

CENTER *express*

THE UNIVERSITY OF KANSAS HOSPITAL • UNIVERSITY OF KANSAS MEDICAL CENTER

Outpatient Cardiac Rehab Opens

For seven years, cardiologists and surgeons at The University of Kansas Hospital have had to refer heart patients who're ready for outpatient cardiac rehab to other facilities.

Those days end Monday, Nov. 17, when Outpatient Cardiopulmonary Rehabilitation opens in the hospital's Center for Advanced Heart Care.

"This will significantly enhance not only our patient care, but our continuity of care," said **Eric Larson**, program manager for inpatient and outpatient Cardiopulmonary Rehabilitation. "Patients now will be able to continue their recoveries with us in our new outpatient cardiac rehab program, instead of having to go elsewhere."

Outpatient cardiopulmonary rehab is an individualized program of

monitored exercise and education. Patients are encouraged to attend three times a week for up to 12 weeks.

Program Saves Lives

"Statistically, those who enter an outpatient rehab program post-event have a 75 percent better survival rate than those who don't," Larson said.

The inpatient and outpatient cardiac rehab staff members "will work both sides," Larson explained. Specialists and caregivers who patients come to recognize and know during hospitalization for a heart attack, heart surgery or other forms of heart disease will continue to work with them in their long-term recovery.

Rehab Staff

Staff includes registered nurses, an exercise specialist,

dietitian and respiratory therapist. In addition, Larson is degreed in clinical exercise physiology. Cardiologist **Brian Weiford, MD**, is medical director. **Bob Whitman, PhD**, Pulmonary Diagnostics, is program director.

Set up in 2,600 square feet in the southwest corner of the fourth floor, the former shell space was designed specifically for outpatient rehab. Equipment includes stationary bicycles, treadmills, steppers and an arm ergometer (arm crank).

Education Is Key

The education component makes the hospital's program unique. Each rehab session includes up to 45 minutes of non-continuous exercise, followed by 20 to 30 minutes of education. Then, at the patient's next session, a staff member reviews the previous

Outpatient Cardiac Rehab Open House Set

Outpatient Cardiopulmonary Rehabilitation will host an open house 2 to 4 p.m. Friday, Nov. 14, on the fourth floor of the Center for Advanced Heart Care. Attendees will travel past patient rooms and are asked to move quietly as a courtesy to patients.

material while the patient exercises to help make the information "stick."

"The education component is huge," Whitman said. "That's where you're going to really help people change lifetime behaviors."

In the beginning, the program will operate 8 a.m. to 5 p.m. Monday, Wednesday and Friday. By February, the staff hopes to begin pulmonary rehab 10 a.m. to 2 p.m. Tuesday and Thursday. The phone number is 8-9529.

Hospital Helps Community Fight Flu

Chilly weather and arctic winds didn't dampen spirits for 250 volunteers from The University of

Kansas Hospital during Drive Thru to Fight the Flu Nov. 8. More than 100 student nurses and faculty from the University of Kansas School of Nursing gave nearly 3,600 free flu vaccinations.

"Providing that many flu shots to the community in

only about six hours was quite an accomplishment," said **Tracie Hammond**, wellness coordinator, Marketing. "And it was all thanks to our incredible crew of volunteers."

Though the event was slated to begin at 8 a.m., the first

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Student nurse **Sara Ku** vaccinated **Sandy Schoaf**, Kansas City, Kan.

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vehicle arrived at 4:30 a.m. Cars, trucks and minivans were lined up for blocks by mid-morning. As “Hit Me With Your Best Shot” and other oldies blared from speakers, vehicles traveled slowly but steadily from station to station. People rode in on motorcycles and bicycles and came on foot.

“This effort is something we do to give back to the community we serve,” Hammond noted. “As always, people were very appreciative.”

School of Nursing faculty and nurses from the hospital supervised each student who administered shots. Student volunteers were first-semester juniors.

“Giving so many shots in a short amount of time really builds our students’ confidence – and their competence,” said **Karen Tarnow, RN, PhD**, Skills Lab director, School of Nursing.

Those receiving free shots weren’t the only beneficiaries

of the event. Community members dropped off 8,860 pounds of food and paper products and donated \$3,167 for Harvesters Community Food Network. The total is a 25 percent increase from last year and will provide 22,649 meals for those in need.

Faculty Research Is Honored

The University of Kansas Medical Center celebrated excellence in its research community during the annual Faculty Research Day and Poster Session Nov. 6.

A number of faculty honorees were recognized during the event.

Investigator’s Research Awards:

- **Shilpa Buch, PhD**, KU School of Medicine
- **Patricia Pohl, PhD**, KU School of Allied Health
- **Kristine Williams, RN, PhD**, KU School of Nursing

Schedule for Free Flu Shots

Here’s where staff, students and volunteers can get a free flu vaccination within the next week. For updated listings, check 24/7.

Occupational Health

- Tuesday, Nov. 18, 7:30 a.m.-3:30 p.m.

Units 15B, 46, 53, CVOR and CVP

- Daily through Tuesday, Nov. 18, except 7-8 a.m. and 7-8 p.m.

KUMC Student Health Services (students only)

- Monday, Wednesday, Friday, 11 a.m.-1 p.m.

KU MedWest, Pod D

- Monday-Friday, 7:30 a.m.-9 p.m.
- Saturday-Sunday, 9 a.m.-4 p.m.

Thomas L. Noffsinger Investigator Award:

- **Navneet Dhillon, PhD**, Molecular and Integrative Physiology

Kansas IDEa Network of Biomedical Research Excellence Faculty Scholars (K-INBRE):

- **Jeffrey Burns, MD**, Alzheimer and Memory Program
- **Bryan Copple, PhD**, Pharmacology, Toxicology and Therapeutics

- **Margaret “Peggy” Petroff, PhD**, Anatomy and Cell Biology

Research Administrator Awards:

- **Joanne McNair**, Preventive Medicine & Public Health
- **Lori Wade**, External Affairs

Fifteen KUMC Biomedical Training Grant Scholars also were named during the awards presentation. A reception and poster session of 110 research posters followed.



It’s Never Too Cold to Get a Flu Shot!

Winter mufflers, warm gloves and multiple layers of clothing were the order of the day for volunteers at The University of Kansas Hospital’s Drive Thru to Fight the Flu event Nov. 8. Those braving the cold, blustery weather to help give nearly 3,600 free flu shots included (from left) **Alice Mathew, RN**, Unit 51; **Naomi King, RN**, KU School of Nursing faculty; and **Megan Schmitz, RN**, Trauma Services Administration. (See front page story.)

exposure

Please send news and calendar items to mmurphy@kumc.edu or contact Marli Murphy at 5-5192. Items must be received by noon on the Monday prior to publication.

eXtracurricular

Thursday, Nov. 13

HISTORY OF MEDICINE Don Carlos Guffey Lecture: "Establishing a Network of Control Technologies: A New Perspective on the Rise of Surgery in the 19th and 20th Centuries," Thomas Schlich, MD, 4:30 p.m. reception, 5 p.m. lecture, Clendening Auditorium.

Friday, Nov. 14

NEUROLOGY/NEUROSURGERY Grand Rounds: "Management of Chronic and Difficult Headaches," Ziad Elchami, MD, 6:45-9 a.m., Lied Auditorium.

PEDIATRIC GRAND ROUNDS: "Navigation of the IRB Submission Process – New Investigators," Valerie Schroeder, MD, 8-9 a.m., Wahl Hall West Auditorium.

GERIATRIC ETHICAL ANALYSIS Seminar: Noon-1 p.m., 1050 School of Nursing. Lunch provided for first 20 attendees. Information: Jennifer Sullivan, jsullivan@kumc.edu.

LIFE IN THE USA Series for the International Community: "The Banking System of the United States," Anne Hucker, noon-1:30 p.m., 1023 Orr-Major. Lunch provided for first 30 attendees.

Saturday, Nov. 15

CLINICAL TRIALS Education Lecture Series: "Navigating the O₂ System as a Research Coordinator," Carol Cleek, RN, noon-1 p.m., Wahl Hall West Auditorium.

Tuesday, Nov. 18

FACULTY DINNER for Mentors and Mentees: "Fulfilling Careers in Academic Medicine," Linda Poli, MD, 6-9 p.m., Jack Stack BBQ, Freight House District, Kansas City, Mo. Information: www2.kumc.edu/PDFATraining.

Wednesday, Nov. 19

INTERNAL MEDICINE Grand Rounds: "Osteoporosis in Men," Eric Orwoll, MD, 8-9 a.m., 3015 Sudler Auditorium. Pre-register: Bobbie Fink, 8-3344.

PROFESSIONAL DEVELOPMENT SEMINAR: IAMSE Webinar, "Students' Perspective of Assessment," 11 a.m.-noon, 3020 Murphy Hall. Register: www2.kumc.edu/PDFATraining.

LONDON CENTER on Aging Ethics & Medicine Seminar: "Palliative Care," panel discussion of health care professionals and community members, 11:30 a.m. lunch, noon program, 200 Landon Center. Reservations: Matt Chandler, 8-3094.

KANSAS PUBLIC HEALTH Grand Rounds: "Special Needs Populations and Emergency Preparedness," Cathy Rooney, noon-1 p.m., 1023 Orr-Major.

PHYSICAL THERAPY & Rehabilitation Science Seminar: "Effects of Diabetes and Exercise on Cardiac Tissue and Function," Irina Smirnova, PhD, 1-2 p.m., 2070 Kansas Life Sciences Innovation Center.

OCCUPATIONAL HEALTH at Westwood Campus: 2-5 p.m., Conference Room H, Administrative Building.

CENTRAL PLAINS GERIATRIC Education Center Series: "Geriatric Depression," Stephen Ilardi, PhD, and Sally Rigler, MD, 3-7 p.m., Landon Center on Aging. Registration, \$30. Information: Jane Johns, 8-3197.

Friday, Nov. 21

NEUROLOGY/NEUROSURGERY Grand Rounds: "The Neuropsychiatry of Parkinson's Disease: Affect, Cognition and Behavior," Daniel Weintraub, MD, 6:45-9 a.m., Lied Auditorium.

PEDIATRIC GRAND Rounds: "Pediatric Practice and Research: The PROS Perspective," Greta McFarland, MD, 8-9 a.m., Wahl Hall West Auditorium.

ONCOLOGY JOURNAL Club: Lakshmi Chintala, MD, and Carol Fabian, MD, 8:30 a.m., 3015 Sudler Auditorium.

LONDON CENTER on Aging Research Seminar Series: "Aging and Cerebral Antioxidant Defense System," In-Young Choi, PhD, noon-1 p.m., Wahl Hall West Auditorium. Lunch provided for first 25 attendees.

O₂ Event Planned for Physicians

Physicians can try out various mobile device carts at the O₂ Drop-in Event for Medical Staff and Residents noon to 4 p.m. Monday, Nov. 17, in the Wyandotte Room.

The O₂ Team is seeking input on which type of mobile device cart to purchase for physicians to use for rounding. Attendees also can watch demonstrations of the new medication reconciliation process in O₂. In addition, O₂ Core Physicians and O₂ Team members will be on hand to answer questions about working with O₂.

Those who cast votes for the cart they prefer will be entered in a drawing for an HP flat screen monitor, laptop backpack and other prizes. Refreshments will be available. For more information, contact **Rachel Jones**, O₂ Team, 8-1022.

2008 Clinical Nutrition Seminar Is Nov. 21

"Nutritional Genomics: Working Molecular Biology Research into Your Practice," is the topic of the 2008 Clinical Nutrition Seminar. The program is presented by the University of Kansas Department of Dietetics and Nutrition.

Focusing on DNA's role in personalized nutrition, the program is 8:30 a.m. to 12:45 p.m. Friday, Nov. 21, in the KU School of Nursing Auditorium. A featured speaker is **Jeanne Drisko, MD**, director, Program in Integrative Medicine, University of Kansas Medical Center. The keynote speaker is author and registered dietitian **Ruth DeBusk, PhD**, DeBusk Communications.

To register, visit dietetics.kumc.edu/html/events/seminar2008.html. For more information, contact **Sharon Jones**, Dietetics and Nutrition, 8-5355, sjones@kumc.edu.

Browse KUMC Auxiliary's Annual Book Sale

The University of Kansas Medical Center Auxiliary hosts its annual book sale 7 a.m. to 6 p.m. Thursday, Nov. 13, and 7 a.m. to 3 p.m. Friday, Nov. 14, outside the hospital cafeteria.

The new books range from cookbooks to fiction to children's books. The event is a fundraiser for the auxiliary, now in its 60th year.

Join the Great American Smokeout

Staff from the Richard and Annette Bloch Cancer Care Pavilion will host an information table on the Great American Smokeout 11 a.m. to 1 p.m. Tuesday, Nov. 18, outside the cafeteria on the main campus.

Pick up handouts and ask questions about making a plan to quit smoking permanently. Choose the Great American Smokeout, Thursday, Nov. 20, as your quit date.

In conjunction with the 33rd annual smokeout, **Stephanie Schutt, MD**, Hematology/Oncology fellow at the hospital, will be among speakers at "Together Facing Lung Cancer." The event is 5:30 to 7:30 p.m. Thursday, Nov. 20, at the American Cancer Society office, 1100 Pennsylvania Ave., Kansas City, Mo. Call 8-1227 to register.

eXchange

Please send classified ads to centerexpress@kumc.edu or post online at 24/7. Items must be received by noon on the Monday prior to publication and run on a space-available basis.

Vehicles

2006 MAZDA 5, 46K, looks new, 6 seats, automatic with stick options, new tires, economical, safe, warranty, must sell, \$10,900 OBO. 816-304-7833.

2005 HYUNDAI SANTA FE, 44K, 4 doors, silver exterior, gray interior, some hail damage, 4-wheel disc brakes, power mirrors/locks/windows, alloy wheels, cassette/CD, \$9,000 OBO. 816-743-0223.

2003 HONDA VT1100C Shadow Spirit 3.3K, like new, \$5,000 OBO. 913-526-4945.

1997 DODGE AVENGER, 100K, black with tan leather interior, 1 owner, needs starter, garaged for past 2 months. 816-471-5950.

1997 MERCEDES-BENZ E320 Sedan, 193K, air bags, sunroof, 4 doors, 4-wheel ABS, 4-wheel disc brakes, rear-wheel drive, radio/cassette, beige exterior, tan interior, \$8,300 OBO. 816-743-0223.

For Sale

50" SONY HDTV, good condition, excellent picture quality, picture-in-picture, \$600, you pick up. 913-406-2044.

20" DUB REMIX RIMS with Nitto 420 tires, came from Honda Pilot SUV. 816-914-0882.

OUTSIDE KENNEL, 6' x 6' x 4', \$60 OBO, you pick up. 816-914-0882.

2 KU MEN'S BASKETBALL tickets for Monday, Dec. 1, vs. Kent State, and Tuesday, Jan. 6, vs. Siena, section 1, row 18, seats 17-18, \$55/ticket. 913-894-0286.

2 SMASHING PUMPKINS tickets for Monday, Nov. 24, The Midland theater, section 404, row D, seats 3-4, \$124. 816-699-5241.

DELL X51 PDA, Wi-Fi, Windows Mobile, perfect condition, \$100 OBO. 319-331-6393.

DOUBLE STROLLER, Graco DuoGlider LXI model, blue/white plaid, clean, rarely used, easy to

open/fold up, small scratches, photos, \$75 OBO. 816-389-1612.

Housing

• FOR SALE

HOME, 6411 W. 73rd St., 2 BR, 1 BA, updated kitchen, bath, hardwoods, laundry room, fenced yard, garage, great neighborhood and schools, close to KUMC/Westwood campus. 913-710-6114.

• FOR RENT

1 BR HOUSE, walking distance to KUMC, landlord mows lawn, \$450/month plus utilities. 913-403-9943.

Lost/Found

EYEGLASSES, lost somewhere near Spine Center. 573-587-9831.

Pets

2 MAMA CATS, Lilly is black/white; Kiki is a yellow tabby, both 1-2 years old, social, vet work complete. 913-486-0721.

2 YELLOW TABBY kittens, 9-week-old males, social, cute, wormed/vaccinated. 913-486-0721.

ABANDONED MAMA CAT named Molly and year-old kittens named Louie and Tiger, lovable, spayed/neutered, vaccinations current. 816-877-5821.

6 DWARF BUNNIES, 7 weeks old, 1 gray, 5 white with black spots, cute. 913-268-7921.

Wanted

2 LION KING tickets. 913-381-6661.

BODYBUGG weight-loss system, gently used. 816-471-5950.

WATERBED SHEETS, gently used, for super-single-sized bed. 816-699-0568.

eXtra: Find these and other classifieds on the hospital intranet, 24/7, <http://intranet.kumed.com>.

BMT Program Accredited

The Blood and Marrow Transplant (BMT) program at The University of Kansas Hospital recently received three-year accreditation from the Foundation for the Accreditation for Cellular Therapy (FACT).

The accreditation came after FACT re-inspected the BMT program in August. Accreditation means the hospital's BMT program meets or exceeds international standards for cellular therapy product collection, processing and administration.

FACT is the only accrediting

agency addressing all quality aspects of cellular therapy treatments: clinical care; donor management; cell collection, processing, storage and transportation; and administration.

Poinsettia Sale Benefits Medical Outreach

University of Kansas Medical Center International Outreach has launched the Annual Poinsettia Sale to raise funds for the organization's medical mission trips to Belize and Guatemala.

Poinsettias are available in red, white or pink: pixie,

\$6; standard, \$13.50; and extra large, \$28. Small and large Christmas cactus are \$6 and \$13.50. Add \$2 for delivery on the main campus. Order at kumcio.org through Tuesday, Nov. 25, or at a table outside the cafeteria 11 a.m. to 2 p.m. Tuesday, Nov. 18. Pick up your flowers between 11 a.m. and 6 p.m. Monday, Dec. 8, in Hixson Atrium.

The group of KUMC students, faculty and alumni are committed to providing free health care throughout the world. In 2008, 28 students from the organization spent their spring break in Belize, working with volunteer physicians to see as many as

300 patients a day in clinics in underserved areas.

CENTER eXpress

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Center Express is a weekly employee publication published by The University of Kansas Hospital Communications Services. Send story ideas to Marli Murphy, 2330 Shawnee Mission Parkway, Suite E110, Westwood, KS 66205, e-mail mmurphy@kumc.edu or call 5-5192.