



Photo by Sarah Pack

SC DHEC WIC van coordinator Alleyah Wilder, right, helps mom Shaneisha McQueen sign up for benefits.

New partnership connects mothers of preterm babies with breast pumps, nutritional resources

By CINDY ABOLE

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Goose Creek native and new mom Shaneisha McQueen couldn't wait to bring newborn daughter, Trinity Simmons, home in early July. Born earlier than expected, Trinity is McQueen's second child and was a preemie in the neonatal intensive care unit (NICU) at MUSC Shawn Jenkins Children's Hospital (SJCH) and Pearl Tourville Women's Pavilion (PTWP). Prior to Trinity's discharge, McQueen learned that she could take care of something while still at the hospital – something that would give both mother and child a good start on a successful healthy life.

It's stressful enough for new mothers of preterm infants who are managing so much in the care of their newborns while still being hospitalized. A statewide mother-child support program that focuses on nutrition and a mother's breastfeeding efforts has become an easy and convenient solution for new Lowcountry moms, their families and a caring team of neonatal physicians and experts at MUSC Children's Health.

Starting June 30, some South Carolina mothers whose babies are admitted to the NICU or cardiovascular ICU (CVICU) at the SJCH became eligible to receive personalized nutritional support to help to feed their

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Study assesses virtual classes on pain management for cancer patients

By LESLIE CANTU

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A national trial is investigating whether cancer patients can benefit from online training sessions on how to deal with pain.

"We know that pain is one of the most common symptoms that cancer survivors experience, both as a result of the cancer and then potentially following treatment," said Sarah Tucker Price, M.D., Ph.D.

"We have medication and nonmedication ways that we can try to help address that pain. I think one of the things that's underutilized is some of these nonpharmacologic options to help patients with their pain management. But one of the limitations on some of the nonpharmacologic options is that they're time intensive and resource intensive," she explained.

Price is a family medicine physician who focuses on patients at MUSC Hollings Cancer Center. She's also the site lead for the Internet-based Program to Help Cancer Survivors Manage Pain (IMPACTS) trial, which is occurring at multiple sites across the U.S. under the auspices of the National Cancer

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newborns and children up to age 5 through the South Carolina Department of Health and Environmental Control's (SC DHEC) Women, Infants and Children (WIC) Nutrition Program. One part of WIC's services is devoted to helping new mothers by providing them with a personal hospital-grade electric breast pump immediately after discharge to aid in breastfeeding support.

As the state's regional comprehensive perinatal center, more than 3,000 newborns are delivered at the MUSC SJCH&PTWP, with an additional 12,000 babies born within the referral area. Among these deliveries, more than 1,000 babies are admitted to the MUSC SJCH intensive care nurseries, with 40% of neonatal transport admissions admitted to the NICU.

This collaboration was made possible through the efforts of neonatology-perinatal medicine fellow Neal Boone, M.D., and mentor Katie Chetta, M.D., who spearheaded a large quality improvement team of physicians, lactation consultants, neonatal nurse practitioners, dietitians and nurses that focuses on mother's own milk production in multiple areas including perinatal health disparities. The group conducted feeding evaluations and specifically tracked mothers' breast milk use – especially for preterm, very low birth weight infants. Previously, the breastfeeding rates among moms and their babies up until discharge and up to six months of age, as recommended by the American Academy of Pediatrics and the Centers for Disease Control and

Prevention, remained good, but they saw a decline in the fall of 2021. And with the current formula shortage, mothers are choosing to breastfeed their babies more. Research continues to promote the value of breastfeeding and improved health outcomes that follow, which include a decrease in hospitalizations, costs and other spending related to donated breast milk.

Boone, Chetta, lactation consultants and other specialists looked at ways to improve these rates for breastfeeding mothers. They created a multistep plan to help moms to improve their breastfeeding experiences early in their hospital stays. The effort focused on reeducation, the distribution of new pamphlets and materials and one-on-one sessions with the hospital lactation consultant team before and after birth. One problem they discovered was that mothers were being discharged with standard hand breast pumps rather than the high-quality Medela Symphony electric pumps that they used while still inpatients with their newborns. The team agreed that continued use of a hospital-grade electric breast pump after discharge improved the chances for a mother and child's long-term breastfeeding success.

According to Molly Gros, a lactation consultant with the MUSC Women's Care Lactation Center, the first week for a mom is critical in terms of success in breastfeeding and pumping for her infant. It's critical for a mother's body to continue to produce milk as her baby grows. Research has touted the value of human breast milk for newborns

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The MUSC Catalyst News is published bimonthly. Paid advertisements, which do not represent an endorsement by MUSC or the state of South Carolina, are handled by Island Publications Inc., Moultrie News, 505 Belle Hall Pkwy, Suite 202, Mt. Pleasant, S.C., 29464; 843-958-7480; 958-7384, 958-7488 or 843-607-0812, E-mail: advertising@moultrienews.com.

PRESIDENT'S PERSPECTIVE

Dear MUSC family,

Happy Anniversary to our MUSC Health-Midlands Division! It's amazing that Aug. 1 marks one year since we welcomed these awesome team members to the MUSC enterprise. It's important that we take a moment to pause and recognize the incredible work of our providers, information technology teams, facilities and engineering teams, administrators, staff and so many more who have achieved major milestones in such a short time frame.

To give you an idea of what's been accomplished since this time last year at all three MUSC Health medical centers – Columbia Medical Center Downtown, Columbia Medical Center Northeast and Kershaw Medical Center:

- Successful closings of complex transactions in record time by our financial and legal teams – thank you!
- Full integration with Epic, MUSC Health's electronic medical record, which has increased efficiencies and enabled higher-quality, safer care in the right place and at the right time. Thank you to the many IT team members!
- Full integration with MUSC Health's high-reliability, quality and safety culture and establishment of Just Culture. Thank you to the MUSC Quality team!
- Critical recruitment of nursing and health care staff to meet our patients' needs.
- Ongoing recruitment of specialty and primary care physicians to fill community gaps. Robust care coordination across all MUSC Health sites, and other health care sites in South Carolina, through MUSC's transfer center and improved coordination of care for patients requiring connectivity or transfer to MUSC Health-Charleston Division's quaternary services.
- Clinical trial integration opportunity identification is underway.
- Residency and clinical rotation planning are underway.

- Investment in modern technology to improve local care through Siemens Roadmap integration and deployment of other key technology.

And while the following vary depending on the hospital facility, additional achievements include:

- Affiliations with independent physicians through strategic co-management agreements in orthopedic and oncology services.
- Telehealth provision of care for stroke, neurology, palliative care, tele-ICU and EEGs.
- Insourced anesthesia and emergency services.
- The deployment of four COVID testing pods across divisions and the addition of the Henderson Street Vaccine Clinic to the existing two vaccine clinics in the Providence medical office building in Columbia and Health Resource Center in Camden.
- MUSC Health-Midlands announced a new partnership with COMET, Richland and Lexington county's primary transit provider, allowing anyone with an MUSC badge to ride any COMET bus free of charge.

...and a couple of bragging points:

- Multiple MUSC Health-Midlands Division programs were considered "high-performing" specialties, procedures or conditions in the 2022-2023 U.S. News & World Report rankings: chronic obstructive pulmonary disease (COPD), heart attack, heart failure, hip replacement and kidney failure.
- Columbia Medical Center Northeast is the first hospital in the Midlands area with a robotic spine surgery program using the Mazor Robotic System, with Brett Gunter, M.D.



Cole

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Summer Youth program returns, exposes students to health care careers

Staff Report

The MUSC Summer Youth Employee Program returns after a two-year hiatus that was in keeping with the institution's COVID-19 directives. This program, which has been in existence for over 30 years, is primarily designed to provide professional and educational opportunities for underrepresented minority (URM) students affiliated with MUSC employees. The program, which has been described by family members as a "useful program to expose and prepare students for future professions," was also said to make a tangible and positive impact on the students both during their time at MUSC and afterward.

This summer, due to uncertainties related to the pandemic, the 2022 cohort comprised six students, fewer than the typical 15 to 20. But what a return it was. Program leaders said this year's participants were outstanding: Five of the students attend South Carolina colleges or universities and one is still in high school. All were particularly excited to be part of this innovative pipeline program sponsored by the Department of Diversity, Equity and Inclusion. The program provides URM students, ages 16 to 21, opportunities at the downtown Charleston campus to work as summer interns in diverse MUSC departments, which expose them to academic health care professions. Students work eight weeks between June and August. The departments that students work in are tailored either to their specific career interests or those that can give them the most professional growth. Leaders from various areas of the enterprise expose these MUSC summer interns to specialized experiences that advance their leadership and workplace skills.

"We are proud to sponsor the Summer Student Employee Program that has a rich history at MUSC-Charleston. It is always a pleasure to work with some of the brightest students in the state of South Carolina, providing them with exposure to careers in health care that they may be unfamiliar with or never considered. We consider it a privilege

to continue this pipeline program and prepare our future academic health care leaders," said DaNine J. Fleming, Ed.D., associate chief officer for Inclusive Excellence, who oversees the program.

Students are taught to reflect MUSC standards of professional behavior when working and to contribute to the mission of the enterprise. From the College of Medicine offices of Student Affairs and Diversity Affairs to the Department of Surgery, students get a close-up view of careers they might not otherwise have had an opportunity to see firsthand but may be interested in pursuing. In addition to their department assignments, the students attend didactic and DEI programming every Friday, featuring guests who can enhance their professional development.

This program helps to level the playing field and gives the youth access to high-quality opportunities that will make them competitive applicants in today's changing economy. This is important because according to The Balance Careers, an online career development resource, students who list internships on their resumes are more likely to secure full-time jobs after graduation. Offering internships is also an important way to provide students with career direction.

"I believe that time is the most precious resource there is. Which is why, when I speak with students, I always challenge them to think about the future and plan for what's ahead. We hope this internship will expand their lenses to new areas of interest. I tell them that this program is a stepping stone; it's up to them to map out where those steps lead and how long it will take to get there," said Imari Woods II, the program's manager.

Through internships, students can discover what they are passionate about, which gives them a focus they may have not had prior to this experience. The Summer Youth Employee program offers the students a combination of career exploration, financial empowerment, workplace readiness training, paid work experiences, mentoring and coaching



Photos Provided

Six area college and high school students helped usher in the return of the MUSC Summer Youth Employee Program after a two-year hiatus due to the pandemic. The students worked as summer interns throughout campus – exposing them to careers in the health care professions.



Participants of the MUSC YEP participated in didactic and DEI training in addition to building leadership and other workplace skills.

and year-round touchpoints to reinforce effective career growth behaviors.

Woods believes that providing paid internships like this is important because it helps to eliminate common barriers that URMs encounter as students.

According to Alison Doyle of The Balance Careers, nearly half of U.S. internships are unpaid, adding, that unpaid internships create and reinforce workplace inequities as most students

See YOUTH on page 10

Newly combined institute looks to take health care improvements from concept to reality quickly

By **BRYCE DONOVAN**
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A tiny baby with a brain injury unable to breastfeed properly. A frustrated surgeon having to stop operating momentarily to unclog a suction device. A rare and largely mysterious bone cancer robbing a child of precious life.

These are just a few examples of health care challenges that now have solutions — either through research or technology — thanks to two entities at the Medical University of South Carolina: the Zucker Institute for Applied Neuroscience (ZIAN) and the Foundation for Research Development (FRD).

For years, they have operated separately, with ZIAN focused on neurological devices and technology and the FRD housing all of MUSC’s intellectual property, such as patents, copyrights and

trade secrets. Though separate, the groups have collaborated closely over the years, to the point where it was often difficult, especially for MUSC inventors and external partners, to understand where one organization began and the other ended.

To MUSC executive leadership and the boards of both entities, this offered a powerful opportunity to improve efficiency, nimbleness and innovation by having FRD and ZIAN join forces.

The result is the newly formed Zucker Institute for Innovation Commercialization (ZI). ZI, which is pronounced like the initials Z.I., launched around the end of July.

“The truth is we’ve been pretty seriously dating for a long time, but we figured it was time to go all in and make this a full-on marriage,” said Paul Asper, senior vice president for commercialization and



Photo Provided

Staff of the Zucker Institute for Innovation Commercialization includes, from left, Kaitlyn Crobar, J.D.; Troy Huth, J.D., Ph.D.; Alia Akins; Michael Yost, Ph.D.; Pamela Kaufman; Paul Asper; Casey Charboneau, J.D.

operations.

“This combination allows us to leverage the best parts of the FRD and ZIAN platforms more powerfully and serve inventors and their technologies across MUSC’s entire portfolio more effectively. It makes us more nimble, by simplifying and streamlining what we do. And it also gives innovators and commercialization partners a single ‘front door,’” he said.

Interim CEO Michael Yost, Ph.D., former chairman of the FRD Board of Directors, affirmed Asper’s comments. “Creating this institute is a part of a larger plan to be a world leader in health care innovation,” he said. “In consultation with leaders from industry, medicine and the entrepreneurial community, senior leadership at MUSC crafted a brilliant plan to bring the FRD and ZIAN together, further realizing the vision of One MUSC.”

This reorganization creates a new tech-transfer group that will act as a component of the Office of Innovation at MUSC as it looks to continue to build a culture of innovation throughout the enterprise that is nationally recognized. The group will be tasked with translating MUSC’s intellectual property (IP)-backed scholarly research, clinical and education efforts into products used beyond MUSC.

“This positions the organization for growth and scale,” said Jesse Goodwin, chief innovation officer at MUSC. Goodwin will chair the board of directors for ZI. “This new institute will continue to support the endeavors of MUSC’s inventive employees and students, such that their ideas become products and services generating meaningful impact.”

Goodwin shared that an active national search is underway for the CEO position and explained that, currently, leadership and day-to-day operations are in the most capable of hands. “Having previously held both staff and board positions, including chair, with both organizations, it gives me great confidence that Mike, Paul, Troy (Huth) and the rest of the ZI team continue to provide excellent stewardship of MUSC IP.”

For Asper, the realization that ZI will give MUSC the ability to take ideas from theory to reality more rapidly might well be the most exciting aspect of this union.

“The possibilities are endless now,” he said. “Ultimately, this combination dramatically amps up our ability to help MUSC innovators to turn raw ideas quickly into real-life businesses, products and services that will better the lives of people across South Carolina, the U.S. and the world.”



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At this point in their careers, postdoctoral researchers can usually work on their own independent research projects. They have some experience presenting their work and having their results published in research journals. However, they often lack the skills and funding necessary to become truly independent researchers. The Hollings Postdoctoral and Clinical Fellowship award provides up to two years of stipend support for postdoctoral fellows and one year of support for clinical fellows during this critical juncture. Fellowships will be awarded to promising postdoctoral or clinical fellows who are focused on finding ways to prevent and cure cancer. For clinical fellows, this award is intended to support additional fellowship years for physician-scientists to focus on scientific research.

Ph.D. and M.D./Ph.D. candidates in all disciplines are eligible.

For more information, please visit:
hollingscancercenter.musc.edu/research/funding/fellowship



 

MEET KARLIN

**Karlin Ferguson**

Department; Years at MUSC *MUSC Health Midlands Division, Marketing and Communications; One year (since we were acquired), but I've worked for this system in the Midlands since 2014.*

How are you changing what's possible at MUSC
Identifying strategic marketing initiatives and tools that best tell the story of MUSC Health Midlands Division

Family *Husband, Eric; children, Reagan, Eric Jr. and Braylon*

Music that's in your player now *Beyonce's "Renaissance"*

Favorite football team *USC Gamecocks*

Best thing about living in Columbia *My youngest son is an animal enthusiast so we love our Riverbanks Zoo membership and enjoy trying out new local restaurants*

Greatest moment in your life *Graduating with my bachelor's degree in 2020, and then master's degree in 2021*

Favorite movie quote *"There's no crying...There's no crying in baseball." — Jimmy Dugan (Tom Hanks), "A League of Their Own"*

Favorite quote *"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." — Hebrews 12:11*



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Transplant team helps aunt realize lifesaving dream for 2-year-old niece

By HELEN ADAMS

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Natalyn Mann was just a year-and-a-half old when the Beaufort girl's parents realized something was terribly wrong. "She didn't want to wake up. She was very lethargic and swollen and she hadn't peed," said her mother, Erika Mann.

"So we called the number on the back of her Medicaid card. It was Memorial Day weekend, so no doctor's offices were open. They told us to give her Benadryl and wait 12 hours. If she hasn't peed by then, then take her to the hospital. And I'm like, 12 hours would be like three o'clock in the morning. We've got to take her now."

She and Natalyn's dad drove their daughter to a local hospital. "At Beaufort Memorial, they're like, 'Yeah, we need to run tests.' Then, 'We need to run some more tests.' And my wife said immediately, 'When they redo the test, they don't like the results of the first,'" Mikeal Mann said.

She was right. The results showed she was in a medical crisis.

"One day Natalyn's fine. She was playing the day before, swimming, jumping on the trampoline. I mean very active. The next day they're sending a helicopter from Charleston to pick her up," her father said.

Natalyn arrived at MUSC Shawn Jenkins Children's Hospital with both kidneys failing. She was suffering from bilateral renal artery stenosis and diffuse mesangial sclerosis. The arteries to her kidneys were too narrow, which affected blood flow and caused high blood pressure.

Prabhakar Baliga, M.D., chairman of MUSC's Department of Surgery, had to operate. "At an early age, I had to take both her kidneys. She unfortunately became dialysis-bound fairly early in life."

Dialysis involves a machine doing the work of the kidneys. "Dialysis in children is not a good option because it impacts growth and development," Baliga said.



Baliga

Natalyn's parents were in shock, her dad said. "We spent days in here sleeping in like 30-minute shifts, pretty much passing out. We're trying to stay up the whole time to make sure she's OK. She's just a baby. And then they had her connected to machines 24 hours a day. And you know, the first thought is, 'Is that what she gets now? Is that how she lives? Her life is connected to a machine?'"

Then, they learned Natalyn could get a kidney transplant that would free her from dialysis – if they could find a donor. "You get a kind of a feeling of relief. Like there is something, a light, something to look forward to," her dad said.

And right away, Natalyn's mom's sister, Sara Cathey, offered to donate one of her kidneys. "We've always had a really close bond," Cathey said.

But there was a problem. "I was morbidly obese. I was not eligible to even be tested at my weight."

Cathey, a paramedic, stood 5 feet, 6 inches tall and weighed 278 pounds. "I've never been one to be able to lose weight. Trust me, I have tried and tried. But I never really had a reason to be healthy. I never really worried about myself. I worry about everybody else. And that's just the kind of person I am. But seeing her struggling and knowing that she absolutely needed it made me determined."



Photos by Sarah Pack

Two-year-old Natalyn Mann "freezes" her aunt Sara Cathey, imitating Elsa from the movie "Frozen."



Natalyn drinks water, a habit she picked up from her Aunt Sara.

She cut calories and exercised, inspired by the niece she sometimes talked to while on the treadmill. She got her weight down to about 150. Baliga, Natalyn's surgeon, was amazed.

"I think for a person to come forward and then find out that they were medically, initially, not suitable but then to have that commitment and lose that weight and come back with that commitment to donate – that speaks volumes of this person."

He called living donors such as Cathey the real heroes of the transplant world. "Many people will just run the other way. There are, you know, a

hundred or a thousand reasons not to do it. For a healthy person to donate an organ is huge. It's a tremendous decision."

On July 6, Baliga transplanted one of Cathey's kidneys into Natalyn, one of about 400 kidney transplants his team performs each year. MUSC Health has one of the largest kidney transplant programs in the country.

"In pediatric patients, one of the things you are careful about is the size of the blood vessels. And two, you have to be careful there's enough space for the

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Institute’s Community Oncology Research Program, or NCORP.

Hollings is an NCORP-MU site – a member of the program designated as serving minority underserved (MU) populations – and shares with other NCORP-MU members the goal of bringing cancer clinical trials to patients in their own communities with the goal of reducing disparities.

This virtual pain management trial is an example of bringing options to patients, instead of expecting patients to come to providers.

“The goal is ultimately to make it more accessible,” Price explained.

There’s a shortage of providers who can provide this type of training, and providers’ schedules don’t necessarily align with patients’ schedules. In the trial, an online version can be pulled up at the patient’s convenience. The trial will test whether the online version is effective at reducing the severity of pain and how much pain interferes with daily activities like walking, sleep, mood and general enjoyment of life.

Patients who are randomized to the online program will be responsible for watching eight 45-minute learning modules over the course of 10 weeks. The modules will cover things like relaxation techniques and various coping strategies.

Patients can participate in the trial if they’re taking pain medication, but they need to have been on their particular regimens for a minimum of two weeks. They also must have finished their treatment regimens and their cancers must be considered stable.

“One of the benefits of this is it’s a potential opportunity to improve pain in our cancer survivors, with limited side effects because it’s a nonmedication option. And by doing it through internet modules, it’s more convenient, more accessible to patients but still delivering much of the content that has previously been shown to be beneficial,” Price said.

Offering this instruction will hopefully help with pain reduction, which will in turn improve patients’ quality of life and free them to go about their daily activities, she said.

Regardless of whether patients opt to participate in this trial, they should talk to their doctors if they’re in pain, Price said.

Hollings offers numerous options for pain management, including Scrambler therapy, interventional options and medication.

“Just talk with your providers about the symptoms you’re having,” Price advised patients. “I think in some cases that there are opportunities that are not pursued because patients don’t speak up about the symptoms that they’re having.”

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PERSPECTIVE *Continued from Page Two*

•Columbia Medical Center Downtown is the first hospital in the South Atlantic region to utilize the new Watchman FXD Sheath.

•MUSC Health Columbia Medical Center Downtown earned Healthgrades Cardiac Surgery Excellence Award for superior clinical outcomes in heart bypass and valve surgery.

Our team at MUSC Health Fairfield Emergency and Imaging has fully integrated with Epic and our Just Culture quality and safety framework. It is also participating in improved coordination of care for patients requiring connectivity or transfer to MUSC Health-Charleston Division’s quaternary services, and like the three medical centers in the Midlands Division, it is working to improve cost efficiencies by leveraging MUSC Health’s overall purchasing power. Its leadership is also looking very closely at how more telehealth connectivity might benefit their patient population.

Like all of our clinical divisions, the

Midlands Division has its own revenue cycle, budgeting processes and relative autonomy, so I want to underscore my gratitude for the numerous ways in which they have collaborated with our health system administration and university leadership to align, improve and move forward as servant leaders responsible for the successes of their own divisions, and now, part of our overarching mission of education, research and patient care.

Finally, you may have heard, but in case you haven’t – our MUSC Health University Medical Center was once again named the best hospital in South Carolina by U.S. News & World Report, as part of its annual best hospital rankings program. This marks the 8th year in a row! Another great reminder that our collective expertise is valued and seen at the national and state levels.

Yours in service,

David J. Cole, M.D., FACS
MUSC President

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and especially preterm infants. Premies typically are fed mother's milk or donor milk during their hospital stays. Studies have confirmed the many benefits that are associated with the consumption of breastmilk, compared with formula, for premies, including: shorter hospital stays; lower lung infection rates in conditions such as bronchopulmonary dysplasia, a breathing disorder that affects an infant's lungs; lower risk of necrotizing enterocolitis, an intestinal disorder that affects very low-birth-weight infants; plus, breast milk helps babies' brains to grow, resulting in higher IQs.

"If we don't establish that brain-breast-body connection in the first two weeks, we risk insufficient milk production forever. It doesn't get any better. That's why this program is so important so we can establish this sooner," said Gros.

"We were back to the basics, asking, 'How do we get electric breast pumps to moms faster?' That's when we approached our regional WIC staff, and we were surprised to learn they had the solution," said Boone, of their initial meetings in 2021 and again this past January and May with Lowcountry WIC administrators.

"They were already using the WIC Service on Wheels (SoW) van across the Lowcountry so it was a no-brainer to park it at the SJCH once a week to conduct initial WIC appointments and be a registration site for mothers and infants, who were admitted in our ICUs. It's been a huge success so far," Boone continued.

Between June 23 and June 30, the teams scheduled five mothers, with a 100% show rate. An additional mother, who was discharged the morning of June 30, was seen the same day, thanks to MUSC's lactation consultants who called the WIC van staff. "This has been a significant improvement, given that some mothers may wait up to two to three weeks to be seen post-delivery in their local regions. It's definitely a win-win for mothers, WIC and MUSC Children's Health," Boone said.

The MUSC team has worked with WIC program manager Kristin Pillion, WIC breastfeeding coordinator Courtney Smith and others to coordinate the logistics for bringing in the WIC SoW van to SJCH. Mothers register with the lactation consultants and receive information and reminders about their visits via email and in-person consultation. Both teams hope to track patient/client outcomes and data about breastfeeding and breast milk rates that will help them to improve the quality of services, education and interventions for better mother-baby outcomes.

A mostly underutilized statewide program, the WIC program faced many challenges during the early part of the COVID-19 pandemic. As offices were short staffed and the program worked to accommodate clients, cautious mothers navigated through transportation issues, work and family challenges that prevented them



Photos by Sarah Pack

S.C. DHEC WIC Program's Nancy Kate Pippin, bottom row, from left, Courtney Smith, Alleyah Wilder join MUSC lactation consultants and neonatologists on June 30.



MUSC Neonatology Fellow Dr. Neal Boone, left, and Neonatology attending physician Dr. Katherine Chetta discuss the DHEC WIC van that comes to MUSC Shawn Jenkins Children's Hospital.

from visiting their local WIC area offices. To counter this, the regional office ramped up its WIC SoW program featuring a dedicated mobile van equipped to serve as an "offices on wheels" and staffed with WIC coordinators, a nutritionist and support personnel to travel around the region to public gatherings such as Head Start centers, libraries, farmers markets and back-to-school events around their districts.

Nancy Kate Pippin is the WIC van coordinator for the Lowcountry WIC SoW program. She, Smith, a nutritionist and van coordinator Alleyah Wilder coordinate the van schedule at MUSC and other Lowcountry locations where it's used. The Lowcountry WIC SoW team is based with the Colleton County Health Department in Walterboro, but covers the entire Lowcountry region, including Charleston.

"Our main goal was to try and eliminate transportation barriers of our clients and try and meet

participants where they are — that's what we're doing here at MUSC," said Pippin.

Wilder drives the van and helps moms and children through the registration process, recording client information, arranging for the mother to meet with a WIC nutritionist and reviewing benefits before issuing a SC WIC card. Smith also talks to mothers about breastfeeding support, responds to questions and issues electric breast pumps.

"You can quickly tell: Mothers, with their babies in the NICU, they're stressed and having a tough time," said Wilder. "You can see it on the moms' faces. Being a mother who's had a child in the NICU, I know how that felt. It's nice to bring a smile to a mom's face by providing good customer service and connecting them with the things they need, like a breast pump and other interventions to help their child."

Back to old-school healthy habits

By LAURA M. NANCE, WELLNESS DIETITIAN

MUSC Office of Health Promotion

Opportunities to recharge, refresh and change up routines aren't just for kids going back to school. Adults of all ages can benefit by focusing on a couple of routine lifestyle practices, and this just seems like the time of year to put some new behaviors into place. Healthy lifestyle practices might help you to get through some of the tougher times, like dealing with the increased morning traffic, with school back in session (eye roll), or getting back into work mode from vacation (sigh). Experts from the Centers for Disease Control and Prevention to your local pediatrician's office agree on several key areas to focus on to improve your health and well-being for all of life's situations.

• **Get enough sleep.** Most adults need 7 to 9 hours and preteens and teens up to 12 hours to feel rested and mentally alert the next day. Getting enough sleep is important for children to foster growth and development, but for both kids and adults, it's linked to better physical health, behavior, memory and quality of life.

• **Move more.** The benefits of movement are well-known and documented; it's just a matter of doing it. Determine a reasonable, and attainable, weekly goal for planned movement and make it fun – plan a local park visit or organize a social walk to catch up with friends (school just started, there's lots to talk about). Once the weather cools a bit, aim for the outdoors as an added benefit to movement.

• **Limit screen time.** It's so easy to get swept away in the swiping, liking and sharing mode that might distract you from other tasks or even pull you from your physical activity goals. Determine a limit that's best for you – or your child – and set it up on the phone. Gentle reminders can be helpful; with any task, it's easy to get distracted and not even realize how much time has gotten away from you.

• **Eat a well-balanced diet.** The best way to accomplish this is to aim for several different food groups when you have a meal and vary the colors of your food throughout the day. Packing a lunch from home can be beneficial, as planning ahead tends to lead to healthier choices and help with portion control. Leftovers from the night before are easy, and it comes from a dinner

MUSC Health
& Well-Being

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



meal where you likely (hopefully) focused on making a balanced meal.

• **Hydrate.** Make a plan for it by bringing a water bottle with you and refilling it with fresh water at every opportunity. Make it fun and easy by mixing it up with a carbonated or flavored water and even finding the water bottle that best encourages you to drink – they're not all the same, and unicorn stickers aren't just for kids.

These focus areas aren't breaking news; we have been schooled on them our entire lives. It's easy though to lose sight of their benefits and get distracted and sometimes "life just happens." Take advantage of the "refresh and refocus" spirit that this time of year offers to bring some positive lifestyle changes into your home successfully.

YOUTH *Continued from Page Three*

who come from historically marginalized communities can't afford to work for free. Woods concurred, explaining that the Department of Diversity, Equity and Inclusion recognizes that to advance equitable practices at MUSC, first understanding the challenges faced and the support that is needed is critical.

Melissa Carroll, who runs the program with Woods, expressed her pride in this year's successful summer program. "I have been very impressed watching

the students build on their skills and incorporate the knowledge shared with them through our talented and dedicated speakers. Our students are building a knowledge base and networks that will continue to propel them forward."

For information about this program, email Melissa Carroll at carrolm@musc.edu or Imari J Woods II at woodsii@musc.edu. The application process begins annually mid-February and can be found on the DEI department website <https://web.musc.edu/about/leadership/institutional-offices/diversity>.



BADGE PAY IN THE CAFE IS CHANGING

Effective August 1st - Payroll Deduct will be replaced by Funded Declining Balance* using a debit/credit card.

Action Required: Sign up for your Volante AMS account starting July 18th to begin paying with your badge on August 1st.

With a Volante AMS account you can make purchases in the cafeteria with one swipe of your MUSC ID.

Here's how:

- 1 SCAN THE QR CODE TO SIGN UP FOR AMS or go to: <https://ams-ui.volantecloud.com/MUSC>
- 2 CREATE A PASSWORD (YOU'LL NEED YOUR EMPLOYEE ID*)
- 3 LOOK FOR A CONFIRMATION EMAIL FROM VOLANTE AND FOLLOW THE INSTRUCTIONS. ONCE YOUR ACCOUNT IS READY:
 - SIGN IN
 - ACCEPT THE WAIVER TO "OPT IN" AT SIGN IN OR VIEW UNDER "MY PROFILE"
- 4 FUND YOUR ACCOUNT WITH A DEBIT OR CREDIT CARD

Scan here for a video tutorial of the sign up process!
Or go to this website:
<https://vimeopro.com/casus/video/volante-ams-sign-up-and-funded-declining-balance>

EMAIL SUPPORT@VOLANTESYSTEMS.COM FOR ANY ISSUES.

*There are no fees associated with signing up for Funded Declining Balance.

*Residents & Volunteers: Sign up any time and use when your stipend is exhausted!

FREE PROBATE COURT ESTATE WORKSHOPS

What: Charleston County Probate Judge Irv Condon is conducting free virtual estate administration and estate planning workshops via Zoom.

When: Monday, August 15 at 6 pm
Monday, August 22 at 10 am
Monday, August 29 at 6 pm

Register at <https://ccprobate.charlestoncounty.org/irvcondonfreeworkshop>. Any questions, please call or email Jamie Robinson at 843-958-5036 or jrobinson@charlestoncounty.org. A Zoom link and workshop material will be provided. Recorded versions of previous Workshops are available at: <https://bit.ly/3ITH3Q1>.

What: Judge Irv Condon conducts a free in person workshop on Wills, Estates & Probate Administration.

When & Where: Thursday, August 11th, 6pm at the Cynthia Graham Hurd/St. Andrews Regional Library on 1735 N. Woodmere Drive, Charleston SC 29407. Please call (843) 766-2546 to register.

What: Judge Irv Condon conducts a free in person workshop on Wills, Estates & Probate Administration Workshop.

When & Where: Wednesday, August 24th, 6 pm, at the Otranto Library on 2261 Otranto Road, North Charleston SC 29406. Please call (843) 572-4094 to register.

TRANSPLANT *Continued from Page Six*

adult kidney and does not get compressed, or the vein, particularly, can clot," the surgeon said.

The operation was a success. Baliga credited not only Cathey but also the team of specialists at MUSC Health and the MUSC Shawn Jenkins Children's Hospital who came together to make it happen. "I think having a hospital and a system that can bring in such talent and skills together is extremely important for the success," Baliga said.

Natalyn's mother was thrilled and grateful that her daughter would have a fresh start. "Now, she's going to be able to do whatever she wants. It won't be her last transplant. She'll need another one eventually. But this will get her, hopefully, through high school and into adulthood."

Cathey said she was proud to be able to help. "I think I'm just being a good human. I did what any family member would've done. And it feels good. I want to see her grow up. I want to see her experience life, and she hasn't gotten to do that without tubes and doctors and being away from her family."

She also encouraged other people to consider becoming living donors. "Share your spare. You give somebody a second chance. I had already made up my mind that if I was not a match to her, when I was losing weight, that I was going to give up my kidney anyway. Because to watch my family struggle, I didn't want



Erika Mann with her daughter Natalyn in MUSC Shawn Jenkins Children's Hospital after Natalyn's transplant surgery.

Photo by Sarah Pack

somebody else to struggle. So I was going to donate regardless. I'm just glad that we're a perfect match."

She and Natalyn are back in their homes, now. Natalyn's mother described her daughter's outlook. "Sassy, smart. And just a wonderful, joyful person."

Natalyn's dad had some advice for other parents. "Just keep an eye on how your kids behave. If anything is abnormal, definitely have it checked out. Because if we waited another day, she wouldn't be here now."

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WORD SEARCH

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS (PILOT TALK)

ACCELERATION	CARGO	GROUND
ADVERSE YAW	CEILING	INDICATOR
AERONAUTICAL	COMMUTER	LANDING
AILERON	COURSE	NOSE
AIRSPEED	DESCENT	PLANE
ALTIMETER	DIRECTION	PROPELLERS
AVIATION	DRAW	ROUTE
CABIN	GRAVITY	STALL

G	G	R	V	W	W	M	G	C	C	E	S	R	U	O	C	N	G	R	C
I	R	S	D	O	C	B	W	Y	C	S	E	W	V	G	V	O	S	U	B
L	A	O	R	R	I	L	R	L	O	C	W	S	N	W	P	I	L	B	N
W	E	C	U	E	A	O	A	I	L	V	E	G	P	B	Y	T	E	R	O
W	R	L	E	N	L	G	O	C	N	O	V	I	T	A	T	A	R	I	R
L	W	T	L	A	D	L	L	U	I	D	A	G	L	D	L	I	B	L	E
N	T	O	Y	A	W	Y	E	C	M	T	I	V	V	I	P	V	E	A	L
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N	N	S	A	N	T	S	A	A	O	M	A	A	A	L	L	G	C	D	A
Y	O	S	L	S	O	U	V	V	Y	R	M	G	N	T	M	R	U	I	V
W	Y	I	M	A	R	I	O	R	P	E	P	U	I	O	O	E	P	N	Y
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M	P	L	P	U	N	E	N	M	E	R	Y	P	W	V	B	C	L	U	E
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O	T	S	B	S	L	D	M	E	V	C	G	D	W	I	C	A	O	A	C
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I	C	D	O	G	R	A	C	N	A	C	N	S	G	V	A	V	M	M	N
P	R	U	M	W	A	U	P	A	W	W	A	N	L	E	W	I	T	A	T

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