

Fight or Flight: How MEDUCARE's air transport has changed the game

When time is of the essence and human life the currency

BY **BRYCE DONOVAN**
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As parents, nothing could prepare them for a moment like this.

It's 5:02 p.m. on a Wednesday afternoon. A mother and father stand in a quiet parking lot in rural Hampton County. As they clutch one another, their gaze is fixed on the sky. Rising above, in streaks of electric blue and white, is a Eurocopter EC135 P2+ helicopter. Inside, a flight nurse, a respiratory therapist and a pilot have been entrusted with the life of their 6-year-old son, who is being

evacuated to MUSC Children's Hospital with life-threatening symptoms.

"I can't even begin to imagine what mom and dad are going through when we leave with their child," explains MUSC pediatric flight nurse Pam Burke, R.N. "But in the moment, I'm not focused on that. I'm just thinking, 'What do I need to do to help this kid?'"

Inside the well-designed, yet tight interior of the aircraft, Burke and registered respiratory therapist Jeff Kaiser administer care for the boy, who is having acute respiratory problems. If untreated, they could

possibly lead to cardiac arrest – and death. They give him nebulized albuterol through a face mask and carefully monitor his vital signs during the 80-mile flight. Sitting just a few feet away, on the other side of a solid partition, is pilot Mike Ramsey. These three – along with the staff back at MUSC Children's Hospital – are this child's best shot at survival.

As the helicopter becomes smaller on the horizon, the boy's parents wipe away their tears. They climb into their car to make the drive to

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MEDUCARE 1, a state-of-the-art flying intensive care unit, sits on the tarmac at the command center at Charleston International Airport.

Photo by Bryce Donovan



Photo by Anne Thompson

MUSC Health's Caroline DeLongchamps will address MUSC's graduating class.

Health care champion will speak at May 18 MUSC commencement

Staff Report

Caroline DeLongchamps, manager of Patient- and Family-Centered Care for MUSC Health, will address MUSC's 2019 graduating class during commencement ceremonies on May 18. Approximately 634 candidates are expected to receive their degrees from MUSC's six colleges: Dental Medicine, Graduate Studies, Health Professions, Medicine, Nursing and Pharmacy.

A 1992 graduate of the College of Charleston, DeLongchamps is a wife and mother of three boys. Her youngest son, Sam DeLongchamps, was a pediatric trauma patient in 2005, and during his time as a patient at MUSC, the family learned

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Employees can say YES to
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MUSC wins multiple
categories in City Paper list.

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AROUND CAMPUS

PEOPLE

Grace Eichler



Grace Eichler, a third-year student in the James B. Edwards College of Dental Medicine, has been elected to the American Student Dental Association (ASDA) Board of Trustees. A Cincinnati, Ohio

native, Eichler has actively served as ASDA chapter wellness coordinator, outgoing chapter president of the American Association of Women Dentists and is a member of Psi Omega dental fraternity. In her role with ASDA's board of trustees, Eichler will represent MUSC and help address national dental student concerns.

Marvella Ford



Marvella Ford, Ph.D., professor and associate director of population science and cancer disparities at the MUSC Hollings Cancer Center, will be honored for her contributions to health care during the YWCA Greater

Charleston's #WhatWomenBring! program. The event will be held at 11 a.m. at the North Charleston Convention Center.



Photo by Anne Thompson

Dr. Mark Scheurer, far right, chief medical officer for the MUSC Children's Hospital, tours MUSC Board of Trustees members and their spouses around the new MUSC Shawn Jenkins Children's Hospital and Pearl Tourville Women's Pavilion on April 12. The facility is slated to open in October.

Mulugeta Gebregziabher



Mulugeta Gebregziabher, Ph.D., professor of biostatistics and vice chairman for academic programs in the Department of Public Health Sciences, College of Medicine, was selected as a fellow

of the American Statistical Association. Gabregziabher is recognized for his development of methods and tools for the design of biomedical studies and

data analysis. He has also contributed in health services research and in the analysis of different types of data.

Nathan C. Rowland



Nathan C. Rowland, M.D., Ph.D., is one of three scholars selected to attend the Neurosurgeon Research Career Development Program sponsored by the National Institute of Neurological Disorders and Stroke

at the NIH.

EVENTS

Septima Clark Poetry Contest

Come celebrate the poetic achievements of Tri-county students and supporters at the MUSC Septima P. Clark Poetry Contest Awards reception from 6 to 8 p.m., Friday, May 3, MUSC Drug Discovery Auditorium. The event will feature Charleston poet laureate Marcus Amaker, food, live jazz and presentation of awards. RSVP to <https://musc.lilbguides.com/spcpoetrycontest>.

Mother's Day

Mothers can enjoy free admission to Magnolia Plantation and Gardens starting at 8 a.m., Sunday May 13 (with paid adult admission). \$20 Adults, \$10 (children ages 6-12) and children (ages 5 and under) are free. Bring mom to America's oldest "romantic-style gardens" for a day of live music from Classical Charleston (Tropical Conservatory) and a solo guitarist, 11 a.m. to 1 p.m., and a string duet, 1 to 3 p.m.

Safe Kids Charleston Area

Calling all volunteers: MUSC Children's Health and Safe Kids Charleston Area need volunteers for the annual Safe Kids Day, from 11 a.m. to 2 p.m., Saturday, May 18 at the R. Keith Summey Medical Pavillion, 2250 Mall Drive, North Charleston. For information or to register, email bikenera@musc.edu or call 843-792-5327.

MUSC CATALYST news

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MUSC remembers...



<https://muschealth.org/workers-strike>

Sunrise to Sunset: relax, revitalize, play and celebrate

In celebration of Employee Appreciation Week, the MUSC Office of Health Promotion has teamed up with the Wellness Center and MUSC Urban Farm to create a day of celebration on Tuesday, May 14, that promotes the overall well-being of all MUSC care team members.

The daylong schedule of events will begin at sunrise atop the Wellness Center's beautiful new rooftop fitness facility, and employees are invited to participate in an all-levels sunrise yoga class, followed by complimentary coffee and refreshments.

The offerings continue throughout the day and into the evening, including free pickleball demonstrations and functional fitness classes on the Wellness Center rooftop, as well as a lively alfresco lunch at the Urban Farm, DJed by local radio station WEZL. Sodexo will be serving delicious (and discounted) boxed lunches for all MUSC employees at the Urban Farm in addition to a variety of lunch offerings from local food trucks.

The Urban Farm will also be opening its gates to employees throughout the day for guided tours, culinary herb tastings, garden skill demos and more. Employees are welcome to drop in and explore the farm, taste test produce and even put their own hands in the soil at the afternoon work and learn session.

As the day winds to a close, employees are invited to unwind at the Urban Farm's Spring Fling celebration

Sunrise to Sunset
MUSC. it's a day that's made just for you...
TUESDAY, MAY 14th, 2019

RECHARGE
at the Wellness Center Rooftop
6:15-7:00 AM
Sunrise Yoga & Coffee
7:00-7:30 AM
Sunrise Functional Training Class
7:30-9:00 AM (drop-in)
Introduction to Pickleball Clinics
(30 minute drop-in sessions)
5:00-5:45 PM
Sunset Functional Training Class
*EMAIL: BAIER@MUSC.EDU TO REGISTER FOR YOUR FREE CLASS

RECONNECT
All Day Drop-In Sessions at the MUSC Urban Farm
9:00 AM-4:00 PM
Urban Farm Drop-In Tours

REFUEL
The MUSC Urban Farm
11:00 AM-1:00 PM
Enjoy live music & lunch al fresco from food trucks & vendors. Boxed lunches will be sold at a discount to all MUSC employees!

RELAX
The MUSC Urban Farm
4:00 PM-6:00 PM
A "Spring Fling" on the Farm featuring healthy refreshments, light bites & more!

Joe Riley Stadium
7:00 PM-9:00 PM
MUSC Employees invited to attend the Charleston RiverDogs game!

from 4 until 6 p.m. Complimentary refreshments and light bites will be served.

The Wellness Center will also be offering a sunset

MUSC Health & Well-Being

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



yoga class on the Wellness Center rooftop at 5 p.m., serving as the perfect opportunity for employees to unwind and reflect in one of the most beautiful settings on campus.

MUSC employees are invited to head from the Spring Fling over to the Joseph P. Riley Jr. Park to watch the Charleston RiverDogs. Check out the healthier versions of your ballpark favorites that were created with MUSC dietitians, including the Mediterranean nachos or the vegan bratwurst, both of which are fan favorites of vegetarians and carnivores alike.

Please note that all Wellness Center fitness classes require preregistration as rooftop space is limited. Reserve your spot for any of the classes or clinics at baier@musc.edu.

SPEAKER *Continued from Page One*

many lessons – both joyful and difficult. Following the accident, DeLongchamps said she became a volunteer in the Children's Hospital in order "to pay it forward." In 2010, she became an employee, covering the Children's Hospital intensive care units as a guest services representative.

DeLongchamps is recognized for her gifts of humanity and facilitating partnerships. She teaches patient- and family-centered care to the MUSC family by promoting respect, dignity, participation and information sharing among patients, families and care team members. She has collaborated with the MUSC Office of Humanities, leading workshops and helping patients and family members write their health care stories in such a way that inspires, motivates and educates students, faculty and the care team. These stories, she said, help forge partnerships that will benefit patients and lead to better outcomes while enhancing the patient and family's experience.

Thanks to her personal experience and

heartfelt endeavors, she has transformed patient- and family-centered care at MUSC. Workshop participants have become what she refers to as "family faculty" and serve as guest lecturers in MUSC classrooms to educate students about the importance of partnerships, communication and empathy that promote the idea of involving patients and family members in decisions about their care.

DeLongchamps' passion and leadership have helped health care providers collaborate with patients and families in the areas of policy and program development, implementation and evaluation, health care facility design and professional education.

DeLongchamps created the Patient- and Family Centered Care Steering Committee, leads recruiting and orienting efforts for members who serve on MUSC Health's five Patient and Family Advisory Councils and teaches patient- and family-centered care both at MUSC and nationally. She has been involved in the clinical design of the MUSC Shawn Jenkins Children's Hospital and Pearl Tourville

Women's Pavilion. Most importantly, she and her volunteers have facilitated the involvement of many more families in the design and planning for this new building and other MUSC facilities. In 2014, she was named a Health Care Hero – Health Care Professional by the Charleston Regional Business Journal. She is a recipient of the South Carolina Hospital Association's 2015 Lewis W.

Blackman Patient Advocate Award and a pillar award winner in Quality & Safety at MUSC Health.

At MUSC's commencement, DeLongchamps will receive a Doctorate of Humane Letters. She will speak to the graduating student body and guests about what she learned through her son's life-changing injury – an injury that led to a life-changing career for her.

College of Pharmacy

PharmDamentals

The MUSC College of Pharmacy PharmDamentals Program is specifically designed to engage high school students interested in STEM or healthcare careers while providing a fundamental understanding of the pharmacy profession.

- Pharmacy Career Pathways Panel
- Lunch with MUSC College of Pharmacy student ambassadors
- Active learning experiences
- MUSC campus tour

Date: August 2, 2019
Time: 9:00 a.m.-4:30 p.m.
Location: MUSC Campus

To apply, please visit:
<https://is.gd/2019pharmdamentals>

The program is free of charge but space is limited. Registration closes July 15.



Say 'YES' to supporting worthy employee programs in 2019

Campaign features more than 1,300 funds to support

By CAPERS MITCHELL

hayesmi@musc.edu

MUSC is consistently creating new ways to be an active member of the community, and it starts with the dedication of its employees. Many members of the MUSC family – in addition to their 9-to-5 jobs – give back in many other ways because of the passion they feel for the valuable, even lifesaving work MUSC does. One such way is through the YES Campaign. Even through its signature slogan, “It starts with us,” the campaign sends a message that meaningful differences start right here. And for 34 years, employees have generously donated their hard-earned funds to the YES Campaign.

April 8 marked the 34th YES Campaign kickoff event. Donors of five years or longer gathered in the sun-filled lobby of the Drug Discovery Building in the center of the MUSC campus. Many of these individuals have been contributing to the program for well over 20 years. Some spoke, describing the reasons why they give to the program.

Ann Shuler, supervisor of record completion in the Department of Health Information Services, has been giving to the YES Campaign for eight years.

“I give to the YES Campaign, specifically to the Heart and Vascular Center, in memory of my father who died of heart disease,” she said. “I will always

give to them.”

Personal connections to many of the beneficial programs were apparent.

Cancer was one such area. To highlight the types of things the funds support, a video was shown that featured children undergoing cancer treatment – kids who every day were fighting for their very lives but still wanted to experience a little fun. They described the trips they were able to go on because of the YES Campaign. Many of them developed friendships with each other and were able to just be kids. They provided a glimpse into what donating to the campaign can do for the MUSC community and beyond.

Jim Tolley, M.D., has worked in the Department of Emergency Medicine for 28 years. Many things in that time have inspired him to give, none more so than seeing diversity flourish.

“I want this institution to do well, so I contribute to the Department of Emergency Medicine. One of my passions is to increase diversity on campus. To watch the number of African American doctors and nurses evolve over the last 30 years has been a driver of my passion.”

Linda Cox, interim vice president for development and alumni affairs, described the progress the program has seen over the last 34 years.

“In 1985, MUSC was introduced to a new and very different fundraising campaign. Different because it was for MUSC employees. Some wondered if the people who worked here eight hours



Photos by Anne Thompson

A crowd of the most dedicated YES campaign donors (5 through 30-plus years) gather for lunch and celebrate at the April 8 kickoff of the 2019 YES Campaign.



College of Medicine's Jim Tolley, M.D., shows his support for the campaign.

To see a YES campaign fund list, visit <https://web.musc.edu/about/giving/yes/grant>.

a day every day would do more, and the answer was a resounding YES! Over the last 34 years, you and your co-workers have invested over \$8 million in projects that are important to you here at MUSC. I think that is incredible,” Cox said.

The hard work and dedication of employees have paved the way for a very bright future, and the momentum shows no sign of stopping. The 2019 YES Campaign has set a high bar.

“I'm pleased to announce today that 78% of MUSC's senior leadership have donated and pledged their support to the 2019 YES Campaign,” said Leigh Manzi, executive director of the Office of Development.

“We invited you here today because you are the YES Campaign's most loyal donors. Most of you in this room have

given for at least five consecutive years, and in many cases, even more.”

The crowd cheered as Manzi continued to recognize donors by how many years they had been giving. When seeing that many of the guests had given for more than 20 years, her response was, “Absolutely incredible!”

The event closed with remarks from Veronica Vereen, director of annual giving in the Office of Development.

“I have been blown away,” she said, “by the dedication of the faculty and staff here.” She left the crowd with an inspiring projection. “The goal of the 2019 YES Campaign is \$560,000. I'm confident that we'll reach that goal and even surpass it.”

To pledge to the YES campaign, visit <https://web.musc.edu/about/giving/yes>.

MUSC Office of Development and YES Campaign coordinator Veronica Vereen speaks to the crowd during the luncheon.



MEET JENNY



Jenny Waterhouse, R.N.

Department; How long at MUSC
Department of Pediatric Surgery; 10 years

How are you changing what's possible at MUSC

I bridge the gap between surgeons, residents, nurses and parents to streamline communication and help ensure that our pediatric patients and their families are being holistically cared for in a safe environment. That way, they can get back to doing "kid things" as soon as possible following surgery.

Family and Pets

Husband, Will; dad, Michael; sisters, Carolyn, Lindsay and Lizzy; brothers-in-law, Randy, Brian and Nick; nephews, Camden, Peyton, (baby boy #3) and Mick; and our dog, Loosey

Last book read

"A Man Called Ove" and before that, "The Nightingale," one of the best books I've read.

Words of advice

Live life like it's rigged in your favor — because it is!

TRAUMA SURVIVORS DAY

SURVIVE. CONNECT. REBUILD.

Join the Celebration!
May 8, 2019 11:00a.m.-1:00p.m.
105 Doughty Street, Charleston, SC
Medical District Greenway

CELEBRATION INCLUDES

- Networking with other survivors and their families
- Visit with members of your care team— we love to see people come back to let us know their progress
- Learn about resources and agencies that support trauma patients
- Food trucks and FREE cake!

REGISTER AT
MUSChealth.org/injuryprevention
Contact Trauma Survivors Network Coordinator: 843-792-8401

MUSC Health
Medical University of South Carolina



APPRECIATING YOU FOR CHANGING WHAT'S POSSIBLE

Giveaways and Prizes!

CELEBRATE **MAY**
EMPLOYEE APPRECIATION WEEK
12-18

As part of Employee Appreciation Week, many prizes are available due to the generosity of Lori's Gifts, Innovation Station, Sodexo and Holy Spokes. Would you like a bike helmet with the MUSC logo? How about an Allacacoc Power Adapter or a certificate for merchandise at the Bookstore? Enter once online to be eligible for all prizes! Good luck and thank you for Changing What's Possible!

For Details: Visit Reward & Recognition Tab of the Intranet or For Everyone on the Horseshoe

- Sunrise to sunset - fun & fitness activities hourly May 14
- Food trucks
- Photo contest
- Employee appreciation night with RiverDogs May 14
- Tours of MUSC Shawn Jenkins Children's Hospital and more!

CLICK HERE TO ENTER



NAME OF EVENT

MUSC Health
Medical University of South Carolina

EMPLOYEE APPRECIATION

EVENT DETAILS

\$5 TICKETS
riverdogs.com/groups
Password: musc

FREE PARKING
Show your badge in any surrounding general lot.

DEADLINE TO ORDER:
DATE: **MAY 13, 2019**
For guaranteed seating, please order tickets by May 13, 2019

DATE: MAY 14th TIME: 7:05

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MEDUCARE *Continued from Page One*

Charleston, not knowing if they'll ever see their son alive again.

It will be the longest two hours of their lives.

NO DAYS OFF

In 1984, the Department of Health and Environmental Control designated MUSC the state's first Level 1 trauma center qualified to treat the most critically ill or seriously injured patients. That achievement inspired leadership to think of more innovative ways to serve its patients. It was that mindset that led to the idea of MEDUCARE: MUSC's emergency response team available for patients in need of urgent medical intervention because of severe, life-threatening or potentially disabling conditions. Whether by ambulance or helicopter, MEDUCARE – in a partnership with Med-Trans, a Texas-based national air medical provider – is at the ready, 24 hours a day, seven days a week, serving the entire state of South Carolina and parts of both Georgia and North Carolina.

"If we had one of those neon 'OPEN' signs, it would have burned out a long time ago," said Junius Frederick, Med-Trans program director. "There is no such thing as a day off for us."

The MEDUCARE team consists of 26 members – a combination of nurses, medics, therapists and pilots – broken into adult and pediatric teams. On any given shift, mission control at Charleston International Airport general aviation will consist of upward of 10 people. A row of four brown leather chairs in the break room is a popular hangout.

Pilot Mike Ramsey points at a location on a map in the MEDUCARE control center.

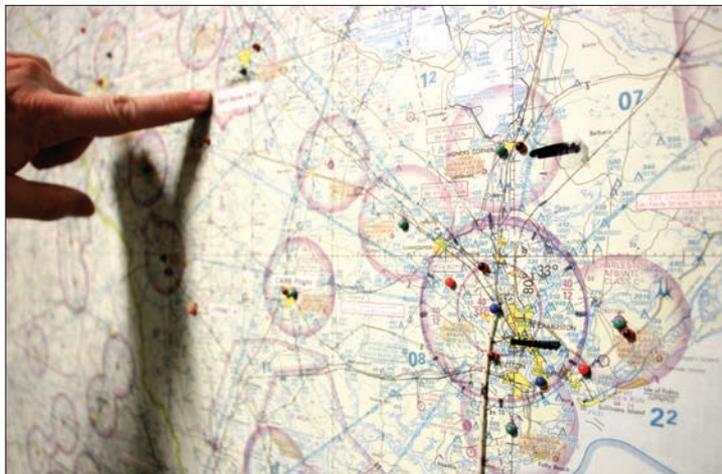


Photo by Bryce Donovan

"There are some people here that I trust more than my family," said flight paramedic Abby Detloff, holding a stack of medical charts she's about to review. The mood is laidback and quiet now, but at any moment a call can come in, and the team can be up in the air in less than five minutes.

"There's no in-between with this job," flight nurse Alice Hulett said with a wry smile. "It's either nothing or full-on."

Some days are quiet. Some days they might respond to a half-dozen calls.

"I just have to remind myself when I'm bored that that's a good thing," Detloff added. "It means nobody is dying."

At 3:26 p.m., a call comes in over the radio. It's the boy.

It's go time.

HEADED IN THE RIGHT DIRECTION

As the outskirts of Walterboro pass below at 130 miles an hour, Ramsey radios to the control tower that their craft, MEDUCARE 1, has an ETA of 19 minutes. In the rear, Burke checks her notes on the boy. She exchanges a quick glance with Kaiser and then, through the microphones integrated into their flight helmets, asks a series of rapid-fire questions. Kaiser, as if he knew what she was going to ask before she does, immediately adjusts a valve, checks the patient's vitals and gives a slight nod to Burke. Although his heart rate is higher than they'd like, he is stabilizing.

Though cautiously optimistic, Burke and Kaiser both know that the less time the patient is out of the hospital, the higher his survival rate.

Back on the ground at MUSC Health Children's Hospital, Mark Daniell, R.N., operations coordinator of the



Photo by Sarah Pack

Flight nurse Mary Springer sits aboard MEDUCARE 1 en route to pick up a patient for an interfacility transport.

MEDUCARE pediatric flight team reiterates that sentiment. "Sure, we want these patients in front of our doctors as fast as possible, but the helicopter allows us to initiate MUSC care before they even get here. Sometimes they're too sick to come to the ICU, so this way we're able to send the ICU to them."

The multi-million dollar aircraft is indeed a marvel. Inside the twin-engine helicopter, which features two sliding side doors and a rear two-door hatch for loading and unloading the patient, are many of the same pieces of equipment you'd find in an emergency room. In fact, MEDUCARE 1 can accommodate almost any type of critical care ICU patient. State-of-the-art technology allows for the continued monitoring of a patient, laboratory tests and administration of medications not offered by traditional EMS – all in-

flight.

From a safety standpoint, the craft is in constant communication with the ground-based team and is followed and tracked by GPS. Every three seconds, the aircraft automatically updates dispatch with its current location, altitude and speed. It is equipped with a military-grade ground terrain avoidance system and air-to-air radar. They can even fly into some of the trickiest spots when it's dark, thanks to night vision goggles, which they use during all night operations.

'AIR' APPARENT

It was late one afternoon when a call came into MEDUCARE. A small airplane had crashed in Summerville after its engine failed, and the wings had been ripped from the plane. The pilot,

See MEDUCARE on page 11

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IP04-1787311-1

Autism News Network spreads word about developmental disability

Volunteers make a difference

BY LESLIE CANTU

cantul@musc.edu

Why would someone travel to Charleston from Georgetown, Beaufort or even Myrtle Beach every week just to meet in a small lunchroom for two hours and practice shooting and editing videos? There are surely places closer to home where the same skills could be learned. But for the people who come to MUSC week in and week out to create videos for the Autism News Network, the group is much more than a fun class.

“This group’s been a lifesaver for me,” says Scott Biehl, who drives down from Georgetown every Thursday to participate.

The group is actually a gathering of adults with autism who work together to create videos about living with the disorder, all the while improving their technical skills, practicing their social and executive functioning skills and even providing a sort of group therapy to one another.

The program is the brainchild of McLeod Frampton Gwynette, M.D., a child and adolescent psychiatrist in the Department of Psychiatry and Behavioral Sciences at MUSC. He originally thought it would focus on posting evidence-based information about autism to combat much of the misinformation found on social networks like Facebook.

But he knew his idea was missing something. The Autism News Network came alive when he realized that adults with autism would be best suited to write, produce and direct all the videos.

The original participants began meeting in January 2018. They were “noobs” – or newbies, in the words of one participant, who simply goes by CMagnus. They used basic video editing software available on iPads and shot entire videos from a single angle. Since then, however, the group has gained professional mentorship from Hector Salazar, who owns his own video production company in Charleston – MeanStream Studios.

Gwynette has expanded the program into a 12-week beginner course that meets Mondays and an advanced course that meets Thursdays “until I fall over,” he says with a laugh. Or, adds Salazar, “Until they’re employed and working somewhere, and they can’t come here because they’ve got jobs.”

Keeping jobs or staying in higher education isn’t always easy for adults with autism. Biehl, who moved to Georgetown from upstate New York with his parents, says he had 40-some jobs in New York, each of which ended with him getting fired or walking out. “It wasn’t fun. It felt like a treadmill of tragedy,” he says. Bosses



Hector Salazar, right, works with William Murphy, center to edit some footage for the Autism News Network. The group meets every week.

Photo by Sarah Pack

would tell him he was too slow or that he couldn’t connect with customers.

“It’s not true; it’s just that ... I have horrific eye contact,” he says.

Recent research suggests that the subcortical system of people with autism goes into overdrive when making eye contact, meaning eye contact becomes an uncomfortable sensation.

Biehl isn’t alone in his troubles keeping a job. A University of Wisconsin-Madison study last year found that less than a quarter of its sample of mid-life adults with autism held either full- or part-time jobs on their own, without the support of a job coach. Most of the people in that study had lower-than-average IQs, but their difficulties keeping jobs had less to do with their intelligence and more to do with problems judging social situations, staying on task and adapting to changing work schedules or job requirements. They also needed more supervision than other employees and many had chronic health problems as well.

Gwynette saw this problem with his patients, too. He founded Project Rex 11 years ago to help children with autism and ADHD develop social skills and prepare for adulthood. Yet once people age out of the school system, many of their supports fall away.

“Many of them were home, on the couch, playing video games even though their IQs are about as high as you can get,” Gwynette says.

Some of his patients attempted college classes but couldn’t pass because of problems with executive functioning – planning, paying attention, starting and following through on tasks and adapting to change. That’s when Gwynette got the idea for the Autism News Network.

“These are people who are brilliant, and they can

be doing so much more than they are. We’re going to hopefully unlock all those amazing abilities,” he says.

Every Thursday begins with a group check-in, as Gwynette asks each participant what’s going on in his

See **NETWORK** on page 9

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Carolina One
Real Estate



Renowned addiction science researcher awarded state's top honor

Staff Report

Gov. Henry D. McMaster recognized Kathleen T. Brady, M.D., Ph.D., for her extraordinary scientific contributions in psychiatry and addiction medicine with the 2019 Governor's Award for Excellence in Science.

As vice president for Research and Distinguished University Professor, Brady has dedicated 30 years of service to MUSC addressing evidence-based treatments for alcohol and drug addiction, as well as common co-occurring psychiatric disorders such as post-traumatic stress disorder, depression and bipolar disorder in civilians and military veterans.

Among the top 10 NIH-funded psychiatric researchers in the United States for the last nine years, Brady has been awarded more than \$70 million as the principal investigator in research grants, has led several NIH-funded center grants and has been the co-investigator on numerous additional grants. One such research project involves the NIH-funded Clinical Trials Network (CTN), designed to bridge academic medicine and addiction treatment centers to deliver evidence-based treatments to patients with addiction.

Through the CTN, Brady partnered with the South Carolina Department of Alcohol and Other Drug Abuse Services (DAODAS), as well as front-line treatment providers, to conduct multiple trainings and introducing new treatments for addictions across the state.

When the opioid crisis began to affect the citizens of South Carolina, Brady again partnered with DAODAS to conduct trainings about evidence-based, medication-assisted treatments for opioid use disorders to build treatment capacity in the state; develop mechanisms to offer treatment for opioid addiction via telehealth statewide; and initiate an innovative screening and brief intervention in emergency rooms for opioid addiction. This ongoing collaboration has already saved lives in



Photo by Anne Thompson

Dr. Kathleen T. Brady

South Carolina.

Brady's leadership of the South Carolina Clinical and Translation Research (SCTR) Institute is another of her major contributions. SCTR is the only South Carolina site in the national Clinical and Translational Science Award Program, a national network that seeks to provide the scientific foundation that accelerates the realization of interventions that improve human health.

SCTR's mission is to catalyze the development of methods and technologies that lead to a more efficient translation of biomedical discoveries into interventions that improve health through an integrated academic home for translational research that provides essential support for innovative, efficient, multidisciplinary research and research training.

Under Brady's leadership, SCTR has supported more than 1,600 investigators, 150 trainees and 1,000 peer-reviewed publications and has convened 20 statewide scientific retreats focused on South Carolina health priorities. SCTR has created collaborative efficiencies with a statewide cooperative institutional

See **AWARD** on page 12



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NETWORK *Continued from Page Seven*

or her life. Gwynette gently draws out each participant, encouraging the more reticent ones to share additional details. He also offers praise. When one man shrugs off a discussion about the camera work he did in a previous session, Gwynette tells him, “I saw somebody really hanging in there, and you took direction from Hector like a champ.” Gwynette later says that participants sometimes tell him they’re too anxious to continue with the program. He’ll generally nudge them to continue; eventually, their confidence grows, and they begin to blossom.

Biehl says the group has made a huge difference in his life.

“I love it down here. I’m happy. I’ve made a lot of friends, actually through this group, and I’m starting to get back to socializing and living life,” he says.

Ainsley Knight’s confidence was on display for all to see when, at an autism conference, Gwynette showed one of the videos that featured her. Knight was there with family, and “they said they almost cried” when they saw the video, she says, though she doesn’t see why it would provoke such emotions.

Knight joined the Autism News Network because, as she says, she’s never been afraid of the spotlight. She was in drama throughout her time at Bishop England High School. Graduating, though, was a “nightmare.” Her classmates couldn’t stop talking about graduation in the month leading up to the big event, but she wanted nothing to do with it.

“I wanted to run out the doors and not get my diploma. As soon as I was walking on that stage, as soon as I got the diploma, I’m like, ‘This is a big mistake,’” she says.

In high school, she had a schedule. She knew what to expect. She didn’t know what to expect out in the broader world. Now, she says she’d like to do community theater and become a veterinarian’s assistant. She would also like to have some type of foundation to provide service dogs to people with disabilities. She has an Australian labradoodle named Oso who is training as an autism service dog, and she wants others to have the same experience with a friendly, loving dog.

“I want them to have a service dog. I want them to know they’re there for you,” she says.

She also wants to branch out from the Autism News Network and have her own YouTube channel featuring her book reviews.

YouTube is popular among the group. Patrick Reid wants to start his own channel, focused on Pokemon. William Murphy already makes quite a few videos on his own: He’s done podcasts, movie reviews and comedy sketches and has also livestreamed his gaming sessions.

“I love doing YouTube. I think it’s more of a therapeutic thing for me,” he says.

Murphy was diagnosed with Asperger’s syndrome



Photo by Sarah Pack

Ainsley Knight writes during a Thursday work session of the Autism News Network.

“I love it down here. I’m happy. I’ve made a lot of friends, actually through this group, and I’m starting to get back to socializing and living life.”

Scott Biehl

in the fifth grade. Asperger’s doesn’t officially exist as a diagnosis anymore; the American Psychiatric Association folded it into the umbrella “autism spectrum disorder” diagnosis in 2013. Many still use the term informally, however.

Murphy would like to become a director. Part of the reason he participates in the program is to get more hands-on practice. There’s only so much you can learn from watching documentaries, he says. “I see it as a way to earn experience.”

Two participants, Bobby Kalman and CMagnus, were diagnosed with ADHD, not autism, although CMagnus thinks he probably fits the criteria for autism. Kalman says the group is “my happy place.” He enjoys videography and photography. During the group check-in, he shares that he scored a new camera and lens on eBay for a good price. Photography is a new hobby for him, and he’s practicing by shooting photos of Charleston buildings and homes.

CMagnus says the program has given him something to look forward to. Here, he says, he feels like he fits in. Outside the group, he struggles with feeling like he’s let his father down, because he hasn’t been able to take over the family construction business as expected. While his sister is a dentist, he still lives at

home. Part of the reason he comes to the group is to spread awareness through the Austim News Network to younger people with autism, explaining that they’ll need support in the “real world.”

“I’ve been out in the real world where people don’t care if you have a disability or not. They don’t care,” he says. CMagnus’ support is his mom and the Autism News Network group. He loves it so much he comes for free.

That’s actually something Gwynette would like to change. He wants to be able to pay the participants. They show up and put in the time, he says, and earning a paycheck is a huge boost to any individual’s self-esteem and self-worth.

He has big plans for the Autism News Network. Currently hosted on the Project Rex website, he’s planning to spin it off so it has its own website and social media accounts.

Finally, he dreams of starting a broadcast channel at MUSC devoted to autism. There’s a Travel Channel, a Golf Channel, a channel dedicated to just about every subject – why not autism, which affects more than 1% of individuals and has an impact on loved ones, peers, teachers and more, he asks.

“I believe that God has blessed us with this program,” Gwynette says. “It’s something I feel strongly about, I pray about. I feel like He’s got us on a mission to serve this community and beyond.”



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Photo by Sarah Pack

MUSC Health nurse Pamela Bowers, from left, Dr. Heather Simpson and medical student Keeland Williams.

MUSC wins in multiple categories, annual 'Best of Charleston' contest

BY HELEN ADAMS

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MUSC Health and MUSC have scored wins in six categories in the Charleston City Paper's annual "Best of Charleston" contest. Several are repeat winners.

For the seventh year running, the paper's readers have voted MUSC Health the city's best hospital and MUSC the best place to work. The print version of the paper notes, "Few institutions are as respected in Charleston as the Medical University of South Carolina," and, "Aside from quality health care and strong minority outreach, it seems that employees actually like working there, too."

Readers also picked the MUSC Wellness Center as the best health club,

a spot it's held since 2014. The paper's critics singled out the Wellness Center in a separate category, calling its \$15 guest pass the best cheap day spa in town.

Sam McNulty, M.D. a primary care physician who sees patients at 30 Bee Street in downtown Charleston, is the repeat winner in the best physician category. MUSC Health at Home by BAYADA also stays in the readers' top spot for the second year in a row. The relatively new program is designed to get short-term care in the home to people recovering from an illness, injury or surgery or who need help managing a chronic condition.

And finally, MUSC's therapy dogs get a hug from City Paper critics, who named the annual MUSC Blessing of the Therapy Dogs event the best blessing in town.

MUSC Nurses Week 2019

(May 6 to May 12)

Monday, May 6 – Nurse of the Year ceremony, St. Luke's Chapel, 10 a.m.

Tuesday, May 7 – DAISY Team and DAISY Leader Awards

Wednesday, May 8 – DAISY statue/garden unveiling at location between the main hospital and adult ED entrance, 1:30 p.m.; Nurses Night at the Charleston Riverdogs at 8 p.m., (gates open at 6 p.m.) Joe Riley Park; leadership rounding and treats (night shift)

Thursday, May 9 – Leadership rounding and treats (day shift)

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MEDUCARE *Continued from Page Six*

suffering from respiratory distress and multiple trauma, was still trapped inside the wreckage.

The team boarded the helicopter and within just a few minutes were on the scene, providing critical care to the pilot. They saved his life.

“Look, our staff is tremendous, but there’s no doubt speed is one of our greatest assets,” Daniell said.

Frederick echoes that sentiment. “In a world where time is money, the stakes are even higher for us. Time is life. Being able to get to somebody in the least amount of time gives us the best chance to save their life.”

Henry Ward, regional strategic operations director for Med-Trans, remembers an instance when the crew had to land on the beach at Kiawah Island. The patient was in full cardiac arrest, but because they were able to get to him so quickly, he fully recovered.

Not to mention, the hundreds of times when, due to poor visibility, MEDUCARE was the only option



Photo by Sarah Pack

Flight paramedics get ready to bring a patient aboard MEDUCARE 1.

available to get to a patient, thanks to something known as its IFR (instrument flight rules) capability. In essence, because of the advanced instrumentation in the craft coupled with the skill of the pilots flying it, MEDUCARE is able to take off and land in much lower visibility than most other helicopters.

“There are instances when you might not be able to see the end of the runway, but we can go because of IFR,” Ramsey said.

ANOTHER SHOT

The boy lived.
After Ramsey safely landed the

helicopter on the MUSC helipad atop the parking structure at the corner of Cannon and President streets, Burke and Kaiser lifted him out of the craft and wheeled him on a rolling gurney down the ramp to the ambulance that was waiting to drive him the short distance to MUSC Health Children’s Hospital.

Inside the pediatric intensive care unit, doctors and nurses took x-rays to check for the presence of pneumonia. Because asthma was suspected to be the root cause of his breathing difficulty, they knew they needed to have a look at his lungs. Fortunately, there were no signs of the illness. They determined it was a viral illness that had set him off. From there, a treatment plan was developed and administered, and the boy quickly began to stabilize.

The next morning, he was sent to the general pediatrics floor. And just three days after being emergency airlifted from Hampton County to Charleston, the boy got to go home with his parents.

Relieved and thankful, this time, mom and dad’s car ride was a totally different experience.

Dedicated board member, dentist remembered for his wit, wisdom

By CINDY ABOLE

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Cotesworth “Coty” P. Fishburne IV, D.D.S., a member of the MUSC Board of Trustees for 25 years, died April 10 at Piedmont Medical Center in Rock Hill, South Carolina. He was 82.

Board chairman Charles W. Schulze remembered Dr. Fishburne’s dedication and quarter century service to South Carolina’s premier academic medical center.

“It was a distinct honor to serve alongside Dr. Coty Fishburne for over 12 years on the MUSC Board of Trustees. Coty was not an alumnus of MUSC, but his dedication to the school made it seem like he was. Coty wanted nothing but the best for MUSC and especially the dental school. We will miss his wit and wisdom and his love for his fellow board of trustees members.”

MUSC president David Cole, M.D., FACS, was saddened to learn of Dr.

Fishburne’s passing. “For 25 years, Dr. Coty Fishburne took great pride in his association with MUSC. A dentist by trade and musician by heart, he was committed to making MUSC one of the nation’s foremost academic health sciences centers. The unprecedented growth MUSC achieved during his tenure on the board was a testament to his efforts. Coty was kind, considerate and loved by those who worked alongside him. He provided a calm voice and steadying influence and was dedicated to ensuring South Carolinians had access



Fishburne

See **DENTIST** on page 12

50th Anniversary of Charleston Hospital Workers Strike (May 6 through May 9)

Join your MUSC family and the community as we honor and commemorate this historic event.

Planned events include a full day of special programming at the Charleston Gaillard Center, a special keynote presentation by Ambassador Andrew Young and a photography exhibit and conversation with Cecil Williams, who documented the historic events in Charleston in 1969.

Diversity and Inclusion credit is available for several of the activities.

Visit muschealth.org/1969 for details.

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AWARD *Continued from Page Eight*

review board and a public-facing, comprehensive clinical trials listing (SCresearch.org).

In addition to her own scientific investigation, Brady has extended her impact on the field through her mentorship of several generations of investigators who are now producing research in these and other critical areas to further the understanding of addictive disorders and their treatments.

Hugh Myrick, M.D., associate chief of staff for Mental Health Services at the Ralph H. Johnson VA Medical Center has worked with Brady since his residency at MUSC. “Dr. Brady has a palpable passion for research and an incredible ability to normalize it so that any clinician will find it not only meaningful but have the desire to make their own contributions to further our understanding and treatment of mental health conditions.”

Widely recognized at the national and international level as a prolific leader in

her field, she has published more than 380 manuscripts and five textbooks. She has given over 250 national and international scientific presentations.

Brady is currently the president of the International Society of Addiction Medicine and past president of both the Association for Medical Education and Research in Substance Abuse and the American Academy of Addiction Psychiatry. In addition, she has served on numerous editorial boards, scientific advisory boards and federal grant review panels.

“Dr. Brady’s research in the field of psychiatry and addiction medicine has led to significant advances in how we care for our patients,” said MUSC President David J. Cole, M.D., FACS. “The clear, measurable outcomes she has achieved are evidence of her dedication to scientific excellence. This award represents a well-deserved recognition of Kathleen’s highly regarded stature within the scientific community and the notable reach of her research endeavors.”

DENTIST *Continued from Page Eleven*

to quality and compassionate dental and health care. He will be greatly missed. Our thoughts and prayers are with his wife, Shirley, his family, and all who loved him,” he said.

A general dentist, Dr. Fishburne was a member of MUSC’s Board of Trustees from 1988 to 2013, representing Congressional District 5. Originally from Walterboro, South Carolina, he was the son of the late Beryl Brawley and Cotesworth P. Fishburne III and was born July 20, 1937. He received his undergraduate degree from Wofford College and completed dentistry at the Medical College of Virginia Dental School in 1963. After serving two years as a captain in the U.S. Army Dental Corps, he established a dental practice in Rock Hill in 1965 and practiced there until his retirement in 2002.

Dr. Fishburne contributed to the dental profession through several dental inventions. He was also a musician, philanthropist and leader. He was a member of the South Carolina Dental Association and a number of

local, regional and national dental professional organizations, community groups and clubs. His wife, Shirley Herlong Fishburne; two daughters, Anne Fishburne Hamilton (Will) and Mary Fishburne Hayden (Geoffrey); two grandchildren, Cotesworth Fishburne Hayden and Anderson Libbey Hayden; a sister, Mary Glenn Givens; and other family survive him.

A memorial service was held April 14 at First Presbyterian Church in Rock Hill. Memorials may be sent to First Presbyterian Church, 234 E. Main Street, Rock Hill, S.C., 29730; Wofford College, 429 North Church Street, Spartanburg, S.C., 29303, Children’s Attention Home (P.O. Box 2912, Rock Hill, S.C., 29732, or the MUSC James B. Edwards College of Dental Medicine, 29 Bee Street, MSC Code 182, Charleston, S.C., 29425.

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During Charleston Riverdogs home game days, game-day signs will be posted at the Hagood lot main entrance. Parkers who can’t leave the Hagood lot by 5:30 p.m. should park at the 175 space “T” lot, on the south side of Line Street.



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