

central line

For the employees and clinicians of UC Health / December 2017



CELEBRATING
50 years
OF TRANSPLANTATION

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Physical therapist takes her work to the rink

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Exploring decades of transplant firsts

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Influential physician bonds surgeon, patient

On Dec. 11, 1967, J. Wesley Alexander, MD, performed UC Medical Center's first kidney transplant surgery. Fifty years later, the program is marked by many clinical achievements and research firsts. Learn more on page four and at uchealth.com/journey-to-50.

Pictured above: Alex Reznichenko, MD; Athar Khawaja, MD; Shimul Shah, MD.

Celebrating 50 Years of Transplant



“...it is our responsibility to provide life-saving, destination programs...”

Colleagues,

As the cover would suggest, this edition of *Central Line* pays tribute in a number of ways to our transplant program, which, this month, celebrates its 50th anniversary.

Take a step back in time to the early days of our program on page two, and then flip to page four for a listing of key program milestones.

Herb Altemeier's compelling transplant journey appears on page five, followed by a recent research snapshot on page eight.

As the region's academic health system, it is our responsibility to provide life-saving, destination programs like transplantation. The opportunities that transplant offers to the patients we serve is what academic medicine is all about.

Congratulations and thank you to everyone who has brought us to this milestone, and to all of you who will carry us forward well into the future.

Sincerely,

A handwritten signature in black ink that reads "Richard P. Lofgren". The signature is written in a cursive, flowing style.

Richard P. Lofgren, MD
UC Health President & CEO

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OUR PURPOSE

To advance healing and reduce suffering.

OUR MISSION

We are committed to advancing medicine and improving the health of all people—regardless of race, ethnicity, geography or ability to pay—by fostering groundbreaking medical research and education, delivering outstanding primary and specialty care services, and building a diverse workforce.

OUR VISION

To use the *power of academic medicine* to advance the science of discovery and transform the delivery of care.

OUR VALUES

PRIIDE: We will serve our patients, our community and one another by:

Putting PATIENTS and families first.
Showing RESPECT.
Acting with INTEGRITY.
Embracing INCLUSION.
Seeking DISCOVERY.
Offering EMPATHY.

Central Line is a monthly publication for employees and clinicians of UC Health. It is produced by UC Health Marketing & Communications. Send your comments and ideas to central-line@uchealth.com.

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Volume 1, Issue 7

Bringing Creativity to Care

Physical therapist finds creative ways to help others

Renee Loftspring / Staff Physical Therapist / Daniel Drake Center for Post-Acute Care

BY DAMA EWBANK

RENEE LOFTSPRING found her calling while guiding others to theirs. The former middle and high school science teacher was introduced to physical therapy during a career day that she hosted for her students.

She was drawn to the idea of blending science and education in a way that benefited others, so she started down a multi-year career-change journey. Loftspring received a bachelor's of science in physical therapy and began practicing before moving on to complete both a master's in instructional design and technology and a doctorate in higher education.

"As physical therapists, our role is to improve someone's quality of life," says Loftspring, who sees patients at Daniel

Drake Center for Post-Acute Care. "We do a lot of education. You can't really treat someone and not be an educator at the same time."

Not content to leave her work at "work," Loftspring has found ways to volunteer in the community for the benefit of her patients and others experiencing challenges with mobility.

"I love being creative and problem-solving, and figuring out a way for patients to do better, to feel better, to move better."

She's been able to do that, surprisingly, through ice hockey.

Loftspring, who grew up cheering for the Detroit Redwings, was no stranger to the game. When her son was old enough to skate, he too was on the ice. An article about sled hockey in a USA Hockey magazine caught her eye, and

two years later, she not only started an adaptive ice hockey program in the community, but was also serving as USA Hockey's Disabled Section representative. In that role, her focus is to grow adaptive ice hockey throughout her five-state district.

Loftspring's program, the Cincinnati Ice Breakers sled hockey team, is an adaptive form of ice hockey for youth and adults who are unable to skate in a standing position due to their physical disability.

Loftspring has been able to introduce many of her own patients to sled hockey and has seen it benefit participants in countless ways, leaving her inspired along the way. •



Bonus video at
uchealth.com/central-line

Organ Donation: Then and Now



The organ donation “wagon” aided Cincinnati transplant teams.

UC'S TRANSPLANT PROGRAM, while not the first when it began in 1967, was among the nation's earliest programs and, therefore, wrestled with many of the early complexities surrounding organ donation and organ transport.

Kidney transplants from living donors were the most common type of transplant at the time, as there were a number of legal and ethical issues—as well as organization and infrastructure challenges—related to deceased organ donation.

The organ donation “wagon,” depicted here, helped Cincinnati transplant teams quickly reach outlying hospitals with necessary personnel and equipment for procuring donated organs.

It wasn't until the 1980s that more formal infrastructure and standard procedures were put in place nationally to facilitate organ donation and transplantation. •

..... Safe & Well

BUILDING A HEALTHY HOLIDAY PLATE

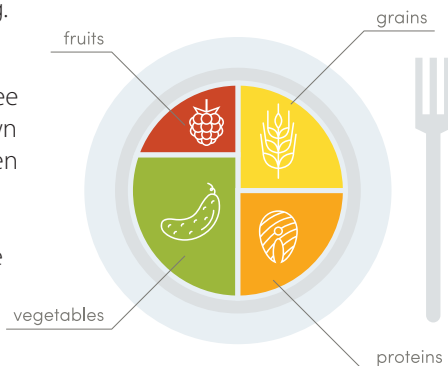
THANKSGIVING MAY BE behind us, but the holiday season continues. Chances are you will find yourself facing many more decisions about what to eat that won't sabotage your efforts to stay healthy.

Haylee Hannah, registered dietitian with the UC Health Weight Loss Center, offers a number of tips for filling your plate at your next holiday gathering.

Conquer the buffet line by dividing your plate into three sections. (Picture a line down the center of your plate, then split one of the halves into two equal parts.) Fill the largest section of your plate

with healthy fruits and vegetables. Fill another section with a lean protein and the last with a healthy carbohydrate.

When picking a lean protein, save calories by selecting a piece of turkey with lighter meat and no skin.



Pick roasted, steamed or fresh fruits and vegetables rather than creamy, cheesy, smothered or battered options.

Healthier carbohydrate choices are those with fiber or protein, so go for brown rice or sweet potatoes.

The UC Health Weight Loss Center offers a number of resources for weight management, and UC Health employees can take advantage of half-off enrollment fees for surgical or non-surgical weight-loss programs. Learn more by calling 513-939-2263 or by visiting uchealth.com/weightloss/. •



Your Questions Answered

One of our department's vendors sent me a \$25 gift card for the holidays. Can I accept it?

Unfortunately, no. UC Health's policy titled "Gifts to and from UC Health and UC Health Representatives" outlines guidelines for giving gifts to and/or receiving gifts from vendors, patients and visitors. The policy is in place to ensure that our activities and business transactions are conducted ethically and in compliance with the UC Health Code of Conduct as well as federal and state laws and regulations.

Specific to your question, UC Health and its representatives (employees, agents and volunteers), are prohibited from receiving cash or cash equivalents from vendors, including gift cards. The gift card you received should be returned to the vendor with an explanation of our policy.

There are, however, some "gift" items that are permitted if given/received infrequently. Those items are also outlined in the UC Health policy and include perishables like baked goods.

Learn more by visiting the UC Health Intranet, select Policies > Corporate Policies > Compliance Admin, then select the Policy section to find the "Gifts to and from UC Health and UC Health Representatives" policy.

Do you have a question we can answer? Email central-line@uchealth.com.

COMPLIANCE CORNER: Do patients have a right to access their Protected Health Information?

ON JULY 10, 2017, the U.S. Department of Health and Human Services (HHS), Office for Civil Rights (OCR), received a complaint alleging that University of Cincinnati Medical Center had violated the Federal Standards for Privacy of Individually Identifiable Health Information and the Security Standards for the Protection of Electronic Protected Health Information. Specifically, the complainant alleged that on June 20, 2017, UC Medical Center failed to provide them access to their medical records. While OCR closed this complaint with Technical Assistance, it is important to know what the Privacy Rule states in regards to patients' access to their protected health information (PHI).

The Privacy Rule states that an individual has the right to access his/her PHI maintained by UC Health in a designated record set, for as long as the PHI is maintained in the designated record set. A designated record set contains both permanent medical records and billing records.

To obtain one's PHI, the individual must complete the Authorization for Release of PHI and submit the completed form to the Health Information Management (HIM) department for review and approval. When a written Authorization for Release of PHI is received, UC Health must act on the request for access no later than 30 days after receipt of the request unless a Notice of Status of Patient Request for Access to Protected Health Information/Extension form is completed. To the extent possible, UC Health should grant a patient or a patient's legal representative's request for access to the PHI sought after, excluding or redacting

the PHI for which there is a ground to deny access. The request may be denied if the request relates to business planning, development, and management records that are used for business decisions, quality improvement records or peer review files, as these types of PHI are not part of the designated record set. (Individuals' Right under HIPAA to Access their Health Information 45 CFR 164.524, HHS.gov, 2016). Please view the Corporate HIPAA policy titled **Access to Protected Health Information** to review the grounds to deny in whole or part. Access may not be denied based on an individual's failure to pay a bill and payment of a bill may not be required as a condition for providing access. Employees wanting to access their PHI must complete an authorization form and submit it to the HIM department following the process listed above. Employees may not view their medical record through EPIC.

It is important to note that the UC Health Privacy Office has been working with the HIM department and has created a new authorization form for patients seeking access to their protected health information. To view this new form, please visit the UC Health Intranet, select Policies > Corporate Policies, then select Department: HIPAA – Admin and review the Form section.

If there are any questions, please contact the Privacy Office at 58-HIPAA (584-4722) or email hipaa@uchealth.com. •

This article was written by staff within UC Health's Compliance Department.

'Journey to 50'

Celebrating 50 years of transplantation

BY DAMA EWBANK

WHEN J. WESLEY ALEXANDER, MD, performed the first kidney transplant at UC Medical Center in 1967, it set in motion decades of firsts for the now 50-year-old program.

From creating clinical processes and protocols to hitting research milestones, physicians, nurses, pharmacists, social workers, dietitians, registrars, financial counselors, phlebotomists and many others have had a significant impact on the current-day transplant program.

Take a look at a snapshot of our "Journey to 50."

1967: First kidney transplant performed at UC Medical Center

1970: First pancreas transplant performed at UC Medical Center

1985: Cincinnati Transplant Tumor Registry established

1985: First heart transplant performed at UC Medical Center

1985: First liver transplant performed at UC Medical Center

1995: First gastric bypass procedure to treat obesity in transplant candidates

2001: First islet allotransplant performed at UC Medical Center

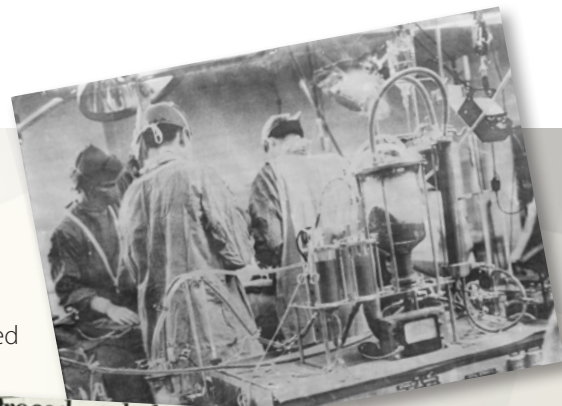
2004: First kidney exchange transplant in Ohio performed at UC Medical Center

2008: Landmark double-blind, randomized trial of early steroid withdrawal therapy

2011: UC co-authored *New England Journal of Medicine* publication on trial of alemtuzumab-based early steroid withdrawal

2015: Development of post-transplant telehealth program

2017: Completion of landmark multi-center study of belatacept-based steroid-free antirejection therapy



Procedure helps Dayton man control diabetes

Cincinnati one of five centers doing islet cell transplant

By Karen Lamm

June 10, 2017

James Holman will never have to worry about his blood sugar levels again. His experimental surgery last spring hasn't yet cured his diabetes, so he keeps emergency syringes handy in case his blood sugar drops and he's unable to reach up to a table.

"You always take a pencil sharpener with you, because you never know," he said.

But Holman rarely wakes up eager for a sugary morning. His blood sugar is normal most of the time, and he's not worried about back and forth between danger.

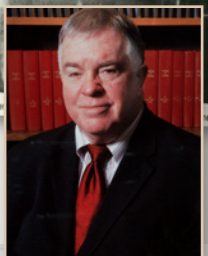
"I still have highs and lows, but I need to feel like I was a puppy in the hands of a strong child," he said.

The difference is the islet cell transplant he underwent at the University Hospital in Cincinnati, one of only five U.S. centers doing the procedure.

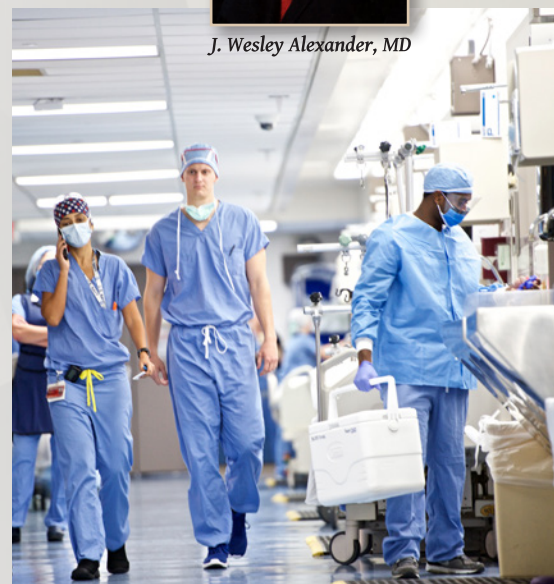
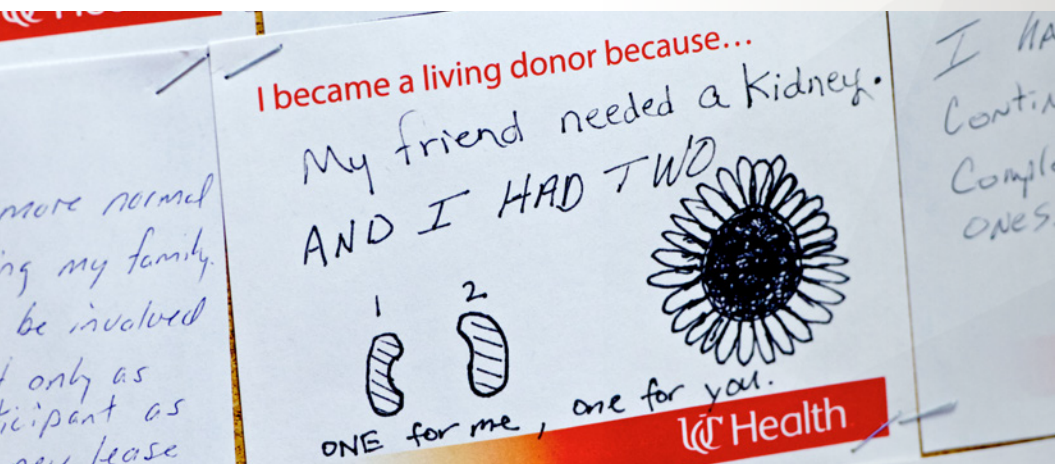
Islet cells in the pancreas produce insulin for controlling blood sugar levels, but not in people with Type 1, or juvenile, diabetes. These patients give themselves regular shots of insulin, but some's islet cells are more reliable.



JAMES HOLMAN had an islet cell transplant earlier this year.



J. Wesley Alexander, MD



Altemeier's decision
to choose medicine
over baseball saved
countless lives...

What's in a Name?

Transplant recipient, surgeon bonded together by physician

BY KELLY MARTIN

IN THE EARLY 1930's, William A. Altemeier turned down an offer to play professional baseball for the St. Louis Browns in order to continue his medical studies.

Over the next five decades, he would become one of the most influential and respected surgeons in American academic surgery, leading the UC Department of Surgery for 26 years and conducting groundbreaking research into surgical procedures and infection.

Altemeier's decision to choose medicine over baseball saved countless lives—including, eventually, that of his own grandson, Herbert Altemeier.

As a young man, Herbert was anxious to enlist in the armed forces, but medical tests during his high school years at a military academy revealed a startling surprise: A congenitally absent left kidney. He would not be permitted to enlist in the military.

Years passed and Herbert married his wife, Therese, in 1995. While life with one kidney was the only life he knew, it was a very, very good life.

Then, just months before his 50th birthday, Herbert began having trouble sleeping, had violent spells of sickness and had trouble staying focused in the evenings. He rationalized the symptoms and exhaustion as side effects of an active life, enjoying frequent adventures with his wife.

When he finally visited his doctor, Herbert was surprised to hear the physician say that it was time to get on "the list." The transplant list. He would need a new kidney.

After consulting with his wife, one of Herbert's next conversations was with his dear friend and best man from his wedding, Dan Wood. Herbert nervously delivered the message, "I'm going to need a kidney transplant." Wood—a willing donor—was a match.

On Aug. 14, 2017, Herbert received one of Wood's kidneys at UC Medical Center. As another gift of fate, his surgeon would be renowned transplantation specialist E. Steve Woodle, MD, professor of surgery at UC and UC Health director of solid organ transplantation.

"I recognized his last name right away," Woodle said.

That's because Woodle is only the second surgeon at the university to hold the prestigious William A. Altemeier Endowed Chair, a position created in honor of Herbert's grandfather, William A. Altemeier, MD. Altemeier was a true pioneer in the advancement of surgery and surgical education, but to Herbert, he was simply known as "Grandpa."

Herbert's stay at UC Medical Center would only be three days—Wood's two. When asked to reflect on their experiences, Herbert and his wife offered similar thoughts: "The staff—our nurses, Sam, Diane, Melissa, Karla—were calm, yet confident," Herbert said. "Sam shared her own experiences—she went out of her way to relate."

"Everyone was so helpful and kind," Herbert added. "And Dr. Woodle—I can see his dedication and his passion for what he does. He's warm and he makes you comfortable. It's clear why my grandfather loved this place based on what it is today." •



Bonus video at
uchealth.com/central-line

NEWS AND NOTES

Awards, Certifications and Recognitions

The **heart transplant program** at UC Medical Center has been approved by the Centers for Medicare and Medicaid Services (CMS) for participation in the Medicare program under "Special Requirements for Transplant Centers."

To receive certification from CMS, the program had to perform 10 transplants within a specific time frame and prove a number of successful outcomes.

UC Medical Center has again earned The Joint Commission's Advanced Certification for **Comprehensive Stroke Centers**, the highest level of certification reserved for institutions with specific abilities to receive and treat the most complex stroke cases.

Radiology at UC Medical Center was presented in November with the **Press Ganey Success Story Award®** at the 2017 Press Ganey National Client Conference in Orlando. The team was recognized for their work focused on improving patient experience. They were among only 12 Success Story Award winners from across the nation.

Dementia Support Group

Bridgeway Pointe, UC Health's assisted living community, is now offering a monthly family support group for those who have a loved one with dementia. The group is led by a chaplain and is open to family members of Bridgeway Pointe residents as well as the broader community. The Dementia Support Group meets the third Wednesday of each month at 6 p.m. in the Bridgeway Pointe chapel. RSVP's, while not required, are appreciated and can be directed to kristie.collins@uchealth.com.

The Waddell Center for Multiple Sclerosis at the UC Gardner Neuroscience Institute, has been named a **Center for Comprehensive Care by the National Multiple Sclerosis Society**. This is the first time the Waddell Center has received such a designation.

Appointments



Kathie Hays, MSN, RN, has been named chief nursing officer for West Chester Hospital. An experienced nursing administrator, Hays had served as interim chief nursing officer since February and was selected following a regional search. She holds a master's degree in nursing administration from Xavier University.



Brett Kissela, MD, in addition to his role as the Albert Barnes Voorheis Chair of Neurology and Rehabilitation Medicine, has been named chief of research services for UC Health and senior associate dean for clinical research within the UC College of Medicine. In these roles, Kissela will oversee and coordinate clinical research management activities across our academic health system.

Shuttle Tracking App

Patients, visitors and employees to UC Health's Clifton Campus can now use their mobile phones to track the location of UC Health's shuttles and get estimated arrival time information. Download the free DoubleMap app on Android or Apple devices and search for UC Health.



Epilepsy Monitoring Unit

West Chester Hospital has opened an inpatient epilepsy monitoring unit, which will use simultaneous video and electroencephalogram (EEG) to evaluate, diagnose and treat patients with seizures or episodes suspected to be seizures. West Chester Hospital is the only community hospital offering inpatient epilepsy monitoring services. The unit will have the support of UC Medical Center neurology services, with eight UC Gardner Neuroscience Institute physicians seeing patients on the West Chester campus.





FEATURED POST

TO ROUND OUT PREMATURETY AWARENESS MONTH in November, UC Health's preemies in the UC Medical Center Neonatal Intensive Care Unit were surprised with a gift from the world's most famous hippo. Preemies and their families received a note of encouragement from Fiona, who was born 6 weeks premature at the Cincinnati Zoo & Botanical Garden. Each also received a copy of blue manatee children's bookstore's very own *Fiona's Feelings* board book. The special delivery was featured on UC Health's social media channels and picked up by WLWT-TV (News 5).

Be sure to follow UC Health on Facebook, Twitter and Instagram, where we curate content for you to like and share.

Facebook: UCHealthCincinnati **Twitter:** @UC_Health
Instagram: UC_Health



Delivering Better, Safer and Smarter Care 'The UC Health Way'

WEST CHESTER HOSPITAL has achieved Magnet® designation from the American Nurses Credentialing Center, making it among just 29 Magnet-designated facilities within the entire state of Ohio. Hospitals designated as Magnet facilities benefit from an increased attraction and retention of top talent, improved patient care, safety and satisfaction, growth in business success and advancement in nursing standards and practices.

To achieve Magnet recognition, organizations must pass a rigorous and lengthy process that demands widespread participation from leadership and staff. This process includes an electronic application, written patient care documentation, an on-site visit, and a review by the Commission on Magnet Recognition.

Research demonstrates that Magnet recognition provides specific benefits to healthcare organizations and their communities, including:

- Higher patient satisfaction with nurse communication, availability of help and receipt of discharge information.
- Lower risk of 30-day mortality and lower failure-to-rescue rates.
- Higher job satisfaction among nurses.
- Lower nurse reports of intentions to leave their positions.

"Magnet recognition provides our community with the ultimate benchmark to measure the quality of patient care," said Tom Daskalakis, chief administrative officer for West Chester Hospital. "Achieving Magnet recognition reinforces the culture of excellence that is a cornerstone of how we serve our community. It's also tangible evidence of our nurses' commitment to providing the very best care to our patients, of which we are extremely proud."



AHA! MOMENT

Organs from HCV Donors May Be Safe for Liver Transplant

A RESEARCHER AT THE UC COLLEGE OF MEDICINE says livers from hepatitis C patients who test positive for the antibody made to fight the disease may pose a modest risk of infection and be acceptable for transplantation.

Khurram Bari, MD, assistant professor in the UC Division of Digestive Diseases, looked at 25 organ recipients at UC Medical Center who were tested before and after they received a liver from a donor positive for the hepatitis C virus (HCV) antibody, but without evidence of active infection in the blood. He found only four, or 16 percent, contracted HCV after transplantation.

"All donors with hepatitis C are not the same; they don't have the same risk of infection transmission," says Bari, also a UC Health physician.

The findings were presented by Bari at the American Association for the Study of Liver Diseases during its annual conference, The Liver Meeting, held in October in Washington, DC.

Nationally, about 18,000 patients each year are in need of a liver transplant, says Bari. About 7,500 annually receive a liver and close to 15 percent of the patients on the waiting list die before receiving an organ donation. Increasing the pool of available organs for liver transplantation is a necessity, explains Bari.

"You can't live without a liver, while hepatitis C is a treatable disease," says Bari. "This study was conducted with a limited number of participants and its findings, while promising, may require more research to ensure the use of these organs from HCV donors pose a very low risk of transmission. Our results should still be given serious consideration in light of our very real need to increase the number of livers available for transplant."

Content provided by UC Academic Health Center Public Relations and Communications.



JOIN IN ON THE HEART MINI 2018

TEAMS ARE NOW FORMING for the 2018 American Heart Association Heart Mini. Join UC Health, local Life is Why sponsor of the American Heart Association/American Stroke Association, in our effort to raise funds and awareness to fight heart disease and stroke.

The 2018 Heart Mini will be held Sunday, March 18, in downtown Cincinnati, and features events for runners and walkers of all distances, including a kids' race and the UC Health Steps for Stroke—a 1K walk for stroke survivors.

Visit heartmini.org and search for UC Health and University of Cincinnati in the company listing to join a team. You can also register using payroll deduction at surveymonkey.com/r/UCHEALTHREG18. If you are interested in becoming a team captain, contact Ron Rohlfing, who is leading UC Health's 2018 Heart Mini campaign: ron.rohlfing@uchealth.com.

Mark your calendars:

Fleet Feet Shoe Sales

Cash, credit and payroll deduction accepted. Ten percent of all proceeds benefit the American Heart Association through our Heart Mini campaign.

Tuesday, Jan. 16
Daniel Drake Center for Post-Acute Care

Wednesday/Thursday, Jan. 17-18
UC Medical Center

Tuesday, Jan. 23
West Chester Hospital

Thursday, Jan. 25
Business Center



Locally Sponsored by
UC Health.

National Wear Red Day

Friday, Feb. 2
To the extent our uniform policies allow, wear red and watch out for opportunities for site/team photos.

Deadlines

Wednesday, Feb. 14
Deadline to register to receive race packet at UC Health work location.

Friday, Feb. 23
Deadline to register before prices increase.



Khurram Bari, MD

SNAPSHOT

UC Health Giving Back

UC Health is an active supporter of a number of events and community health initiatives across the region, and many of our employees step up as volunteers to help out, share information and provide health screenings. And sometimes our community partners and legislators come to us! Here's a peek at some recent activity.

WOULD YOU LIKE TO BECOME A UC HEALTH VOLUNTEER AMBASSADOR and learn about opportunities for representing UC Health in the communities we serve? Email Dan Maxwell at ambassador@uchealth.com.



UC Health employees painted downtown pink on Sunday, Oct. 29, when dozens of volunteers took to the streets before the Cincinnati Bengals game against the Indianapolis Colts to pass out pink "yowie" headbands featuring the UC Health logo and phrase "Tackle Cancer." Photos and videos from the downtown takeover were posted on UC Health's social media accounts and the University of Cincinnati's Snapchat channel.

COMING UP

Rev. Dr. Martin Luther King Jr. Celebration

Friday, Jan. 12, 10 a.m.
UC College of Medicine's Kresge
Auditorium

Mobile Mammography Screening

Thursday, Jan 18, 8 a.m. to 2:30 p.m.
UC Health Business Center.
For appointments or financial assistance,
call 513-584-PINK (7465).

Quarterly Leadership Meeting

Thursday, Feb. 8, 8 a.m. and 1 p.m.
Sharonville Convention Center

central line

For the employees and clinicians of UC Health / December 2017

Discounts and Offers >> UC Health is proud to partner with UC Athletics to provide medical support to student athletes. Cheer on the Bearcats men's basketball team this season by purchasing discounted tickets to select home games. Reduced ticket pricing starts at just \$15 and is good for the Dec. 19 matchup between the UC Bearcats and Arkansas-Pine Bluff, and the Jan. 24 game against American Athletic Conference foe Temple.

Get tickets at gobearcats.com/tickets. Select "Buy Tickets Now" and enter promo code UCHEALTH.

Questions can be directed to Kyle Wendt at 513-558-2282.

