A gentler way to approach breast surgery

New radioactive seed localization increases patient convenience, surgical accuracy

Breast cancer surgeons and radiologists at The University of Kansas Cancer Center are using an innovative procedure to mark very small breast cancers.

Called radioactive seed localization (RSL), the novel technique is more comfortable and convenient for patients than other localization procedures. It also allows surgeons to precisely identify and remove cancerous tissue without disturbing surrounding healthy tissue.

“It is a phenomenal advance for patient care,” said breast surgeon Jamie Wagner, DO, who oversaw our cancer center’s first RSL procedure last month. “Patients benefit from shorter surgeries, fewer appointments and less discomfort.”

She said the presurgical procedure also increases a surgeon’s accuracy for removing precisely the diseased tissue.

Physicians at our cancer center are the first in the region using RSL. At least 180 women are expected to benefit from the procedure in its first year here, with more in subsequent years.

In the new procedure, the breast radiologist inserts a tiny low-energy radioactive seed, using a needle guided by mammography or ultrasound. The seed can be placed up to five days before surgery, making scheduling and transportation easier for the patient.

About the size of a grain of rice, each radioactive seed contains a small amount of iodine. One seed emits 1/200th of the amount of radiation given off by a microwave oven, so it is safe for everyone who comes in contact with it, including the patient.

The radioactive emission is detected by a gamma meter used by the surgeon. During surgery the seed is removed along with the cancerous tissue; no radioactivity remains in the body.

Breast surgeon Jamie Wagner, DO, displays one of the radioactive seeds. They are inserted by breast radiologists such as Mark Redick, MD.

By the Numbers: Emergency Department efficiency

Patient visits to The University of Kansas Hospital’s Emergency Department have increased.

<table>
<thead>
<tr>
<th>Year</th>
<th>More ED visits (Annual ED encounters)</th>
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</thead>
<tbody>
<tr>
<td>FY 2008</td>
<td>37,844</td>
</tr>
<tr>
<td>FY 2009</td>
<td>46,568</td>
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<tr>
<td>FY 2010</td>
<td>46,119</td>
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<tr>
<td>FY 2011</td>
<td>45,582</td>
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<tr>
<td>FY 2012</td>
<td>47,755</td>
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<tr>
<td>FY 2013</td>
<td>50,634</td>
</tr>
</tbody>
</table>

Patient visits to the ED in 2013, up 20 percent since 2008

Patient visits to the ED in March 2014, the most ever in one month

To suggest a By the Numbers, email Advances@kumc.edu.
Events

**Trauma and chronic illness**—Living with chronic physical illness can be traumatic. Learn more about the symptoms of trauma, as they relate to physical illness, and learn how to manage and minimize these symptoms. The program, for people living with serious or chronic physical illness, and for their supporters, is 6 p.m. Tuesday, May 27, at Turning Point: The Center for Hope and Healing in Leawood. Call 913-383-8700 to register.

**Looking, feeling good**—Learn beauty techniques to help manage appearance-related side effects of cancer treatment. For women only. The session is 1 p.m. Tuesday, June 3, at the Richard and Annette Bloch Cancer Care Pavilion in Westwood. Call 913-383-8700 to register.

**The good wolf**—Explore skills that feed the “wolf of kindness” from a Cherokee parable through gratitude practices, affirmations, guided imagery meditations, identifying strengths and asking for help. Learn techniques for decreasing negative thinking. The class is 5:30-7 p.m. Monday, June 2, at The University of Kansas Cancer Center-North Kansas City. Call 913-383-8700 to register.

**Jin Shin Jyutsu for pain management**—Jin Shin Jyutsu is the ancient art of balancing life energy in the body. It can be applied to yourself or your loved one to reduce pain and side effects of chemotherapy, increase relaxation and reduce impact of stress. The course is 1-2 p.m. Monday, June 9, at the University of Kansas Clinical Research Center in Fairway. Call 913-383-8700 to register.

**Sun smart at the K**—The University of Kansas Hospital will promote skin cancer awareness Sunday, June 8, at Kauffman Stadium when the Kansas City Royals take on the New York Yankees. “Play Sun Smart” is one of the hospital’s three health awareness days at the K this season. The hospital is in its fourth season as the official healthcare provider of the Royals.

Details and more events are at kumed.com/event-detail.

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**PROGRAM SPOTLIGHT**

Growing IR offers more care options

Less pain and quicker recovery—those are just some of the benefits of receiving care from The University of Kansas Hospital’s Interventional Radiology (IR) specialists.

As one of the busiest IR programs in the nation, our teams of interventional radiologists, technologists and nurses use minimally invasive image-guided procedures to diagnose and treat diseases in nearly every organ in the body. With IR treatment, patients frequently go home the same day, where just a few years ago they might have required surgery and been admitted to the hospital.

The hospital’s eight interventional radiologists and 65 staff perform more than 300 types of therapeutic procedures in a sterile environment. The complexity of treatments ranges from guiding the placement of an IV needle to inserting a probe through the groin into the brain to retrieve a blood clot.

A typical day in IR includes an average of 50 procedures, making it the largest program among the nation’s 120 academic medical centers in the University Healthsystem Consortium.

“Our IR program has seen phenomenal growth over the past 10 years,” said Zach Collins, MD, medical director of Interventional Radiology. “More and more patients are drawn to IR therapies because they are less invasive and result in fewer complications during recovery.”

The practice of Interventional Oncology has become another important segment of IR therapy. Some of the treatment options involve arterial infusion of chemotherapy beads into hepatic tumors, injecting microscopic radioactive particles (commonly called Y90 radioembolization) into the liver and image-guided microwave ablation of various tumor types.

Construction to expand the Interventional Radiology department begins this summer. The expansion will include 23 new pre/postoperative and procedure rooms, nearly doubling the size of the department.

“Using leading-edge interventional radiology techniques, we are giving patients even more care options,” Collins said.

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**EXPOSURE**

Living the dream

The inaugural Kansas City Chiefs Fantasy Camp was a huge hit with fans and players alike. At the camp, which benefited The University of Kansas Hospital’s Center for Concussion Management, 67 lucky fans spent May 15-16 at Arrowhead Stadium with Chiefs greats. They analyzed game film, told stories in the locker room, took the field for a skills competition and more. During a 7-on-7 competition, former QB Trent Green reviewed plays with his team. They placed second, behind Dante Hall’s team. Go to kcchiefs.com for details and more photos.
On their way

During May 18 ceremonies in Lawrence, the University of Kansas Medical Center graduated 749 healthcare professionals into the workforce – or to the next level of study. The class of 2014 includes 278 graduates from the School of Medicine, 221 from the School of Nursing and 250 from the School of Health Professions. Among those celebrating was Greta Stamper (with daughter Freda), who graduated with a PhD in Audiology. New this year, the medical center recognized 21 military veteran-graduates with red, white and blue honor cords.

News Briefs

Internal Medicine: Specialty care honor

The Department of Internal Medicine at The University of Kansas Physicians on May 9 was recognized as a patient-centered specialty practice, one of the first in the nation. The National Committee for Quality Assurance honored the department for its responsiveness to patients and medical colleagues, cooperation and integration with other healthcare groups, and dedication to continuous improvement. “This recognition means physicians in our Department of Internal Medicine are national leaders when it comes to providing high-quality specialty care that seamlessly complements and enhances the primary care our patients are already receiving,” said Steven Stites, MD, vice chancellor for clinical affairs at the University of Kansas Medical Center. “It means we are the best possible specialty partners that primary care doctors could hope to have.”

Rehabilitation staff prepping for move

The University of Kansas Hospital’s new Inpatient Acute Rehabilitation location is slated to open in late June. The center is just west of the main campus on Rainbow Boulevard and 39th Street.
Through their Quality Healthcare for Africa Foundation, students Frank Gyamfi and Sarafina Kankam plan to create an electronic medical record system in Ghana.

of Kansas Medical Center students, both with strong ties to Ghana, have formed a foundation to bring electronic medical records (EMR) to the West African nation.

Frank Gyamfi, who graduated this month from Health Information Management, and Sarafina Kankam, completing her second year in the School of Medicine, are working with several physicians in Ghana on their ambitious project.

Ghana is home to about 25 million people. While the country’s health minister has pledged to roll out an EMR system to Ghana’s larger healthcare facilities, Gyamfi and Kankam hope to work with smaller hospitals to develop solutions that can be scaled for each setting.

Through their new Quality Healthcare for Africa Foundation, their plan includes assessing the facilities’ needs and identifying affordable EMR vendors. Ideally, their foundation will launch its first EMR system in Ghana within two years. They also hope to expand into other supplies.

“There are a lot of medical devices that African hospitals need but can’t afford, so we want to develop devices that are lower in cost for them,” said Kankam. Her parents are from Ghana and she has traveled to the country to provide healthcare at orphanages. “That’s going to be years down the road, but it’s where we hope it will go.”

“It has always been my passion to go back to Ghana and help people improve their lives — to see them happy,” added Gyamfi, who was born there.

“I know if this is successful it will decrease the death rate in the country and eventually on the continent.”

Endowed professor in nursing – Janet Pierce, PhD, APRN, was formally invested as the Christine A. Hartley Centennial Professor in Nursing at the University of Kansas School of Nursing. During the May 12 ceremony, Cynthia Teel, PhD, RN, associate dean of graduate programs at the school, cited Pierce’s unwavering commitment to inquiry, and shared a long list of achievements, including a just-awarded two-year research grant from the U.S. Department of Defense.

She called Pierce a “master of encouragement” and a remarkable teacher, researcher and citizen. “She’s an exemplar of excellence,” Teel said.

In addition to her faculty position in the School of Nursing, Pierce is an adjunct professor in Molecular and Integrative Physiology.

The Christine A. Hartley Centennial Professorship was funded with a $500,000 gift from School of Nursing alums Christine Hartley and her husband, Ross, to celebrate the school’s 100th anniversary in 2006.

Excellence in nursing, nursing support – As part of National Nurses Week in May, the Department of Nursing at The University of Kansas Hospital honors employees in nursing, nursing support and social work who demonstrate excellence working with patients and co-workers. Congratulations to this year’s winners!

Nursing

• Expert Clinical Nurse – Jennifer Surprise, RN, Pain Management
• Expert Nurse Leader – Rick Blevins, RN, Emergency Department
• Nurse Innovator – Mindy Stites, RN, Nursing Clinical Excellence
• Nurse Mentor – Beth Leopold, RN, Unit 41/42
• Nurse Patient/Family Advocate – Annie Burger, RN, Cardiothoracic Surgery Progressive Care
• Nurse Preceptor – Wilma Guilbeau, RN, Emergency Department
• Patient Family Advocate – Morteza Rabii, RN, Unit 43
• Outstanding New Graduate Nurse – Hayley Scheetz, RN, Medical ICU
• Magnet Nurse of the Year – Debbie Pennington, RN, Neonatal Medical Home

Social Work

• Social Work Patient/Family Advocacy Award – Jane Myer

Nursing Support Staff

• Administrative Assistant – Rachel Smith, Unit 51
• Health Care Technician – Natalie Cloud, Cardiothoracic Surgery Progressive Care
• Patient Care Assistant – Mike Hill, Unit 43
• Unit Secretary – Candice Williams-Adams, Neuroscience and ENT Progressive Care

STROKE CAN HAPPEN AT ANY AGE.

It happened to 16-year-old Blake of Olathe last November. Fortunately, her parents turned to the region’s only Advanced Comprehensive Stroke Center. Because when a stroke happens, every second counts — no matter your age.

To learn more, call 913-588-1227 or visit kumc.com/stroke.