New deans: Interprofessional training is key

A new era of leadership started this year at the University of Kansas Medical Center when Abiodun Akinwuntan, PhD, MPH, and Sally Maliski, PhD, RN, arrived as deans of the University of Kansas Schools of Health Professions and Nursing, respectively.

They join Robert Simari, MD, who became executive dean of the School of Medicine two years ago, as leaders of the three schools on the medical center campus, which is headed by Executive Vice Chancellor Douglas Girod, MD.

Although they hail from opposite coasts and were born a world apart, Akinwuntan and Maliski share a passion for interprofessional education: Future physicians, nurses and allied healthcare providers learning in a collaborative environment.

Just as team-based healthcare is common at most hospitals, interprofessional education, or IPE, has become a hallmark of the medical center. Last year, for instance, the center launched a program among first-year students in all three schools called TeamSTEPPS. It will bring them together once a year to hone their interprofessional skills.

The new deans said such attention to team-based healthcare helped attract them to the medical center.

“I see interprofessional education as really understanding what each other brings to the table, and then calling on those areas of expertise depending on the healthcare needs we’re facing in the situation,” Maliski said. “It’s understanding and respecting each other, and then working together to improve the healthcare situation.”

The medical center’s Health Education Building, slated to open in little more than a year, also is key to expanding interprofessional training among the three schools. The building will provide functional spaces that support interprofessional education with approximately 47 classrooms, 32 clinical and simulation labs and numerous community life areas.

“When the Health Education Building is completed it will further enhance IPE,” Akinwuntan said. “The three different schools now are in different locations (on the main campus) and we always have to come to one central area. “The new building will put everyone together,” he added, “so it will be a seamless integration between all the professions and an actual true-life experience of how real interprofessionalism should be.” (Read more at kumc.edu.)

By the Numbers: Tornadoes in Kansas

As tornado season nears, thousands of employees at the region’s premier academic medical center participated in a tornado drill last week to ensure they’re ready to care for patients and guests if a twister strikes.

129 Tornadoes in Kansas last year, the fourth most since 1950. (The most: 187 in 2008.)

<table>
<thead>
<tr>
<th>Year</th>
<th>Average number of tornadoes per year</th>
<th>Tornado severity (2015)</th>
<th>Kansas totals (since 1950)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Since 1950</td>
<td>61</td>
<td>EF2-3 9%</td>
<td>4,476 Tornadoes</td>
</tr>
<tr>
<td>Since 1985</td>
<td>83</td>
<td>EF0-1 91%</td>
<td>237 Fatalities</td>
</tr>
<tr>
<td>Since 2005</td>
<td>100</td>
<td></td>
<td>2,912 Injuries</td>
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Although it was an active year, most of the state’s tornadoes in 2015 were weak – no tornadoes exceeded EF3.

Source: Kansas Emergency Management Association
**PROGRAM SPOTLIGHT**

**When wellness is part of cancer care**

“When illness becomes wellness” is the motto of The University of Kansas Cancer Center’s exercise and wellness program. It treats the whole body, mind and spirit of cancer patients and survivors.

As the only one of its kind in the area, and one of about a dozen across the country, the program is based on research that shows treating the whole person has better outcomes than just eradicating cancer cells. Other research is studying the effects of exercise on various diseases and conditions, as well as quality of life.

While the cancer center works with patients in cancer and treatment, the wellness program primarily focuses on integrating personalized exercise into traditional cancer treatments.

The program operates under the umbrella of Oncology Rehabilitation, which is led by physiatrist Kamal Fetouh, MD.

Wellness staff evaluate patients and tailor plans treating neuromuscular, musculoskeletal and functional complications from cancer and treatment, ultimately improving physical function, muscle strength and warding off depression and fatigue.

Sami Mansfield, oncology exercise specialist, has been the wellness program manager since its 2010 inception. “We help people get their lives back and live life to the fullest,” she said.

“I worked with one woman whose surgery was so invasive she couldn’t sit up or lift her arms over her head,” Mansfield recalled. “Through a diligent but basic exercise program she now rides her bike twice a week and takes care of her grandchildren!”

The program has grown tremendously over the years, primarily through efforts by Fetouh and Mansfield to integrate it into every area of the center’s care. Two years ago they implemented a relatively new initiative, called prehab, or exercising before treatment.

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“Patients lose 10 percent of muscle mass for every 30 days of bed rest,” said Mansfield. “Getting them stronger before surgery and treatment helps them recover quicker.”

She stresses that while cancer patients have little control over their treatments, exercise empowers them with something they can control to help themselves get better.

When more than exercise is needed, staff call on a team of chaplains, social workers, psychologists, dietitians, physiatrists and other specialists to help.

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**EXPOSURE**

**Match Day – Jayhawk style**

As part of Match Day, 190 graduating medical students at the University of Kansas School of Medicine opened envelopes on March 18 to learn their residency assignments for the next three to seven years, depending on the specialty. Kelsi Drummond and Hans Tregear, who are engaged, learned they will continue at the school as residents in Obstetrics/Gynecology and Anesthesiology, respectively. Tregear also gave a “Rock-Chalk Jayhawk” shout, drawing a laugh from Executive Dean Robert Simari, MD.) Similar Match Day celebrations are held at medical schools across the country. (Read more at kumc.edu.)
Healthy heart, healthy brain – Reuters, March 16. Researchers assessed memory, thinking and brain processing speed of 1,000 New York City residents. Participants with heart-healthy habits – not smoking, normal blood sugar and good weight – excelled on the brain tests. “These are important findings for reminding us all why it is important to make good lifestyle choices,” said Jeffrey Burns, MD, co-director of the University of Kansas Alzheimer’s Disease Center. “These choices have both physical and cognitive benefits.”

Worst diet advice? – Readers Digest, March 14. Nutrition experts have compiled a list of false but commonly believed diet tips. Shannon Giese, RD, clinical dietitian at The University of Kansas Hospital, addressed several myths, including diets that put excess focus on one food. “You’re cutting out a lot of different nutrients that other foods can offer,” she said. “Plus, eating plays an important role in your daily life. These diets can become repetitious and dull, and you want to enjoy your meal plan so you can stick with it.”

Vasectomies: Nothing to worry about – Medical Daily, March 11. A 2014 study of vasectomies found they involve an elevated risk of prostate cancer. Yet Ajay Nangia, MD, a urologist at The University of Kansas Hospital, believes there’s no plausible biological explanation for any link. “Those men who had a vasectomy might be followed more closely by their urologists and had their prostate exams checked more often,” he explained. Also, other studies have concluded there is no link between vasectomies and prostate cancer.

Wife ready to donate her kidney – KSHB, March 9. Former KU basketball star Alonzo Jamison has Type 2 diabetes. His wife isn’t a kidney donor match, but she was approved for a paired kidney donation. “It takes two incompatible pairs and they are placed on a paired donation list, where the match run is done twice a week,” explained Amna Ilahe, MD, medical director of The University of Kansas Hospital’s Kidney Transplant Program. Jamison is sharing his story “not just because I need it but because there are thousands of people who need it.”

Nursing specialties
Certified Nurses Day on March 19 honored nurses nationwide who achieve higher levels of nursing specialization. At The University of Kansas Hospital, 776 nurses hold 892 certifications, including these Emergency Department nurses who are certified in areas such as Emergency, Forensic, Pediatric Emergency and Trauma Critical Care. The RNs (from left): Hannah Gleason, Elyse Biethman, Joan Horton, Kathryn Maggio, Tami Murray and Gretchen Brown.

Former medical student gifts $1 million
Gifts large and small have laid the foundation of the new Health Education Building under construction at the University of Kansas Medical Center. A $1 million gift from Diane Klepper, MD, will support construction of the building, slated to open in summer 2017 at the corner of 39th Street and Rainbow Boulevard.

Klepper, a Wichita native now living in Albuquerque, is a pulmonologist who graduated from the University of Kansas School of Medicine in 1964, one of two women in her class of 100.

After residency, she received a one-year fellowship in pulmonary disease at the University of New Mexico School of Medicine. From there she became dean of admissions and student affairs at that school, a position she held for 31 years and one that gave her the opportunity to influence potential female students. “Being a student advocate as a dean of student affairs is one of the things that made me want to support the educational building,” she said.

Her gift, through KU Endowment, is part of ongoing fundraising for the new building. It is being funded through a combination of private philanthropy, state bonds and KU funds. To date, donors have committed more than $37 million, including a $25 million lead gift from the Hall Family Foundation.

Ceremony June 7 honors Hall of Fame
The recipients of The University of Kansas Hospital’s highest honor have been announced. Established in 2011, the Hall of Fame honors individuals and organizations that have shared the hospital’s vision and have been instrumental in its continuing transformation. Their leadership, advocacy and philanthropy have immeasurably contributed to its success.

This year’s Hall of Fame Awards recognize:
- Legacy Award – Marc A. Asher, MD, and Frank J. Ross Jr. The Legacy Award honors a leader or leaders who have gone above and beyond in service to the hospital over many years.
- Catalyst Award – Lisa Hale and the Hale Family Foundation, and The Sunderland Foundation. The Catalyst Award honors an individual or individuals who have helped transform the hospital through support, innovative thinking and advocacy.
- Partners in Excellence – Burns & McDonnell and the Kansas City Royals. The Partners in Excellence Award honors companies or organizations that have invested in the hospital’s growth and success through philanthropy, volunteerism and/or business partnerships.

The annual awards celebration and dinner is 6 p.m. Tuesday, June 7, at the InterContinental Hotel. Invitations will be mailed in April; tickets and sponsorships are available at giving.kumed.com/halloffame or by calling 913-588-2800.
Richard Barohn, MD, has been treating ALS patients, such as Dena Highbarger, for more than 30 years.

George Brett Award for ALS – The chair of Neurology at the University of Kansas School of Medicine, Richard Barohn, MD, has received the 2016 George Brett Award for Commitment from the ALS Association Mid-America Chapter.

The award honors people and organizations that demonstrate a commitment to finding a cure for amyotrophic lateral sclerosis, or Lou Gehrig’s disease.

ALS is a rapidly progressive neurological disease that attacks the nerve cells responsible for controlling voluntary muscles. It causes muscle weakness, paralysis, and ultimately, respiratory failure.

In 1973, George Brett’s friend Keith Worthington was diagnosed with ALS at age 40. After Worthington’s death, the future Hall of Famer promised to help find the cause and cure for the disease.

Barohn, who joined the University of Kansas Medical Center in 2001, has been treating ALS patients for more than 30 years. He founded KU’s ALS Treatment Center and has overseen more than 100 ALS-specific research projects.

Barohn hand-selected and trained staff for an ALS clinic. In 2002 it was certified as the 18th ALS Association Certified Treatment Center of Excellence.

“It’s been my pleasure and honor to work with you over the years,” Brett told Barohn in a video for this year’s announcement. “I admire your perseverance and professionalism, and I hope to be able to raise a toast with you and your family when a cure is finally found.”

The local ALS chapter wrote of Barohn: “His unrelenting belief that there is a treatment out there is best summed up in his quote: ‘You always hope for a home run, something that works in the lab and in the clinic. You have to believe it is the next drug around the corner that will make the difference.’”

Supporting Hope Lodge – The American Cancer Society’s Hope Lodge is a frequent destination for cancer patients who travel to Kansas City for treatment. It’s also become a special way for staff from The University of Kansas Cancer Center and The University of Kansas Hospital to give back to the community.

More than 200 hospital and cancer center employees participated in 14 HERO programs last year. In addition to volunteering at Hope Lodge, they installed smoke/carbon monoxide detectors, fit bicycle helmets on youngsters and painted and repaired older homes, among other projects.

Volunteering at Hope Lodge is a natural for hospital and cancer center staff, said Brian Buckner, clinical projects coordinator for Navigation and Intake at the cancer center. “There are always special connections and conversations between our team and guests,” he said. “It’s very rewarding to come together and share a delicious meal.”

With their overwhelming support, the cancer center and hospital were Hope Lodge’s top source of volunteers for the year.

“We couldn’t be more thankful for all you do to make our patients’ stay here comfortable,” said Sarah Freyman, Hope Lodge assistant director. “I know you fight the cancer fight on a daily basis, and taking time after work to also help here is so appreciated.”

She noted some of the volunteer teams show up several times a week, a regularity that is especially unique.

Located at 11th and Pennsylvania in downtown’s Quality Hill District, the facility features 46 guest rooms. It provides free lodging to more than 1,900 patients and caregivers each year.

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Fact: Here, I get the best chance.

Becky, 23, colon cancer survivor

© The University of Kansas Hospital

Is it time for a gut check?

Colon cancer is the No. 2 cause of cancer death in the United States and its incidence in the young is increasing. If you’re 50 or over, get screened for colorectal cancer regularly.

Put the power of academic medicine to work for you. Call 913-588-1227 or visit kucancercenter.org/gutcheck.

The University of Kansas Cancer Center

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