much larger one. And it's close to the beach!

Favorite quote

"All grown ups were once children ...but only a few of them remember it." — Antoine de Saint-Exupery from "The Little Prince"



science café

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Professor of Neurology
Director, South Carolina Stroke Center of Economic Excellence
MUSC College of Medicine



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Septima P. Clark Poetry Contest

The Septima P. Clark Poetry contest will be coordinated by MUSC's Office of Student Programs and Student Diversity in collaboration with Charleston's Poet Laureate Marcus Amaker and the MUSC College of Health Professions. The poetry contest will be open to youth in the community with categories for elementary school (K-5), middle school (6-8), and high school (9-12) age students. Prizes will be available for 1st, 2nd, and 3rd places in each category.

This contest will honor Charleston native and civil rights advocate Septima P. Clark for her dedication to service, education, and equality. Poems should feature these themes. Submissions will be open from February 1, 2019 thru April 1, 2019. Winning poems will be announced in May 2019, and winners will be invited to read their poems at an on-campus event at MUSC.

For more information on the contest please visit:
musc.libguides.com/sppcpoetrycontest



For more information, visit our website or call 843-792-2693.

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Researchers' study about brain condition related to long-term spaceflight needs more attention

Researchers sound the alarm as humans prepare for extended time in space

BY CINDY ABOLE

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With NASA, SpaceX and other private aerospace companies working together to develop manned space missions that eventually will land humans on Mars and beyond comes the realization of challenges connected with human space travel and the deleterious health effects that astronauts may experience on long-term space flights. Many of these physical effects are concerning to human research scientists like neuroradiologist Donna Roberts, M.D., associate professor in the Department of Radiology and Radiological Science at MUSC.

Roberts and colleague Lonnie G. Petersen, M.D., Ph.D., of the University of California San Diego, are especially concerned about how long-term effects of microgravity can affect the human brain and its functions and are advocating for the need for additional research to understand these issues. To that end, they co-authored an editorial titled "The Study of Hydrocephalus Associated with Long-term Spaceflight Provides New Insights into Cerebrospinal Fluid Flow" on the topic. JAMA published the editorial on Jan. 23 in its online publication.

Roberts and Petersen are especially focused on the effects of cerebrospinal fluid in the brain and the development of hydrocephalus over long duration missions in space. Both also are troubled over the lack of data that chronicles how the brain, specifically cerebrospinal fluid, adapts in a microgravity environment and are advocating for more research to be conducted in this area.

Hydrocephalus is a condition in which an abnormal buildup of cerebrospinal fluid occurs in the cavities or ventricles located deep within the brain. This

fluid is produced within the ventricles, circulates around the brain and is absorbed into the bloodstream. Excess fluid can increase the size of the ventricles and put pressure on the brain. Too much fluid due to hydrocephalus can damage brain tissue and affect brain function. In a microgravity environment like space, cerebrospinal fluid and certain cerebral structures evolve and behave differently especially over long periods of time.

Using magnetic resonance imaging, Roberts, Davud Asemani, Ph.D., and other members of her team at MUSC studied the brains of astronauts prior to and post-spaceflight for short-duration missions — one to two weeks — and did not see any significant changes in ventricular volume. But during long-term missions, which included spaceflights longer than five months, they saw ventricular enlargement. This spaceflight-induced ventricular enlargement could be considered a unique form of hydrocephalus.

According to Roberts, some astronauts conducting lengthy missions on the International Space Station are experiencing hydrocephalus associated with long-term spaceflight, also known as HALS.

"Exposure to the space environment has effects on humans that we simply do not understand," said Roberts. "What astronauts experience in space must be mitigated to produce safer space travel for the public. Just like in Stanley Kubrick's movie, '2001: A Space Odyssey,' HALS may be a normal response of the brain to spaceflight. Alternatively, HALS may prove harmful, and countermeasures will need to be developed to protect the long-term brain health of astronauts and space explorers."

In her previous research, Roberts and her team found significant changes in

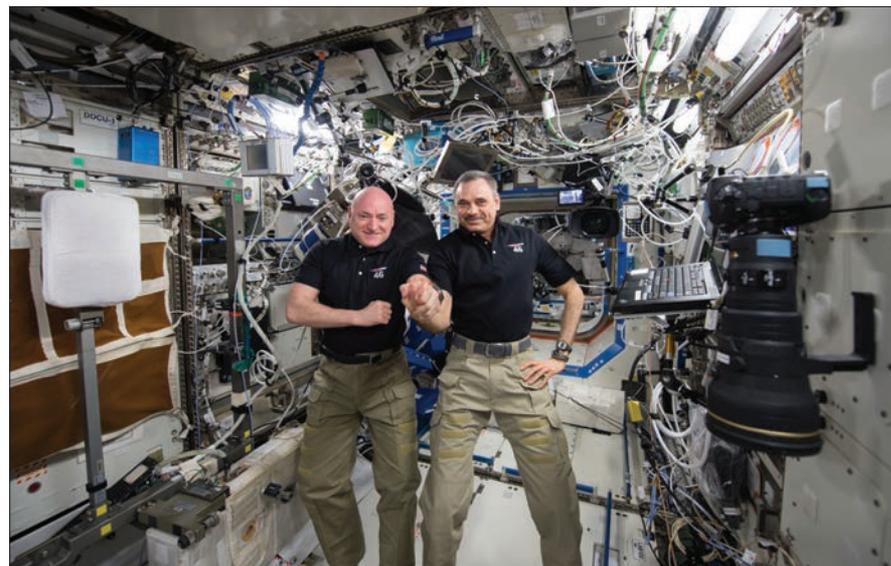


Photo by NASA

NASA astronaut Scott Kelly and Russian cosmonaut Mikhail Kornienko marked their 300th day of a total 340 consecutive days spent living and working in space aboard the International Space Station in 2016.



Neuroradiologist Dr. Donna Roberts has conducted important research on changes to the brains of astronauts during long-term missions in space. Her latest findings were featured in JAMA at <https://musccol/2Sdt2jF>.

Photo by Sarah Pack

the brain structure of astronauts during long-duration spaceflights, involving the frontal and parietal lobes, those responsible for movement of the body and higher executive function, most affected. Her conclusion? The longer an astronaut stayed in space, the worse the symptoms were. Her latest JAMA publication serves as a reminder of the urgency related to the study of HALS, especially with private exploration companies planning trips to Mars and a NASA Mars expedition planned for 2033. In the editorial, Roberts and Petersen explain that HALS doesn't fit into any of the related but different clinical conditions seen on Earth that involve cerebral spinal fluid. The cause of HALS remains unknown, and for Roberts and Petersen, understanding this condition is of paramount importance to

safer space travel for humans.

"We know these long-duration flights take a big toll on the astronauts and cosmonauts; however, we don't know if the adverse effects on the body will continue to progress or if they stabilize after some time in space," Roberts said. "We need to know if HALS represents an adaptive response or a pathologic process that must be mitigated, perhaps by simulated gravity. All of our astronauts should undergo testing and studies to monitor what's happening in their brains before and immediately after space flight, with long-term follow-up care and monitoring. The study of HALS will provide new insight into the effect of gravitational stress on the brain and will improve our understanding, not only of that phenomenon, but also for similar cerebral fluid disorders here on Earth."

New MUSC Health Vision Center comes into focus

Storefront accepts vision insurance plan

BY BRYCE DONOVAN

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It's clear to see why everyone is so happy about the new MUSC Health Vision Center at the Storm Eye Institute that had its soft opening Jan. 22.

Rows upon rows of designer frames adorn the shelves, chic decor invites you to sit down and get comfortable and a brand-new glass facade beckons passersby to stop in for a look. And the best part? MUSC employees can now use their vision insurance there.

For years, MUSC has offered its employees vision insurance through vision care benefits company EyeMed. However, two of the prerequisites EyeMed has for being a provider are a minimum number of optometrists on staff and the presence of an optical center, which left MUSC employees looking for care elsewhere.

"To call it ironic that we couldn't take our own employees' vision insurance is beyond an understatement," said SEI Chairman Andrew Eiseman, M.D. "Changing that was a top priority."

Eiseman recognized the importance of taking care of the MUSC family, so in an effort to meet EyeMed's requirements, he focused on hiring several optometrists to complement the full staff of expert ophthalmologists.

Once the new staff was in place, he

had to find space for an optical shop. Easier said than done on a campus where real estate is about as hard to come by as it is in midtown Manhattan. So he got creative. By knocking the walls down of existing office space just off the waiting room and making that the new waiting room, SEI had the perfect footprint for a state-of-the-art optical shop.

"We'd been wanting this to happen for a long time," Eiseman said.

His colleague Edward Wilson, M.D., professor of ophthalmology and pediatrics, echoed his excitement. "The lobby there by the elevator was a bit dark and confining, but opening it up with the glass storefront, the space has been completely transformed. It's spectacular."

Oddly enough, this isn't the first time an optical shop has existed in the SEI. In fact, according to Wilson, in the late 1970s, an optical shop existed in the SEI but didn't turn much profit due to pricing and the fact that, as Wilson joked, "most people couldn't even find the place." It closed less than a decade later.

Finally, the timing was right for a new vision. "We love our existing patients, but we wanted a place where we could provide better care to our own employees as well," said Eiseman. "And let's face it, who better to provide you with your contacts than the person who checks your eyes?"



Photo by Anne Thompson

Joining Dr. Eiseman, second left, at the opening are SEI board Chairman Lance Wyatt, from left, College of Medicine Dean Dr. Ray Dubois and Specialty Surgery ICCE Chief Dr. Thomas Keane.



Photo by Anne Thompson

At the Feb. 1 grand opening of the MUSC Health Vision Center, Storm Eye Institute chairman Dr. Andrew Eiseman cuts the ribbon.

The MUSC Health Vision Center is open weekdays, 8 a.m. to 5 p.m., and is open to the public. It carries top brands such as Tory Burch, Ray Ban and Ted Baker and offers contact lenses, custom progressive lenses, children's eyewear,

free adjustments, product education and eyewear protection plans. Outside prescriptions are accepted.

To make an appointment to see an optometrist, call 843-792-2020.



Photo by Sarah Pack

MUSC employee Nina Mosher checks out some of the designer frames.

Student programs office seeks volunteers to showcase careers

Students explore health careers

BY LESLIE CANTU

cantu@musc.edu

Six hundred middle and high school students are headed this way, and the Office of Student Programs and Student Diversity needs your help to show them the wide range of careers at MUSC.

This year will be the fourth Discover MUSC event and first to expand the program to middle schoolers.

Tajuan Wilson, Ed.D., executive director of Student Programs and Student Diversity, said the event introduces the idea of studying or working at MUSC to Tri-county students, particularly students from marginalized backgrounds who might not have considered that coming here could be a possibility.

The event is spread over two days, with 300 students scheduled for both Feb. 28 and March 1. So many schools quickly enrolled this year that several schools are now on a waiting list, Wilson said. He expects to hold additional smaller events at later dates to accommodate those schools.

The Charleston Metro Chamber of Commerce and health care academies within local high schools prompted the creation of this program, but organizers soon realized that some students would be interested in professions beyond health care. Wilson said the students will leave campus with a better understanding of the many professions within health care as well as the range of other career fields available at a place like MUSC – whether that’s public safety, grounds, human resources, information solutions, fitness or library services.

“Participants leave here with knowledge about careers in health care and opportunities at MUSC that they may have never considered or didn’t know were options,” Wilson said.

One notable aspect of the program is the students get to meet and talk with professionals like doctors, nurses



At a previous Discover MUSC event, students observe a laparoscopy procedure performed on a medical manikin by an MUSC surgical staff volunteer.

Photo provided

and dentists – they don’t just walk past offices without getting to speak to people, Wilson said.

The students will be coming from across Charleston County and from as far as St. George in Dorchester County and Cross in Berkeley County.

Wilson invites all areas across campus to sign up to run a booth. Last year, there was a drop-off in the number of booths, and Wilson believes it might have been because the event expanded to two days. Although the organizers hope that groups agree to staff a booth on both days, they will work with groups that can commit to only one.

Wilson said this kind of exposure to possible career paths makes a big difference to students.

“They leave knowing there are great folks who work at MUSC, who care about their holistic future plans, and that they, too, can be a part of the MUSC experience if they so choose,” he said.

Anyone interested in participating as a volunteer is encouraged to reach out to wilsotaj@musc.edu.

Valentine project supports MUSC patients

I love you a “waffle lot” said one Belgian breakfast staple to his toasty Valentine. That’s just one of the choices of cute and punny Valentine’s Day cards you can send to a patient. The staff at the Institute of Psychiatry designed Valentine’s Day cards that employees can send to patients in one the four hospitals – from their desks. The staff will deliver cards on Valentine’s Day. “It will mean the world to all of the patients who may not be able to exchange valentines,” said Jessica Carter, communications and operations manager for the Department of Psychiatry and Behavioral Sciences, who came up with the idea. Although you can’t designate where or to whom the cards go, rest assured a grateful patient will receive your message. To send a card – or cards – visit <https://musc.co/eValentine>. Only your first name will be on the card. Contact Jessica at cartejes@musc.edu.

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IP Day: Confusion, clean-up: Virtual escape room brings fun

By DUSTI ANNAN-COULTAS

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On Jan. 11, approximately 1,300 students and 200 volunteers gathered for MUSC's Interprofessional Day. So how do interprofessional health care teams learn to understand other professions, communicate and collaborate effectively to ensure patient-centered care and safety? MUSC's answer: Interprofessional Day for first- and second-year students across all colleges. Working out the logistics and structure for the Office of Interprofessional Initiative's busiest day of the year keeps faculty members and staff on the move. In fact, 200 faculty members, staff and community volunteers are needed to organize logistics, facilitate and act in sessions, deliver and compile materials, prepare technology and spread the word.

In their breakout sessions, first-year students played the Sloppy Mountain Medical Center game – a computer-based virtual escape room simulation developed by Jeffrey Borckardt, Ph.D., professor and assistant provost of Interprofessional Initiatives. During this competitive game, interprofessional groups of students have the responsibility of discharging all of their patients with the demands of efficient communication, leading, collaborating and cooperation. Students quickly learn that to win, they must effectively communicate.

"Coming from a non-medical background and being in a field devoted more to mathematics, I found

Interprofessional Day to be tremendously rewarding, as I got to experience the inner workings of a hospital as part of a team. I believe that the lessons learned that day can continue to carry over to our future, as we are much better as a sum of parts than sole individuals," said E.P. Keller, a first-year student in the College of Graduate Studies.

Second-year students practiced and learned about disclosing medical errors to family members of patients. An actor played a family member demonstrating three different emotions while interprofessionally grouped students informed them of medical errors. Following this activity, Kia Mattison, second-year College of Health Professions physical therapy student, shared some key points. "The whole experience was extremely eye opening. We were put in an emotional situation, where we had to work as an interprofessional team and explain a medical error to a family member. This opportunity showed me not only how hard this job is but also how to take responsibility as a team and not as an individual. It is a situation that you don't think about practicing, but every profession is going to have to explain bad news to patients sometime in their careers. I also enjoyed how much the actors committed to their roles, because it truly made it feel real."

Though this year was the 14th year for Interprofessional Day, the aims have never changed. "Although the size and scope of Interprofessional Day has doubled since its inception back

First-year medical student Jared Tallo, center, discusses strategy in tackling the Sloppy Mountain Medical Center game as part of Interprofessional Day.



Photos by Jonathan Coultas

MUSC students gathered with their laptops to discuss an activity.

in 2006," Borckardt explained, "the purpose remains to provide students with a rare opportunity unique to MUSC to engage with students from all

other professions on essential concepts around teamwork that's absolutely necessary for patient safety and successful outcomes."

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Dietetic interns celebrate National Nutrition Month 2019

By KELLEY BURGESS

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Nutrition affects everyone, every day, especially in the health care setting. Proper nutrition serves as a catalyst to achieve optimal health and healing as well as a critical tool in the prevention and management of chronic disease.

March is National Nutrition Month (NNM), an annual educational campaign that equips people with the resources and information necessary to make informed food choices, develop sound eating habits and improve their physical well-being. Additionally, NNM seeks to connect people with registered dietitians who have the expertise to help them better understand their personal nutritional needs on the journey toward their health and wellness goals.

In celebration of NNM, the MUSC dietetic interns have planned events throughout the month that highlight

and explore the connection between food and health while providing attendees with actionable and practical methods to implement good nutrition into their personal lifestyle habits that promote well-being, regardless of their starting point.

On March 5 – Fat Tuesday – from 11:30 a.m. to 1 p.m., the dietetic interns will be offering samples of a healthy creole chicken gumbo at the Colbert Library and provide recipe cards for participants to take home and recreate the delicious and nutritious meal. The gumbo will also be sold in the main hospital cafeteria for those hungry for more. All members of the MUSC community are encouraged to stop by and enjoy a healthy and flavorful dish. At the same time, they can have their nutrition questions answered and learn simple strategies to improve their diets as well as ways to eat well on a budget.

Main hospital cafeteria tours will

be a recurring event on four Fridays in March – March 1, 8, 15 and 22 – from noon until 1 p.m. on the quarter hour. Dietetic interns will lead tours through the cafeteria, highlighting how to eat healthy in the cafeteria. They will cover hot topics such as how to easily identify healthier options, what the most nutritious “Grab n’ Go” options are and how to maximize price incentives and stick to a budget while eating on campus. There is no need to register, just pick a date and time that works best.

In addition to campuswide events, the dietetic interns will provide some special events for MUSC students, including a “Budget Bites” lecture, covering cooking for one, meal prepping with leftovers and sticking to a student budget that is tight on time and money.

The dietetic interns will also recognize NNM at the third annual College of Medicine Cup Health and Wellness Field Day and the following “Chopped”

MUSC
Health
& Well-Being

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



cooking competition. We invite all members of the MUSC community to cheer on teams participating in the culinary competition, which will take place on March 25 at 2:30 p.m. at the MUSC Urban Farm.

Finally, Registered Dietitian Nutritionist Day is March 13. Be sure to reach out to an RD that day to say thanks for his or her commitment to improving the health of their patients, clients and communities.

To learn more about National Nutrition Month or to find a registered dietitian, visit www.eatright.org.

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ABOUT

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PROGRAM ELIGIBILITY

- Fellows must have a doctoral degree in a relevant discipline from an accredited domestic or foreign educational institution.
- Fellows must be a U.S. citizen or permanent resident.
- Priority will be given to candidates seeking their first doctoral experience, although a second postdoctoral training experience may be considered.

Please visit the website for further eligibility criteria.

HOW TO APPLY

Application information is available through the T32 Program website:
<http://www.hollingscancercenter.org/research/membership-opportunities/t32/index.html>

Applications are due by **Friday, February 22nd, 2019**. The anticipated start date of the program will be on or around May 1st, 2019.

QUESTIONS

Please contact Jillian Ussery at usseryj@musc.edu or (843) 792-4203



GUIDELINES *Continued from Page Four*

clotting or thrombosis. If the patient's INR is too low, the blood is too thick; if the INR is too high, the blood is too thin. The fact that the NOACs do not require frequent blood testing is a major advantage of this class of drugs for patients.

Why else are NOACs a better choice for the treatment of AF?

The NOACs have a number of advantages over warfarin that patients will appreciate, including no need for frequent blood work and no dietary interactions. There have been four randomized controlled trials comparing individual NOACs to warfarin. There was consistent evidence of effectiveness with a better safety profile than warfarin, particular lower rates of intracranial bleeding.

What are alternatives to warfarin or NOACs?

An additional important update from this guideline document is a recommendation supporting the use of the Watchman device as an alternative solution to anticoagulation pills. The Watchman device is implanted on the left atrial appendage of the heart, which is the source for 90



Photo provided

Warfarin has been the drug of choice to prevent stroke among patients with arterial fibrillation. New guidelines, in some cases, recommend newer blood thinning pills.

to 95 percent of strokes due to AF. It helps prevent blood clots from circulating into the body and traveling into the brain, causing a stroke. Although patients must be able to take a short duration of anticoagulation after the Watchman procedure, most patients are eventually able to discontinue blood thinners. This is a procedure that specialized centers, like MUSC, are able to offer appropriate patients.

MUSC students shelve studying for MLK Day of Service

By **BRYCE DONOVAN**

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Smiling children and morning sunshine filter through the Meeting Street Elementary @Brentwood media center as MUSC student Lane Campbell laughs. She's holding a newly catalogued paperback book in her hand.

"I remember reading this as a kid," says the second-year College of Health Professions student. "This really takes me back. I think the last time I was probably in an elementary school library was when I was in elementary school."

Campbell points to a volume of "Amelia Bedelia" before quickly spotting "Junie B. Jones has a Monster Under Her Bed." "I totally read all these books," she says, with more than a hint of nostalgia in her voice.

Lane is part of a larger group of more than 20 MUSC faculty members and students volunteering their time for the university's MLK Day of Service. The event is part of an outreach effort sponsored by the MUSC SCRUBS (Students Creating Relationships and Uprooting BarrierS) program, which mentors and inspires elementary school children. Today, that inspiration comes in the form of cataloguing books in the elementary school's media center, grabbing lunch and heading outside to plant some flowers around the campus.

Dante Pelzer, Ph.D., and Ebony Hilton-Buchholz, M.D., started the SCRUBS program a little more than a year ago with the goal of helping Meeting Street Elementary @Brentwood with projects like this. Pelzer, the assistant director of MUSC's student diversity program, said he's constantly awed by how giving and unselfish the university's students are.

"It's pretty amazing when you think how busy a lot of these students are, and yet, they still find time to give back. These are just good people," he says. "These are people who want to help their community, to pay forward some of the good fortune they've had in their lives, and just to do something that makes a difference — no matter how small."

In addition to providing an actual

"These are people who want to help their community, to pay forward some of the good fortune they've had in their lives, and just to do something that makes a difference — no matter how small."

Dante Pelzer, Ph.D.

service to the school, activities such as these help demystify the stigma many of these kids have that MUSC is a place you go for emergencies.

"Many of these kids," he says, "when they think of MUSC, they think about where they had to go when their grandmother was sick. So we want them to see that we are everyday folks who are active in the community, and we want them to be excited when they interact with someone in health care."

Malikah Christie — a third-year student in the College of Dental Medicine who participated in several of the MUSC SCRUBS program's outreach events in the past — remembers reading the "Goosebumps" series as a kid.

"As soon as I heard Dr. Pelzer was looking for volunteers to help with books, I was in. Not only do I love reading," she says, "but what I think I'm most excited about is I don't think growing up there were that many books I found that I could relate to. I like that there's diversity in today's kids' books."

Pelzer says this event is just one of many the program plans to tackle in the upcoming months and years. "This is just the beginning," he says. "We want to become a normal sight to these kids so that we can make bigger connections with them. And, down the road, when they are deciding if medicine is right for them, they have the proper frame of reference. Plus, when you give back to people, you instill in them a desire to do the same. It's the best kind of cycle you can perpetuate."



Photo by Sarah Pack

MUSC College of Nursing student Alexis Scott helps to sort and catalog books.

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AWARDS *Continued from Page One*

“Indeed her cultural range and understanding of ethics in different contexts has impressed me,” Barroso explained. “Her work with under-resourced communities, here in the U.S., in sub-Saharan Africa and on medical mission trips, is impressive, and she upholds her commitments, especially those with some of the most marginalized groups.”

Cole thanked Nichols for the many ways by which she exemplifies this value. “Thank you so much,” she said with sincere gratitude. “This means a lot to me – especially for integrity.”

MUSC Health’s director of innovation and business development Alex O’Brien nominated Stephanie Michelle Brown for the innovation award. She said Brown is “always willing to jump in and help at a moment’s notice” and added, “Stephanie was critical in planning and operationalizing MUSC Health’s first annual Innovation Summit in May.” This initiative significantly promoted health innovation with a particular focus on patient care, she added.

When the president thanked her for all she has done to further innovation on the MUSC campus, Brown asked, “Is this real?” Assuring her it was, the Coles presented her with her star. “I don’t even know what to say. I’m a little teary,” she said, wiping her eyes. “And shocked!”

Aubrey Dueweke nominated psychologist Rosaura Orengo-Aguayo, Ph.D., for the compassion category. “She operates from the point of view that people are generally doing their best, and her perspective has consistently helped me to have a greater empathy and understanding for those I see in therapy. She is also generous with her time and is always willing to stop what she is doing for a quick clinical consult,” Dueweke wrote in her nomination.

“Perhaps the best evidence of Dr. Orengo-Aguayo’s embodiment of compassion can be found in her work in Puerto Rico in the aftermath of Hurricane Maria. Immediately after the hurricane hit, Dr. Orengo-Aguayo started brainstorming with her colleagues to identify ways in which she and the MUSC team could offer help. Less than a month later, she and her team had

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A VIDEO**

To watch the 2018 Values in Action video or to nominate a colleague for 2019, visit <https://horseshoe.musc.edu/everyone/values-in-action>.

secured funding to go to Puerto Rico to assist in whatever ways possible.”

“Congratulations for who you are and the work that you do,” Cole said to Orengo-Aguayo.

Overcome with emotion, she said, “That means a lot. Thank you so much. I appreciate this,” adding, “I’m going to cry.” Looking at her colleagues who were there to share the special moment with her, she said, “You guys!”

Cole presented Lt. Bryan Wood with the award for collaboration. Public Safety Chief Kevin Kerley submitted Wood’s nomination, complimenting Wood for the many outstanding aspects of his character. “Bryan is the shining example of a great attitude, inspiring everyone with his spirit toward public service.”

Kerley praised Wood’s response to the flooding during recent storms. “In the wake of major floods from hurricanes Matthew and Irma, and their devastating effects on MUSC and its surrounding communities, Bryan collaborated with key community members and determined that a high-water vehicle capable of fording water up to four feet deep was necessary to navigate the campus during such adverse conditions.”

When Cole congratulated him, Wood’s response was, “Oh my God. Really? Thank you so much. Really?” To which Cole replied, “Absolutely. You do remarkable work here. We wanted to recognize you.”

It meant a great deal to the winners that the president and first lady recognized them personally for their dedication and the roles they play in fulfilling MUSC missions. “It’s important, as an institution, that all of us embrace and embody our values,” Cole said in a video highlighting the special recognitions. “Thank you for changing what’s possible for the lives we touch.”



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