NEWS FROM THE REGION’S PREMIER ACADEMIC MEDICAL CENTER

JANUARY 26, 2017

Program Spotlight: Cardiac Rehabilitation

From a hospital … to a health system

With new partnerships and growth on its main campus and throughout the region, The University of Kansas Hospital is transitioning to a new name: The University of Kansas Health System.

The name, unveiled publicly this week, represents the hospital’s consolidation with physicians and clinics of The University of Kansas Physicians.

The name also better describes the inpatient and ambulatory services offered by the hospital for the past few years. And it is inclusive of partner relationships with Hays Medical Center, Stormont Vail in Topeka (radiation oncology), North Kansas City Hospital (oncology), Cornerstones of Care at Marillac (psychiatry and behavioral services) and KVC Behavioral Health.

“We are much more than the facilities off 39th in Kansas City, Kansas,” said Bob Page, health system president and CEO.

“We reach across the state line and throughout Kansas. All of this is part of our mission to give people throughout Kansas and the Midwest access to advanced medicine.”

The health system’s new logo includes an icon, the top of which represents a test tube to symbolize discovery. The white arrow behind the flames is designed to symbolize growth and progress. The flames are inspired by the traditional physician symbol, the Rod of Asclepius, DNA and the three-tiered mission of academic medicine: clinical care, research and education.

Although the rebranding process will span the next 24-36 months, patients and the community will see some changes this month. Marketing materials such as TV commercials, billboards and radio ads feature the new health system name, logo and icon. Employee name badges also are changing. Despite the changes, “The University of Kansas Hospital” will remain the name of the primary hospital building itself at 39th and Cambridge Street.

The health system has experienced remarkable growth in recent years. It now encompasses nearly 10,000 employees and physicians who provide care at approximately 80 locations throughout the Kansas City metro, in addition to partnerships in Hays and Topeka.

“The new name ‘The University of Kansas Health System’ represents our commitment to reach beyond our home campus to touch as many lives as possible,” Page said.

“Our focus is on serving patients no matter where they are,” he added. “We see patients from every county in Kansas, almost all counties in Missouri and all 50 states.”

The University of Kansas Health System works closely with – but is not a part of – the University of Kansas Medical Center, which encompasses the Schools of Medicine, Nursing and Health Professions.

By the Numbers: Cardiac Rehabilitation

Each year, approximately 1,300 patients admitted to The University of Kansas Health System are eligible for outpatient cardiac rehabilitation, a key to recovery.

68%

Eligible inpatients at our health system who participate in outpatient cardiac rehabilitation. The U.S. average ranges from 11% to 38%.

Where our outpatients go for cardiac rehab (FY 2016)

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,430 eligible patients</td>
<td></td>
</tr>
<tr>
<td>934 participated in cardiac rehab</td>
<td></td>
</tr>
</tbody>
</table>

Of that:

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our health system</td>
<td>177</td>
</tr>
<tr>
<td>Other facilities</td>
<td>757</td>
</tr>
</tbody>
</table>

A closer look at our outpatients in cardiac rehab

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>29%</td>
</tr>
<tr>
<td>Male</td>
<td>71%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Diagnoses</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angioplasty (PCI)</td>
<td>34%</td>
</tr>
<tr>
<td>Coronary artery bypass graft surgery</td>
<td>36%</td>
</tr>
<tr>
<td>Valve surgery</td>
<td>14%</td>
</tr>
<tr>
<td>Heart failure</td>
<td>8%</td>
</tr>
<tr>
<td>Heart attack (MI)</td>
<td>8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tobacco status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never smoked</td>
<td>62%</td>
</tr>
<tr>
<td>Current smoker</td>
<td>10%</td>
</tr>
<tr>
<td>Former smoker</td>
<td>28%</td>
</tr>
</tbody>
</table>
Events

**CANCER COMPASSION**

**FATIGUE** – The class focuses on caregivers of cancer patients. Learn how to pinpoint symptoms of compassion fatigue, understand how these symptoms impact your life and the lives of your loved ones, and develop strategies to manage compassion fatigue. The class is 3-4 p.m. Tuesday, Jan. 31, and/or Tuesday, Feb. 28, at The University of Kansas Cancer Center-Westwood. Call 913-574-0900 to register.

**LIVING WITH NEUROLOGICAL DISEASE** – Each morning do you ask, “Who will I be today: Joyous, sad, calm, frustrated or fuzzy-brained?” It’s an ongoing challenge for people living with a neurological disease such as Parkinson’s or multiple sclerosis, and for their families and friends. Learn everyday skills for managing such conditions. The class is 10:30 a.m.-12:30 p.m. Tuesday, Jan. 31, at Turning Point: The Center for Hope and Healing in Leawood. Call 913-574-0900 to register.

**MEDITATION SERIES** – Research tells us the ability to self-calm can help us manage stress more effectively. It can also help us manage pain and other symptoms and can enhance overall well-being. Learn a different meditation technique each week, including autogenic training, guided imagery, progressive relaxation and mindfulness. The series is 3-4:15 p.m. Tuesdays, Feb. 14-March 7, at Turning Point: The Center for Hope and Healing in Leawood. Call 913-574-0900 to register.

**KITCHEN THERAPY** – Those living with cancer and other chronic diseases are invited to join experts for free cooking demonstrations and tips on how to make nutritious food appealing and enhance appetites. Midwest Cancer Alliance teams with Integrative Medicine dietitians to find ways for patients and caregivers to cook up comfort. The class is noon-1 p.m. Thursday, Feb. 16, at the University of Kansas Clinical Research Center in Fairway. To register, call 913-945-7624.

**PROGRAM SPOTLIGHT**

Making cardiac rehab a habit for patients

For most heart patients leaving the hospital, one of the surest paths to recovery is a structured cardiac rehabilitation program. Getting them to participate? That’s another matter.  

Of the 2 million eligible outpatients nationwide, just 26 percent actually pursue cardiac rehab, on average. Participation rates are especially low among women, who tend to focus on their families instead, and among people in rural communities, who have less access to exercise facilities. 

Cardiac rehab participation levels are remarkably higher at The University of Kansas Health System, averaging 68 percent of eligible outpatients (see more cardiac rehab statistics on page 1). The key, according to Eric Larson, the health system’s cardiac rehab manager, is the support the program receives from cardiologists and other caregivers. They emphasize the benefits of cardiac rehab and what to expect before patients leave.  

“That helps immensely,” Larson said. “It opens the door for us to see absolutely every heart patient in our hospital.”

Twice each day, his staff spend 30 minutes walking many heart patients along hospital corridors. It’s a perfect time to discuss plans for comprehensive, long-term cardiac rehabilitation. “During those walks we learn a lot about their grandkids,” Larson said and smiled. “But we also talk about the importance of improving their quality of life.”

During cardiac rehabilitation, outpatients typically are seen three times a week for three or four months. Most insurance carriers cover 36 sessions. 

The 11 employees in Cardiac Rehab represent a multidisciplinary team. In addition to providing a monitored exercise program, they focus on medical evaluation, risk-factor modification, education and counseling. 

Dietitians play an increasingly important role. The program also is expanding to support patients’ psycho-social needs, since they frequently face depression and anxiety after a heart attack or procedure. 

Such new efforts are vital for the Cardiac Rehab team and their patients. As the nation ages, Larson knows, the number of heart disease survivors is expected to grow at a much faster rate than the U.S. population as a whole.

**EXPOSURE**

Nursing know-how

Nearly 200 nursing students who will graduate in May with their BSN degrees turned out for The University of Kansas Health System’s reception Jan. 18. During the open house, students were able to talk one-on-one with many of our health system’s nurses and nurse managers, including Sandy Turner, RN (right), who discussed operating room nursing opportunities. The event attracted approximately 70 more students than the inaugural nurse grad reception last year.
**In the News**

A recap of recent articles, TV segments and other media coverage of the region’s leading academic medical center

► **FLU ON THE RISE, VACCINE AVAILABLE** – KCTV-5, Jan. 18. The number of children dying from the flu has climbed in several states, including Missouri. Physicians suspect those children never received a flu shot and say this year’s vaccine is very strong and effective, covering about 95 percent of this season’s flu strains. Lee Norman, MD, chief medical officer at The University of Kansas Health System, said he’s never seen a patient die who was immunized. It’s not too late to get your flu shot; you have until March.

► **ALZHEIMER’S CENTER SPEEDS UP SEARCH FOR CURE** – Kansas City Business Journal, Jan. 12. The University of Kansas Alzheimer’s Disease Center is partnering with a national nonprofit to make its clinical trials more efficient, expediting the search for a cure. The center has 24 active studies that seek solutions for prevention of the disease and a new cure. “We can do trials faster, and we need to,” said center Co-Director Jeffrey Burns, MD. “The only way to the next treatment is through trials.”

► **A HIGH-TECH SOLUTION FOR SLEEP APNEA** – KCTV-5, Dec. 22. A new surgical solution at The University of Kansas Health System is available for people who suffer sleep apnea but can’t tolerate a CPAP (continuous positive airway pressure) machine. The surgical implant, called Inspire, works much like a pacemaker, but instead of sending electrical impulses to the heart, it stimulates a nerve in the tongue, unblocking the airway during a sleep apnea episode. The health system is the only one in the region to offer the surgery.

► **NEW SPORTS MEDICINE CLINIC IN LAWRENCE** – The Kansas City Star, Dec. 7. The University of Kansas Health System is entering the Lawrence market with a new orthopedic and sports medicine clinic. The new clinic stems from the hiring of Jeffrey Randall, MD, an orthopedic surgeon. Randall, a 1990 graduate of the University of Kansas School of Medicine, joins the health system and also will teach at the University of Kansas Medical Center.

**Sports med tips, advice at Royals FanFest**

Sports medicine professionals from The University of Kansas Health System once again will offer expertise, advice and fun at the 2017 Royals FanFest, which is Friday-Saturday, Jan. 27-28, at Bartle Hall.

At last year’s FanFest, The University of Kansas Health System’s Martin Dolphino, PT, offered swing tips to keep young players healthy.

Baseball fans can “ask the expert” specific questions during sessions with physicians, athletic trainers and physical therapists. Topics include concussion, nutrition and general sports medicine.

Fans also can test their batting swing as physical therapists analyze mechanics using a specialized K-vest, which measures alignment and movement. Volunteers will also take photos and email fans their own baseball trading cards to share on social media and win prizes.

The University of Kansas Health System is the Official Healthcare Provider of the Kansas City Royals.

**From UK to Kansas, boy wins hearts**

Alexander Goodwin, the 9-year-old British boy who came to The University of Kansas Cancer Center for surgery – and captured hearts all over America – is on the road to recovery following a Jan. 11 procedure. “He took my hand in both of his hands and he told me, ‘I’m sure you will do a remarkable job,’” said surgeon Howard Rosenthal, MD. Alexander suffers from Ewing sarcoma, a rare bone cancer.

**Bill would exempt hospital from gun law**

The University of Kansas Health System has endorsed legislation to revise the Kansas Conceal and Carry law.

The bill, introduced Jan. 18 by the Kansas House Health and Human Services Committee, would, if approved, exempt the state’s only academic hospital from a law allowing concealed weapons in its buildings. Similar bills have been introduced since then.

The existing law is scheduled to take effect July 1 as part of a general expansion of concealed weapons locations. Under that law, the hospital would be the only one in the Kansas City metro to be required to allow concealed weapons in its buildings. Similar bills have been introduced since then.

The issue has nothing to do with gun rights or gun control. It is about the safety of our patients, visitors and staff,” said Bob Page, health system president and CEO. “Our patients and visitors are under tremendous stress while at the hospital,” he added. “Our staff deal with tense, emotionally charged situations daily. The option to have guns present in those situations could create significant safety issues.”

**Om nom nom**

You know it’s a good day in the Pediatric ICU when Cookie Monster visits. On Jan. 20 the furry Muppet brought smiles to young faces, such as 3-year-old Jonny Journey, at The University of Kansas Health System. The Sesame Street character and his friends will appear in Sesame Street Live Feb. 24-26 at Sprint Center.

**News Briefs**

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Our People

The ‘Highest Honor’ in Nursing – Tammy Peterman, RN, FAAN, The University of Kansas Health System’s executive vice president, chief operating officer and chief nursing officer, has been inducted as a fellow in the American Academy of Nursing, the profession’s highest honor.

Tammy Peterman, RN, FAAN (left), was honored by the American Academy of Nursing’s Bobbie Berkowitz, PhD, FAAN, during a ceremony in Washington, D.C.

The academy’s approximately 2,400 fellows are leaders in nursing education, management, practice and research. Formed in 1973, the organization strives to transform health policy and practice through nursing knowledge.

“The honor is so well-deserved,” said Bob Page, health system president and CEO. “You would be hard-pressed to find a nursing leader as talented and as accomplished. She has transformed nursing and transformed our entire organization.”

Chris Ruder, RN, vice president of patient care services and associate chief nursing officer, called the induction as an academy fellow “the highest honor in the profession – it’s the hall of fame for nursing.”

Behind her success, he believes, is a boundless passion for patient care cultivated years ago while watching her father, a small-town physician in western Kansas, and his devotion for his patients and their community.

“Tammy has an incredible amount of energy, but even more than that she also has an incredible amount of passion,” he said. “That passion drives everything she does.”

**DAISY Nursing Awards**

Every quarter, The University of Kansas Health System recognizes several nurses with the DAISY Award, a national program that honors extraordinary nurses for their clinical skills and compassion.

The awards are based on nominations from patients, their families and colleagues. Congratulations to our most recent honorees (with excerpts from their nominations):

Kyla Alsman, RN, Westwood Navigation-Intake – The Survivorship Transition Clinic was formed in 2014 for childhood cancer survivors, who face lifelong health risks.

“Kyla is the first point of contact for new patients coming into the clinic. From my perspective at Children’s Mercy Hospital, I listen to my families express a myriad of emotions about leaving our hospital.

“Tammy has an incredible amount of passion,” he said. “That passion of energy, but even more than that she also has an incredible amount of passion,” he said. “That passion drives everything she does.”

Ellie Steer, RN, Medical/Transplant ICU – “When we arrived at my mother-in-law’s room, her care was already in full swing – a flurry of activity and tests, and medical professionals who observed and evaluated.

“The one constant for us during this stressful day was the RN in charge of her care. Ellie was attentive to her patients and thoughtful to her family. She explained the procedures, tests and results.

“Even though it was an extremely busy day on the floor, she never appeared rushed, harried or impatient with our questions. She was quick to share a smile on a day when there were few smiles of our own. It was apparent to all of us that this was her calling.” – patient’s family

**Our People**

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