Building teamwork in medical education

New programs enhance collaboration among students

Last week at the University of Kansas Medical Center, approximately 750 first-year students representing a wide range of specialties gathered to do something unique.

For four hours the future healthcare professionals—physicians, nurses, respiratory therapists, pharmacists and others—spent time learning about each other, including values, roles and responsibilities.

It is the first time the formal training is required curriculum. The program, which will span the students’ first three years, reflects the medical center’s increased efforts to ensure students train and practice more often in a collaborative team setting—what’s known as interprofessional practice and education, or IPE—rather than in separate buildings.

Such team-based training among different health disciplines is key to the best patient care in the real world.

“We are training all these healthcare professionals on our campus, and it’s critical we give them the opportunity to collaborate while they’re still students,” said Kristy Johnston, MSW, director of the medical center’s Center for Interprofessional Education and Simulation.

“The first time a doctor, nurse, pharmacist and other healthcare professional work together should not be after graduation.”

Just weeks before last week’s conference, the medical center announced it joined a national network that promotes IPE. The network, which includes sites in 11 states, is supported by the Health Resources and Services Administration of the U.S. Department of Health and Human Services.

Our medical center will focus on developing tools to train “preceptors” in rural areas of Kansas. The preceptors are faculty or other health professionals in primary care practices who serve as role models to healthcare students.

The medical center ventured into interprofessional training about five years ago. Training includes a clinic in Family Medicine, where students from the different schools consult as a team on patient diagnoses and treatments, under the direction of faculty.

Faculty and students are thrilled to see IPE shifting front and center.

“This training will be of tremendous value,” said Susheel Govindan, a first-year School of Medicine student. “Working among each other and working together are two different things. Learning how to interact with one another, learning about your strengths and weaknesses and what each contributes to the field of medicine is important in treating patients.”

By the Numbers: Women’s heart health

Girls’ Night In, The University of Kansas Hospital’s 10th annual fundraiser for women’s heart health, is Feb. 26 (girlsnightinkc.com).

Though women’s heart health has improved dramatically, it remains the leading cause of death.

$456,814 Girls’ Night In net proceeds since its 2006 debut

Major causes of death, 2010

Cardiovascular disease

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td>Cardiovascular disease</td>
<td>387,318</td>
<td>400,332</td>
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<tr>
<td>Cancer</td>
<td>301,037</td>
<td>273,706</td>
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<tr>
<td>Accidents</td>
<td>75,921</td>
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Cardiovascular disease mortality (in thousands)

Among those who die suddenly of coronary heart disease ...

64% of women have no previous symptoms

50% of men have no previous symptoms

Sources: CDC, American Heart Association
Events

► Warding off winter blues – Many factors lead to winter depression: Sunlight exposure and vitamin D decline, family gatherings cause emotional stress, our eating is less healthy and we exercise less. Learn a six-step program to beat depression and keep the winter blues at bay. The session is 5:30-7 p.m. Monday, Feb. 9, at Medical Plaza North in North Kansas City. Call 913-574-0900 to register.

► JayRock – The 10th annual concert is 7 p.m. Saturday, Feb. 21, at the Uptown Theater. The concert benefits JayDoc Free Clinic, a health clinic run by students at the University of Kansas School of Medicine. Tickets are $15 general admission or $35 VIP. Tickets and details are at Jaydocfreeclinic.org.

► Girls’ Night In – The 10th annual event is Feb. 26 at The Gallery Event Space in Kansas City’s Power & Light District. Speakers will share messages from their hearts, mixing humor, advice and experience while raising awareness of women’s heart health. Funds benefit the women’s heart programs of The University of Kansas Hospital’s Adelaide C. Ward Women’s Heart Health Center and Turning Point: The Center for Hope and Healing. Go to girlsnightinkc.com for details and tickets.

► Nursing career introduction – Nurse Academy is July 9-10 for high school students with a vested interest in pursuing a career in nursing. Participants practice hands-on skills, learn about different areas of nursing and tour departments within our hospital and medical center. Deadline to register is April 6. Details, registration and videos are at kumc.edu/nurse-academy.

More events are at kumed.com/event-detail.

PROGRAM SPOTLIGHT

Expanding cystic fibrosis care to adults

Thirty years ago, a hospital patient care area specializing in adults with cystic fibrosis was unthinkable: Fewer than 30 percent of those born with CF lived to be 18.

“When I was in nursing school, we didn’t talk about cystic fibrosis past pediatrics,” said Angie Smith, RN. But life expectancy for those with CF has doubled since 1985 thanks to earlier diagnosis, aggressive treatment, advanced drug therapies and specialized care. Now nearly half the country’s CF population is 18 or older.

And today, Smith is nurse manager of The University of Kansas Hospital’s medical telemetry unit 15, specializing in adult CF patient care. Renovated and opened in mid-2013, the unit averages about six CF patients a day among those admitted to the 18-bed unit, with 14 as an all-time high.

Cystic fibrosis is a chronic disease primarily affecting the lungs and digestive system. Life-threatening lung infections, digestive problems and lower-than-normal weight are common. Symptoms and their severity vary widely among patients.

“Our CF patients typically are admitted because of pneumonia, infections, weight loss and fever,” Smith said. The average patient stays two weeks, so the staff’s 28 nurses and 18 support caregivers often become like a second family.

The unit includes an exercise room with treadmills, an Xbox, two flat-screen TVs and more to encourage exercise, which helps prevent loss of muscle mass during extended hospital stays.

“We work with Children’s Mercy Hospital to help transition CF patients to our hospital’s adult unit,” Smith said. “We offer tours for families to help set the stage for a long-term relationship.”

A CF adult outpatient clinic in the Medical Office Building treated more than 200 patients last year – 14 of whom were over 50.

The inpatient unit and outpatient clinic combined are a Cystic Fibrosis Foundation-designated care center – one of 115 in the U.S. No other area hospital is CFF-designated for adult care.

EXPOSURE

Freedom pledge

Tim Hornik, a doctoral student at the University of Kansas School of Health Professions, led the Pledge of Allegiance before President Barack Obama’s speech Jan. 22 at the University of Kansas in Lawrence. Hornik was blinded by a sniper’s bullet 10 years ago as a U.S. Army tank commander in Baghdad. He plans to use his degree to assist disabled veterans.
In the News

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

► Measles outbreak due to lack of vaccination – KSHB-41, Jan. 22, Joshua Freeman, MD, Family Medicine chair at the University of Kansas Medical Center, said this month’s spread of the highly contagious disease reflects parents’ hesitation about the vaccine. “The reason we haven’t seen measles (in generations) is because vaccination was successful,” he said. “Remember, prevention is working when we don’t see the problems it’s preventing.”

► Tips for new year fitness goals – Fox 4 News, Jan. 19. Amber Long, director of the Kirmayer Fitness Center at the University of Kansas Medical Center, discussed the best ways to stick with your fitness goals this year and obtain a healthy lifestyle.

► In support of cigarette tax increase – Kansas Health Institute News, Jan. 16. The University of Kansas Cancer Center and other health organizations are supporting Gov. Sam Brownback’s proposed increase in the state’s cigarette tax. Raising the tax by $1.50 per pack would keep 24,000 young people from starting, help 26,000 older smokers quit and reduce healthcare costs in the state by $25 million over five years. “Those numbers come solely from the benefits of increasing the tax,” said Roy Jensen, MD, the cancer center’s director. “They don’t factor in the potential (additional) savings you could achieve by implementing evidence-based abstinence and prevention programs.”

► Maine initiative suggests potential for Kansas – Modern Healthcare, Jan. 13. A long-term community health improvement program in Maine helped residents significantly lower cholesterol levels and smoking rates while improving diabetes management. Robert Moser, MD, The University of Kansas Hospital’s executive director of the Kansas Heart and Stroke Collaborative, said the study’s findings showed the importance for health systems and communities alike to “adopt change” in their philosophies on addressing community health needs.

Annual Report reflects hospital growth

The University of Kansas Hospital’s 2014 Annual Report debuted this month. The report highlights many of the hospital’s medical advances over the past year, including organ transplants, sports medicine, cancer care and interventional radiology.

The report also tracks the hospital’s key financial and patient statistics for fiscal year 2014. During the year, the hospital discharged 31,070 patients, cared for 53,735 Emergency Department patients and treated 663,360 outpatients, all increases from the previous year.

Even with continued expansion and partnerships, the hospital often operates at full capacity. To meet growing demand, it has embarked on plans to build the Cambridge North Tower on the main campus. The 92-bed expansion will allow the hospital to serve more patients who require the type of care only an academic medical center can deliver.

Approximately 20,000 copies of the Annual Report are mailed to hospital donors, community leaders, friends of the hospital and others. Read the interactive online version at annualreport.kumed.com.

$1M gift for cardiovascular research

Keith and Laurie Tennant, of Vero Beach, Fla., have made a $1 million gift commitment to support research near and dear to their hearts: the Cardiovascular Research Institute at the University of Kansas Medical Center.

The couple are former faculty in KU’s Department of Health, Sport and Exercise Sciences in the School of Education.

Keith is going strong at 72, thanks to two coronary bypass surgeries – the first, a quadruple bypass at age 46, the second, a triple bypass in 2010. He and Laurie realize how fortunate they are, as heart disease claimed the lives of a number of his male relatives when they were in their late 40s and early 50s.

Five years ago this month, a cardiac catheterization showed Keith’s coronary arteries were blocked again. Jeffrey Kramer, MD, FACS, of MidAmerica Thoracic and Cardiovascular Surgeons at The University of Kansas Hospital, arranged for Keith’s heart surgery.

“We are very grateful for the excellent care Keith received from the doctors and nurses,” said Laurie. “The MidAmerica Thoracic and Cardiovascular Surgeons got him in very quickly, and Keith came home from the hospital four days after the surgery.”

Their money will go toward research so other lives can be saved, as Keith’s was. The Cardiovascular Research Institute provides an integrative framework for cardiovascular research conducted at the medical center and hospital.

The institute connects investigators from a wide spectrum of cardiovascular and translational research that brings discoveries from the bench to the bedside. The institute also trains future generations of scientists and physicians.

Team work

The Harlem Globetrotters’ Stretch Middleton – all 7’4” of him – on Jan. 15 visited Pediatrics at The University of Kansas Hospital. He wowed staff and patients, including 12-year-old Daniel Michel. Watch a video of Stretch’s visit at medicalnewsnet-work.org.
Our People

Pioneer heart surgeon looks back – William Reed, MD, Cardiovascular Services chair at the University of Kansas Medical Center, has released his memoirs entitled The Pulse of Hope (thepulseofhope.com).

A two-time recipient of Lifetime Legacy awards, the beloved physician, 87, is a pioneer in heart transplantation, a nationally renowned horseman, poet, philosopher and philanthropist who has endowed charitable causes and scholarships, universities, churches and medical institutions.

“What few people realize, and what makes William Reed’s story incredible – almost unbelievable – is where the man came from,” said fellow heart surgeon Jeffrey Kramer, MD, FACS.

Reed was born into a childhood of poverty and hunger in 1927. His remarkable memoir traces his humble beginnings to a life of service to others. He helped build The University of Kansas Hospital’s heart program in the 1950s and 1960s and returned in 2001 to help rebuild it again to national prominence.

DAISY Award winners – Every quarter, several nurses at The University of Kansas Hospital receive the DAISY Award, a national program that honors extraordinary nurses for their clinical skills and compassion. The awards are based on comments by patients and colleagues. Congratulations to our most recent winners (with testimonials from their nomination forms):

- Caroline Mueller, RN, The University of Kansas Cancer Center – “Caroline walked (bounced seems to be a better description) into the treatment room and into our lives.”

- Beth Muiruri, RN, The Marc A. Asher, MD, Comprehensive Spine Center – “I have had several procedures, and Beth always has a smile and words of encouragement when I am nervous. This morning we were unable to do my procedure and she made sure I could come back today, get back in and get my procedure done quickly.”

- Brittany Waller, RN, The University of Kansas Cancer Center-North – “Brittany is an amazing and caring young lady. She answers all my questions and requests when I call her. If she can’t, she gets the answer and calls back in a timely manner with a smile on her face. (You can hear her smile through the phone line)”

NASCAR honors – Dennis Allin, MD, medical director of The University of Kansas Hospital’s Emergency Department, has received NASCAR’s Medical Director Award for 2014.

NASCAR’s Medical Liaison Department presents the award to a physician who leads a racetrack’s infield care center.

This year’s award, according to NASCAR, “recognizes an individual who took his role to a whole new level, exceeding any task listed in his job description while also conveying an amazing level of comfort to our competitors and also providing the medical liaisons with exceptional medical updates.”

The hospital has served as Kansas Speedway’s Official Healthcare Provider since it opened in 2001. On race weekends, Allin leads a team of approximately 30 to 40 caregivers from our hospital who provide all the speedway’s medical needs.

They oversee two first-aid stations (three beds each) and an infield care center (six beds) at the speedway. The group received the Team Work Award from NASCAR in 2012.

“It’s probably obvious, but in racing there is nothing more important than the safety of spectators and drivers,” said Kansas Speedway President Patrick Warren.

“We are proud to have Dr. Allin as a leader in our partnership with The University of Kansas Hospital, and he has become an important member of the NASCAR medical community since the opening of Kansas Speedway,” Warren added. “This is a much-deserved award for him, and I’m thrilled to see him get this type of recognition for his outstanding work.”

Dennis Allin, MD, received the award from Lori Sheppard, NASCAR medical liaisons director.