For smokers, ‘a springboard to new life’

UKanQuit celebrates a decade of helping patients kick the habit

It’s been 10 years since The University of Kansas Hospital and University of Kansas Medical Center went smoke-free throughout their campus.

That same year, the two organizations developed a pioneering program called UKanQuit to help inpatients kick the habit. The patients were a captive audience, after all, no longer able to smoke on hospital premises.

It was a stroke of genius. Since then, UKanQuit counselors have treated more than 13,700 patients, or about 100 a month. Patients receive counseling at the hospital bedside or soon after discharge, boosting their six-month quit rate to 30 percent. By comparison, about 6 percent of all smokers across the U.S. quit in a given year, although seven out of 10 say they want to.

The UKanQuit partnership between the medical center and hospital “has been immensely effective – and in many ways unmatched anywhere in the country,” said Kimber Richter, UKanQuit director and professor in Preventive Medicine and Public Health.

UKanQuit staff and supporters were honored Nov. 17 at a 10-year anniversary celebration. “Because of the hospital’s commitment,” she added, “our counselors have been welcomed as full members of the treatment team, ensuring patients get quick access to medications and counseling.”

In addition to helping patients quit smoking, the program was an important factor in The University of Kansas Cancer Center’s application this year for National Cancer Institute’s comprehensive status.

The program also has generated $6 million in grant funding, some of it used to test methods of treating hospitalized smokers across Kansas, and it has led to nine research articles in peer-reviewed publications.

UKanQuit has evolved during those 10 years, Richter notes. For instance, the program is collaborating more with hospital pharmacists at the nursing units to increase use of patches and other medications for patients at discharge, which can double or triple the quit rate.

Another reason for its success: Counselors have become very skilled at building rapport with patients at the bedside. Explained Richter, “We really try to use their hospitalization as a springboard to start a whole new life.”

By the Numbers: Stroke Care

The University of Kansas Hospital in 2012 was named one of just five Advanced Comprehensive Stroke Centers in the nation. The top rating continues this year, due in part to growth and patient outcomes.

Number of principal stroke cases treated

<table>
<thead>
<tr>
<th>Year</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>298</td>
</tr>
<tr>
<td>2010</td>
<td>332</td>
</tr>
<tr>
<td>2011</td>
<td>390</td>
</tr>
<tr>
<td>2012</td>
<td>453</td>
</tr>
<tr>
<td>2013</td>
<td>529</td>
</tr>
<tr>
<td>2014</td>
<td>632</td>
</tr>
<tr>
<td>2015</td>
<td>660</td>
</tr>
<tr>
<td>2016</td>
<td>708</td>
</tr>
</tbody>
</table>

Fast treatments

One way stroke centers measure their performance is how quickly they administer a clot-busting medication. In 2014, the gold standard for stroke centers nationwide was tightened from 60 to 45 minutes.

Our hospital, median minutes

<table>
<thead>
<tr>
<th>Year</th>
<th>Median minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>48</td>
</tr>
<tr>
<td>2015</td>
<td>41</td>
</tr>
<tr>
<td>2016</td>
<td>39</td>
</tr>
</tbody>
</table>

Age of stroke patients at our hospital

- 66+ years: 10%
- 46-65 years: 42%
- 18-45 years: 48%

64 Average age

FY 2015-2016

126

Stroke team activations in August 2016, the most in one month. The average for fiscal year 2016: 107 per month.
**Events**

- **Metastatic cancer support group** – Discuss, process, give and receive support in managing issues and feelings of living with metastatic cancer. The session is only for people living with metastatic or advanced cancer; you must speak with an adult program manager before attending. The ongoing session is 10:30 a.m.-noon on Wednesdays at Turning Point: The Center for Hope and Healing in Leawood. Call 913-574-0900 to register.

- **T’ai chi for the heart** – Research has shown that t’ai chi – described as “meditation in motion” – may help curb heart failure, depression, cholesterol and triglyceride levels while increasing relaxation and ability to exercise. The class, which is open to people with heart disease and their primary supporters, is ongoing. 11 a.m.-noon Tuesdays at Turning Point: The Center for Hope and Healing in Leawood. Call 913-574-0900 to register.

- **Managing grief during the holidays** – The holidays can seem especially lonely while grieving. Come to this workshop to learn about grief specifically as it relates to the holiday season, and meet with others who are grieving. The session, which is open to anyone who is grieving the loss of a loved one, is 5:30-7 p.m. Monday, Dec. 12, at The University of Kansas Cancer Center-North Kansas City. Call 913-574-0900 to register.

- **Breathing through the holidays** – A lighthearted workshop will give you tools to help calm the typical chaos that dominates many of our lives around the holidays. You’ll leave with a simple yoga breathing and meditation home practice routine you can turn to whenever you find the meaning of the holidays buried under the stress of to-do lists and overflowing calendars. The class is 5:30-7 p.m. Monday, Dec. 5, at Turning Point: The Center for Hope and Healing in Leawood. Call 913-574-0900 to register.

**PROGRAM SPOTLIGHT**

**Well-armed: New ways to fight lymphedema**

Lymphedema is a condition that can happen when breast cancer surgery includes removal of lymph nodes, or through other breast cancer treatment like radiation.

The result is often a painful swelling of one arm, up to four times its normal size.

The University of Kansas Cancer Center is the only facility in the area, and one of a few in the country, focused not only on lymphedema treatment but also on surveillance.

“Early detection is key,” said clinical nurse coordinator Mary Jo Ward, RN. “If we can catch it before the big swelling occurs, we can usually reduce it by doing some simple things at home.”

Several hundred times each month, she and colleagues at the Lymphedema Prevention Clinics at the Westwood and Indian Creek campuses use painless devices to monitor patients for the first signs of lymphedema.

A perometer measures arm circumference before and periodically after surgery, providing a baseline so subtle changes in the arm will be detected early. The rectangular device passes over each of the patient’s arms in a single round-trip, using infrared light beams to measure arm volume.

Another device, called an L-Dex, also records a baseline for cancer patients. The small box works at the bedside, using small leads to measure a patient’s lymphatic flow. The test is covered by Medicare and some insurance plans.

To explain why lymphedema occurs, clinical nurse coordinator Sabrina Korentager, RN, compares a patient’s arm to a road construction site.

“When lymph nodes are removed through surgery, it’s like intersections being removed during construction,” she said. “Fluid can’t move through the body and out because pathways are gone. If alternate routes can’t be found, then fluid ‘traffic’ backs up and the arm begins to swell.”

Once detected, treatment can include at-home programs of stretching, use of a compression sleeve and patient self-massage on the affected side. With the help of techniques like these, many patients have returned to normal exams and not ever developed lymphedema.

**EXPOSURE**

**A touch of Thanksgiving**

Although they couldn’t be home on Nov. 24, patients, families and staff at The University of Kansas Hospital at least could enjoy a traditional Thanksgiving meal. To serve approximately 2,000 people, Executive Chef Michael Moyes – along with 25 employees in the cafeteria’s food-production area – prepared 400 pounds of roasted turkey, 360 pounds of stuffing and 200 pounds of glazed ham, not to mention the mashed potatoes, pumpkin pies and much more.
In the News

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

► Lead poisoning problems remain – KMBC-9 News, Nov. 21. Lead poisoning in children is still a danger in thousands of homes across the Kansas City metro. Children exposed to lead paint can grow up with health problems and learning disorders. “People think lead’s an old thing, but lead’s still there,” said Lisa Oller, RPh, poison control pharmacist at The University of Kansas Hospital. Parents are advised to get their children tested, especially families in homes built before 1978. If you suspect lead poisoning, call the hospital’s Poison Control Center at 800-222-1222.

► Injured athlete thanks team physician – KCTV-5, Nov. 19. Montell Madlock, a Shawnee Mission West high school football player, suffered abdominal pain after a tackle. He and his coach didn’t realize how serious it was, but an athletic trainer and physician from The University of Kansas Hospital at the game recognized trouble. Madlock was rushed to a hospital, where he was diagnosed with a tear in his intestine, a life-threatening injury. Scott Mullen, MD, believes every football team should keep a physician near the field: “If you can get evaluated faster, you can get to recovery faster, you can get back on the field faster.”

► Rural obesity and cancer – KSBH-41, Nov. 14. University of Kansas Medical Center researchers are studying obesity in rural communities in Kansas, Nebraska, Iowa and Minnesota. Christie Befort, PhD, associate professor of Preventive Medicine, received a $10 million grant to determine which weight loss strategies work best for rural residents. “Four out of 10 rural Americans have a body mass index over 30, which puts them in the obese category and at high risk for many conditions,” she said. “We think of diabetes and heart disease, but it also puts them at high risk for cancer.”

► Cancer epidemic in middle-aged men – FOX 4 News, Nov. 9. Physicians see a growing number of people, mostly middle-aged men, with throat cancer caused by the human papillomavirus, or HPV. “This is an epidemic-level uptick. It is growing at a rate of 3 to 5 percent per year,” said Terance Tsue, MD, The University of Kansas Cancer Center physician-in-chief. Kansas has one of the lowest HPV vaccination rates in the country, so pediatric clinics have started calling it the anticancer vaccine.

Record year for donations

The University of Kansas Medical Center Auxiliary, a volunteer organization, every year funds a variety of projects at the medical center and The University of Kansas Hospital. For 2016-2017, the auxiliary will provide a record $97,417 to support 42 projects, from a diaper-changing station in a family lounge to an award for graduate students. The auxiliary receives much of its revenue from spring and fall bazaars (shown here) and hospital gift shop sales.

VSA expands hospital’s vascular services

Vascular Surgery Associates has joined The University of Kansas Hospital, a key addition to the hospital’s vascular services program. Vascular Surgery Associates, which includes Vein Institute of the Midwest, specializes in outpatient diagnosis, prevention and treatment for a full range of arterial and peripheral vascular disorders, such as carotid artery blockage, aneurysms of the abdominal aorta and leg artery blockage.

The Shawnee-based company encompasses 18 employees and five physicians. In addition to its main office at 74th and Switzer, caregivers also see patients in Olathe, Overland Park and Lawrence. Staff will continue at those outpatient locations. Our hospital has enjoyed an affiliation with Vascular Surgery Associates for several years, according to Jerry Karasek, senior administrator in the Department of Surgery. With its array of non-invasive endovascular procedures and established vein clinic, the company is a solid complement to the hospital’s more invasive open vascular surgeries.

“Our expertise and dedication to our vascular patients has been truly outstanding,” Karasek said. “Now, with the addition of VSA’s physicians and staff, we will definitely enhance our vascular service line as it continues to grow.”

Nursing education programs honored

The University of Kansas Hospital for the second time has received a Centers of Excellence designation from the National League for Nursing. The five-year designation is in the category “Nursing Education – Promote Academic Progression of Nurses.”

Our hospital was one of just three academic medical centers in the nation to be honored in that category when it launched in 2012. The designation remains elite: Just four received it this year.

The award honors healthcare facilities that excel at supporting nurses’ efforts to continue their academic preparation. The University of Kansas Hospital, for instance, provides tuition reimbursement, supports nurses’ RN certification costs and collaborates with academic partners to create environments that promote the academic progression of nurses.

The National League for Nursing historically has focused on nursing schools but in recent years has expanded its Centers of Excellence designations to hospitals and other organizations.

Correction: An article in the Nov. 17 Advances incorrectly listed services at The University of Kansas Hospital’s new obstetrics and gynecology office in Kansas City, Kansas. The clinic will not include a sonogram room. It opened with four exam rooms and is scheduled to be expanded to six next May.
Our People

A mission to help refugees –

Many of his early years were spent in a small Jordanian village surrounded by poverty, with limited access to medical care. Now a second-year student in the University of Kansas School of Medicine, Eyad Gharaibeh has witnessed firsthand how difficult life can be for those struggling just to survive.

Born with a rare bleeding disorder, Gharaibeh has been a patient most of his life, and that early exposure to the world of medicine fueled a passion for science that ultimately led to his desire to become a physician.

It was during his time in Kansas – his father earned a doctorate at Kansas State University – that Gharaibeh saw how different a person’s life can be with access to quality healthcare, and he promised to use his good fortune to help others.

True to his word, he spent two months last summer as a Clendening Fellow working at a health clinic serving the growing population of Syrian refugees in Istanbul, Turkey.

“Everyone who needs it should be able to access healthcare,” said Gharaibeh, who aspires to be a global health physician. “I took the journey first and foremost as a duty to my people, but also to gain the emotional intelligence required to serve special-needs populations.”

One of his most dire memories of Turkey was visiting a 50-year-old multiple sclerosis patient living in a fourth-floor apartment. The woman was lying on a couch in a near-vegetative state with a feeding tube in her nose.

She was out of medicine, and the hospital would not fill her prescription unless she came in for a checkup, which was nearly impossible.

“This trip really slapped me in the face about my own sense of privilege,” he said. “It was a profound reality check – I will never take for granted being a medical student in the United States.”

Top speech pathologist –

The University of Kansas Hospital’s Jamie Johnson, L/CCC-SLP BCS-S, has been named Speech-Language Pathologist of the Year by the Kansas Hearing and Speech Association.

Johnson, one of 14 speech pathologists in the hospital and its ambulatory clinics, serves primarily in outpatient care through the Marc A. Asher, MD, Comprehensive Spine Center, though she also works in acute care.

“I am so thankful for the exciting opportunities at our hospital,” said Johnson, who has been providing speech therapy for 22 years, first in Colorado and the last nine years in our hospital.

“I love my job here,” she added, “as I’m able to be surrounded by great staff, physicians and patients who teach us more than textbooks at times.”

Johnson’s calling is one that requires exceptional dedication and a love for people, qualities she has in abundance, according to her supervisor, Stacy Gray, L/CCC-SLP.

“Jamie always provides patients with the utmost in care and professionalism,” she said. “She is kind, thoughtful, patient and encouraging.”

Michael Rippee, MD, said Johnson has collaborated with Neurology’s stroke group to help develop stroke bedside swallow protocol and worked closely with residents regarding dysphagia, or difficulty in swallowing.

Rippee also lauded Johnson for her work with patients, creating highly customized therapy plans when needed. “She has demonstrated herself to be a top-notch speech pathologist and is an integral part of our speech pathology program,” he said.

Here, Patients Come First

Each day, our primary focus is on our patients. In turn, the people of Kansas City have once again made us their No. 1 consumer choice.

• Best Doctors
• Best Nurses
• Best Image/Reputation
• Best Overall Quality

We are honored to be your first choice.