Two nurses were honored for nursing excellence in the cardiac care program at The University of Kansas Hospital during a reception and awards presentation Feb. 23 in Hixson Atrium.

Cheryl Daugherty, RN, Unit 45, and Amy Kelley, RN, Surgical Intensive Care Unit (SICU), were presented the 2004 Award for Excellence in Cardiovascular and Cardiothoracic Surgical Nursing. Presenters were Randall Genton, MD, president, Mid-America Cardiology, and MidAmerica Thoracic & Cardiovascular Surgeons Michael Gorton, MD, director, Cardiac Surgery, and William Reed, MD, chair, Department of Cardiovascular Diseases.

The awards are administered by the Kansas University Endowment Association and funded by physicians of Mid-America Cardiology and MidAmerica Thoracic & Cardiovascular Surgeons.

The annual $1,000 awards are given to two full- or part-time nurses in one of the following areas: Unit 45, Unit 46, SICU, Cardiac Care Unit, Cardiac Cath Lab, Electrophysiology Lab and the Cardiothoracic Surgery Operating Room.

Active members of the medical staff, nursing directors and managers, and unit nurses can nominate nurses for the award. The nominations are reviewed by a selection committee made up of nursing executives, managers, physicians and unit nurses. Award criteria includes exceptional performance in the Five Star areas of service, people, quality, cost and growth.

Daugherty, introduced by her nurse managers, Beth Clark, RN, and Jennifer Bowman, RN, has come full circle in her career. After graduating from the KU School of Nursing, she developed a love for cardiac nursing by working in the Cardiac Care Unit. After working in other areas of the hospital, she became the unit educator for the Cardiac Telemetry Units.
**National Nutrition Month Stresses Healthy Diets**

“Eat Smart – Stay Healthy” is the theme of the American Dietetic Association National Nutrition Month campaign in March.

“In Kansas, more than one in five adults are obese, and almost three in five adults are overweight,” said Crissy Kaleekal, RD, director of the Clinical Nutrition Department at The University of Kansas Hospital.

“This growing epidemic has resulted in medical expenditures in Kansas totaling $657 million, with $138 million of this total being financed by Medicare and $143 million of it financed by Medicaid. These obesity-related expenditures represent approximately 5.5 percent of the state’s annual health care bill.”

As part of the hospital’s Wellness & Prevention Program, the department will offer nutrition seminars that are free to the public. These will be held on consecutive Wednesdays from 3–4 p.m. in Room 200 of the Landon Center.

- March 10: “Dining Out,” Kara McNally, RD.
- March 17: “What is the Diabetic Diet?” Janice Klamm, RD.
- March 24: “Fad Diets: What’s Healthy and What’s Harmful?” Elizabeth Wells, RD.
- March 31: “The Cardiac Diet,” Barb Gertsema, RD.

Look for an “Eat Smart – Stay Healthy” quiz in the March 11 issue of *In the Center*. KUMC employees, faculty and students are encouraged to answer the survey questions for a chance to win prizes from the American Dietetic Association, as well as learn more about eating healthy.

Later in March, the Clinical Nutrition Department will offer KUMC employees, faculty and students an opportunity to find out if “You Are What You Eat.”

A nutrition profile, which includes a nutritional analysis and body composition analysis, will be offered for a $5 donation. Proceeds will help KUMC reach its pledge goal for the American Heart Association’s Kansas City Heart Walk June 12.

Nutrition profiles will be offered in the Wyandotte Room on these days:

- Wednesday, March 17, 11 a.m.–4 p.m.
- Wednesday, March 24, 8:30 a.m.–1 p.m.

Appointments are encouraged and can be made by calling 8-7681, but walk-ins are also welcome. Participants will receive a daily intake form at the time they register, which must be turned in on the day of their nutrition profile. Results of the nutritional analysis will be mailed or e-mailed back to participants. If there are any questions, contact Crissy Kaleekal at ckaleeka@kumc.edu.

All of the foods you love to eat will be calculated for calories, total fat, saturated fat, cholesterol, sodium, carbohydrates, sugar, fiber and protein.

In addition, participants will receive printouts of their body mass index, basal metabolic rate, fat percentage of total body weight, total weight of fat mass, total body water and the desirable range for fat percentage and fat mass.

“This is the first year we are offering these programs to the KUMC community,” Kaleekal added. “We hope to expand our efforts next year to become an educational resource, not only for our own employees, but for the community as well.”
Colorectal cancer is the second leading cause of cancer deaths in the United States, yet it is one of the most preventable types of cancer and curable when detected early. March is National Colorectal Cancer Awareness Month.

Richard McCallum, MD, wants to remind patients and KUMC employees, faculty and students how simple measures, such as screenings, can save lives. He is professor of medicine and director of the Center for Gastrointestinal Nerve and Muscle Function and the Division of GI Motility Disorders. He also serves as American College of Gastroenterology (ACG) Governor for Kansas.

This year, 146,940 new colorectal cancer cases will be detected in the U.S., according to the ACG. “Early detection can save lives and save health care resources,” McCallum said. “In fact, early detection and intervention can reduce mortality from colorectal cancer by up to 90 percent.”

Most colon cancers develop from benign polyps, McCallum said. “The possibilities for eliminating colon cancer are amplified because we don’t have to wait for cancer to emerge,” he said. “Screening and early removal of polyps can eliminate most colon cancers.”

Medicare and most managed care plans now pay for three colorectal cancer tests, which have been shown to detect polyps and cancers early.

Yet only about 20 percent of those eligible take advantage of the screenings or even know about them.

The tests include:

- Fecal occult blood tests every year.
- Flexible sigmoidoscopy every four years for average-risk patients.
- Screening colonoscopy every two years for high-risk patients.
- Screening colonoscopy once every 10 years for average-risk patients.

These tests are usually performed on people over age 50. They may be done on younger people at risk for colon cancer, especially those with a family history.

Colonoscopy allows diagnosis and treatment in a single session. A gastroenterologist views the entire colon on a monitor as the colonoscopy is performed. Using mild anesthesia, the procedure is typically painless and takes less than 25 minutes. If polyps are seen, they are removed.

“Regular colon cancer screenings are just as important as mammograms and Pap tests are in women and prostate checkups in men,” McCallum added.

For more information, contact your physician or health care provider. National guidelines and additional information can be found online at www.cancer.org and www.acg.gi.org.

“I’m very happy to be back with cardiac nursing,” Daugherty said. “I work with a great group of talented, compassionate nurses, and I am proud to be a part of our team.”

Kelley was introduced by her nurse manager, Anne Sass, RN. Since receiving her nursing degree, Kelley has worked in the SICU. Her specialty areas include complex surgical patients, trauma, transplant recipients and cardiothoracic surgical patients. She is certified to care for patients with ventricular assist devices, temporary pacemakers and intra-aortic balloon pumps.

“Intensive care nursing, and especially cardiothoracic surgical nursing, has given me opportunities to constantly improve my skills and relationships with patients and other health care providers,” Kelley said.
Heartfelt Benefit

Cardiologist Steve Owens, MD, and his wife, Mindy, were the chair couple for the 2004 American Heart Association’s Heart Ball held Feb. 21 at the Hyatt Regency Crown Center Hotel. The University of Kansas Hospital was a major sponsor of the event, which raised $365,000 for cardiac research. More than 800 people attended.

Hot and Spicy

KU School of Medicine students in the Emergency Medicine Interest Group (EMIG) helped to organize a charity chili feed Feb. 25 in Hixson Atrium. The EMIG matched the total dollars raised for a grand total of $668. The funds will go to the favorite charities of each group that donated a pot of its special homemade chili. Some EMIG members assisting with the event included (from left) Shawn Stanley, Katherine Mayer, Asma Latif, Anna Dorsett, Ryan Jacobsen and Dawn Yan.

Black History Month Speaker

Kansas City Mayor Pro Tem Alvin Brooks discussed the role of health care professionals in the Greater Kansas City area during a presentation Feb. 26. Brooks’ lecture was part of a Black History Month series sponsored by the KUMC Diversity Initiative and the Student National Medical Association.
All-Star Arm Wrestling

KU School of Medicine female students flexed their muscles for a good cause Feb. 27 and raised $300 for Children’s Miracle Network. Arm wrestling competitors were (below left) Kristin Brune and Carolyn Rhoades and (below right) Emily Horn and Jen McAllaster. Radio personality Ponch from Mix 93.3 was on hand to help call the event and hand out prizes. Kristin “Beefcake” Brune won the competition.

New Book Shares Stories of Young Doctors in Rural Kansas

Photos and stories of Kansas physicians and KU School of Medicine students who provided primary care throughout rural Kansas for more than 50 years are captured in a new book, “Medicine on the Kansas Prairie.”

Published by the KU SoM, the book chronicles the Rural Preceptorship Program, an innovative teaching tool created by the SoM and now used as a model in medical institutions across the country.

The idea for the program came about in the late 1940s when Kansas found itself desperately short of enough doctors to care for its residents. The KU SoM decided to send student doctors across the state to help extend medical care and possibly interest more students in rural health care. The school also believed that providing students with frontline experiences outside the urban hospital setting would result in better medical training.

Today, the preceptorship program continues to provide medical students the opportunity to put into practice diagnostic and clinical skills under the guidance of an experienced physician.

The book depicts the many dynamic changes in the practice of medicine, as well as the effects of changing cultures and economy on rural health care.

“Medicine on the Kansas Prairie” was compiled and edited by Mary Beth Gentry, associate director of external affairs at the KU SoM, and Sharon Bass, professor of journalism at KU’s William Allen White School of Journalism.

The book is available for $35 from the KU Medical Center bookstore. Information is available by phone at 800-262-7509, by e-mail at bookstore@kumc.edu and on the Web at www.kumedbooks.com. A companion film documentary, released last year, is also available for $15.
W. Clarke Wescoe, MD, chancellor of the University of Kansas from 1960-69 and dean of the KU School of Medicine from 1952-60, passed away Sunday, Feb. 29. He was 83.

“Chancellor Wescoe was a great leader of this university during one of the most challenging and turbulent periods in its history,” said University of Kansas Chancellor Robert Hemenway, PhD.

“Wescoe joined the KUMC faculty in 1951 as professor of Pharmacology,” said Donald Hagen, MD, KUMC executive vice chancellor. “One year later, at age 32, he became the youngest medical dean in the nation. We were honored a few years ago when he came back to Kansas City and attended a medical school alumni event and was greeted by numerous friends from the past. He was a well respected leader in the history of the medical center.”

Wescoe Pavilion at KUMC is named in his honor, as is KU’s humanities building on the Lawrence campus. A KU SoM academic society is also named for Wescoe.

Wescoe was born in Allentown, Pa. He earned his bachelor’s degree at Muhlenberg College in Allentown and his medical degree at Cornell University in New York. After serving two years in the U.S. Army Medical Corps, Wescoe worked as a physician in New York and then joined the Cornell faculty.

The university will conduct a memorial service for Wescoe at 4 p.m., March 10, in the Central Court of the Spencer Museum of Art on the Lawrence campus. Private burial services will take place at KU’s Pioneer Cemetery.

The KUMC Auxiliary plays an important role in providing financial support for programs and projects of The University of Kansas Hospital and the University of Kansas Medical Center.

During the past year, the group has raised approximately $30,000 through a variety of events, including an annual holiday bazaar, vendor sales and a spring plant and bake sale. The Auxiliary, which was founded in 1948, also operates the Hospital Lobby Gift Shop and the Sunflower Gift Shop on the first floor of Delp.

As a result of its fundraising efforts, the Auxiliary recently purchased 25 hearing devices that will be distributed to nursing units throughout the hospital. The battery-operated devices will allow doctors and nurses to better communicate with hearing-impaired patients.

“They’re easy to use and will greatly enhance compliance, understanding and the quality of health care we can provide to our patients,” said Beth Karlsen, PhD, assistant professor, Audiology.

The Neonatal Intensive Care Unit (NICU) also has five new breast pumps to loan out to mothers – a direct result of the Auxiliary’s generous program.

“Many of the critically ill newborns in our NICU are unable to eat by mouth, so helping mothers to provide their infants with expressed breast milk is extremely important and actively involves them in the care of their newborns,” said Suzanne Bentley, RN, maternal child clinical nurse specialist.

Because of the Auxiliary’s efforts, the NICU also has a counter-top compact blanket warmer to help prevent heat loss in newborns. There are new sleeper chairs in Units 41 and 66, so family members can stay overnight in patient rooms. And the Auxiliary has funded transportation costs for Developmental Disabilities Center staff to serve the needs of children with disabilities throughout the state of Kansas.

For more information about the organization, contact Auxiliary president Paula Gangel, at 8-6528 or pgangel@kumc.edu.
Life Sciences Research Day

Mark your calendar for the Kansas City Area Life Sciences Institute’s annual dinner and Life Sciences Research Day, June 3 and 4. The annual dinner will be held at the Fairmont Hotel on the Country Club Plaza. The keynote speaker will be Richard Seline, founder and principal, New Economy Strategies, Washington, D.C. Seline has spent more than 18 years in economic development at the local, state and regional levels and has extensive experience in the biotech commercialization and partnering arenas.

The annual Life Sciences Research Day has been moved to the Overland Park Convention Center. This venue provides ample meeting space for participants and will feature nationally and internationally known presenters, nearly 200 poster presentations and vendors from numerous companies supporting life sciences research.

Company tables and sponsorships at various levels are available. To register, submit abstracts or for more information, visit the Web site www.kclifesciencesday.org.

Breast Cancer Program

The Kansas Cancer Institute (KCI) and the Breast Cancer Prevention Center will host a presentation by Powel Brown, MD, PhD, director of the Cancer Prevention Section, Breast Cancer Center, Baylor College of Medicine, Houston, at noon on Tuesday, March 9.

The lecture on “Novel Strategies for the Prevention of ER-Negative Breast Cancer” will take place in Wahl Hall West Auditorium. From 11:45 a.m.-noon, lunch will be provided for the first 35 attendees. For more information, contact KCI at 8-4700.

KUMC Night

All KUMC employees are invited to attend a special performance of “The Producers” at the Music Hall Wednesday, May 5. The show begins at 8 p.m. The $63 ticket price includes a 6:30 p.m. pre-show dinner hosted by KUMC and orchestra seats for the show.

To purchase tickets, stop by 1024 Murphy from 8 a.m.-noon, Monday-Friday. Only cash or checks will be accepted. Tickets must be purchased no later than Friday, March 19. For more information, contact Tamela Loos at tloos@kumc.edu.

Synapse Deadline

The deadline is fast approaching to submit works of art, photography and creative writing for the 2004 edition of Synapse. All entries must be in by 5 p.m. March 10. The annual creative journal is produced by the Department of History and Philosophy of Medicine and funded by the Kansas University Endowment Association. All employees, faculty and students are eligible.

Work should be submitted to Matthew Scanlon, 2025 Robinson, or by e-mail to mscanlon@kumc.edu. Entry forms are available in the Robinson office. Contact Scanlon at 8-7042 or by e-mail for more information.

Street Fair Chairs

Student committee chairs are needed for the KUMC Street Fair, which will be held Sept. 25. To volunteer, contact Theresa Brown at tbrown4@kumc.edu or 8-7055. For more information, go to sgc.kumc.edu and click on the “Street Fair” link.
**Construction Limits Dock Access**

Construction of the new heart hospital has begun on the KUMC campus, near the corner of 39th Street and Cambridge.

To help ensure everyone’s safety, hospital and university leadership request that employees, faculty and students keep out of construction areas, which are bordered by chain-link fences or orange construction fences. Construction areas include the hospital’s loading dock, where a crane is now located.

Access to the dock will be limited to delivery vehicles throughout construction of the heart hospital. Except in emergency situations, employees, staff and students will not be allowed to use the dock for entering or exiting any campus buildings. Instead, they should use the front doors of the hospital or the entrance to Hixson Atrium located underneath the skywalk that spans 39th. The Hixson Atrium doors remain unlocked Monday-Friday, 6 a.m.-6 p.m. People who park in lots on the north side of campus may prefer using the skywalk to cross 39th.

Construction of the 153,000 square-foot heart hospital should be complete in the summer of 2006.