

Medical Staff News

Newsletter for the Medical Staff of Greenwich Hospital | January 2022

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From the desk of the CMO

The Skinny on Willpower

Karen Santucci, MD, Chief Medical Officer

Dear Mighty Team,

It is a new year. The December holidays were a blur. We want so much to wish each other a happy, healthy new year and really mean it, feel it and have it happen. We “normally” might think about resolutions right about this time... there are so many things I would like to do better in 2022 but I have not been feeling terribly inspired. Are you feeling a little bit like this too?

I recently forced myself to declutter an area and found a book that I had read many years ago. It is entitled *The Skinny on Willpower: How to Develop Self-discipline*, by Jim Randel. I started to thumb through it. As a pediatrician, I was thrilled to reread the story about the Stanford psychologist, Dr. Walter Mischel. As an experiment, he took a bunch of preschoolers (4 years old) and had their teacher tell them they could each have a marshmallow right now in their classroom, but... if they waited until the teacher (who had to step out) came back in the room they could actually have two marshmallows! They gasped and their eyes opened wide! About a third of the children took a marshmallow right away and popped it into their mouth. But the other two-thirds tried to distract themselves to pass the time until their teacher returned. Some talked, some sang, some played with their hands or feet, some covered their eyes and some even tried to go to sleep. But, by golly, they waited the 15 minutes, which must have felt like a lifetime.

When their teacher returned, those who waited the 15 minutes received TWO marshmallows. What is so cool about this research project is that when the psychologist, Dr. Mischel, compared the students on a variety of criteria 14 years later, the children who had waited the 15 minutes and exercised willpower generally had greater success in all aspects of their high school years.

Is this where the expression *good things come to those who wait* comes from? I am not sure, but there is thought to be a willpower-achievement connection. Psychologists do agree that different children acquire willpower/self-discipline at different times and that we as adults can improve willpower and self-discipline at any age.

So what's your point Karen? I am glad you asked!

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Can we improve willpower and self-discipline even now... during a pandemic? YOU ALREADY HAVE! You have all proven your willpower and self-discipline and have demonstrated such courage and patience! Teddy Roosevelt, the 26th President of the United States said, *"The one quality which sets one apart from another, the key which lifts one to every aspiration while others are caught up in the mire of mediocrity, is not talent, formal education, nor intellectual brightness; it is self-discipline. Without it, even the simplest goal can seem like the impossible dream."*

With self-discipline, all things are possible. So go ahead and create those New Year's Resolutions! You are going to succeed and by all parameters, you already have!

Wishing you a happy, healthy new year! Whatever challenge or opportunity ahead of you, you can achieve your goal!

Sincerely,

Karen

Barbara Ward, MD, appointed new chair of Surgery



Northeast Medical Group physician Barbara A. Ward, MD, has been appointed chair of Surgery, becoming the first woman to lead the hospital's surgeons.

A physician for 38 years, Dr. Ward is the medical director of the Breast Center at Smilow Cancer Hospital Care Center in Greenwich and an associate clinical professor at Yale School of Medicine. Her experience spans both research and clinical.

As chief of Surgery, Dr. Ward will lead the surgical team of physicians who perform a wide variety of procedures in the fields of bariatrics, cancer, ear/nose/throat, neurological, orthopedic, plastic and vascular surgery.

Prior to joining Greenwich Hospital, Dr. Ward served as director of the Yale Comprehensive Breast Care Center. Following medical school at Temple University School of Medicine, Dr. Ward completed surgical training at Yale New Haven Hospital and a two-year fellowship in surgical oncology at the National Cancer Institute. She is the recipient of numerous awards and distinctions and is first or co-author on more than 45 peer-reviewed papers.

Dr. Ward is an advisor for the Breast Cancer Alliance, which partners with Greenwich Hospital to provide mammography and other services to women who have no or little health insurance. She also is a member of various professional societies, including American College of Surgeons, American Society of Breast Surgeons, Eastern Surgical Society, New England Surgical Society and Yale Surgical Society.

Digestive Health Virtual CME Series 2022: *Trust Your Gut*

Yale Medicine and Yale New Haven Health will continue to offer the free, monthly virtual Digestive Health CME series, called *Trust Your Gut*. The yearlong series will again be held the third Thursday of each month at 5 pm throughout 2022. The series is designed to provide world-class digestive health educational programming, professional development and networking opportunities for physicians and advanced practice providers.

The course series will focus on several key digestive health topics including abnormal liver function tests, gallstones and biliary colic, intestinal stomas, esophageal swallowing disorders, eating disorders, post bariatric complications, constipation, anorectal disorders, diarrhea, abdominal pain and celiac disease/gluten sensitivity. The overall goal of this series is to provide current evidence-based education in diagnosis and management of gastrointestinal and liver diseases.

The first session will be Jan. 20 when Joseph Lim, MD, will present Management of Abnormal Liver Function Tests. On Feb. 17, Saber Ghiassi, MD, and Priya Jamidar, MD, will present Gallstones and Biliary Colic.

Yale School of Medicine designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credits™ per session, a total of 12.0 AMA PRA Category 1 Credits™ for the series.

To register, visit the Yale CME portal at yale.cloudcme.com. For questions, contact Joe Mendes, executive director, Clinical Program Development, Digestive Health, at joseph.mendes@ynhh.org.

THE WELLNESS CORNER

The Wellness Corner is a Medical Staff News feature where the Medical Staff Wellness Committee will share information about various well-being resources for Greenwich Hospital Medical Staff.

As members of the medical staff continue to face unprecedented challenges, the Medical Staff Wellness Committee reminds you that there are many resources available to help alleviate stress and support well-being.

Below are resources for meditation and mindfulness exercises that are available and easily accessible:

Take 10 – Brief Phone Meditations with Bud Wassell (YNHHS Employee and Family Resources)

Monday, Wednesday and Friday at noon

Tuesday and Thursday at 2 pm

Call 888-398-2342, access code 3862125

Meditation Hotline

203-688-6185

Call anytime (24/7) for prerecorded meditations, including meditations appropriate for before a shift, at the end of a shift and for a reset/pause during a stressful workday.

Quiet/Reset Rooms

Need a few minutes to step away from everything? If you are experiencing heavy stress or feeling overwhelmed, get away for a few minutes in a quiet room. At Greenwich Hospital, the Quiet Rooms are located in rooms 3-274 and 2-223.

State delays launch of Electronic Death Registration

The State of Connecticut has delayed the previously expected date of Jan. 1, 2022, for the launch of electronic Connecticut death certificates.

Currently all death certificates and reporting are manual paper driven processes. Yale New Haven Health has worked on the optimization of decedent processes for all deaths within YNHHS. This work included a large Clinical Redesign project that developed and optimized the EPIC pathways for physician and nurse workflows for post-mortem care and developed morgue queues within Epic. A final piece of the project is the State of CT Electronic Death Reporting System (EDRS). YNHHS Medical Information Officers have been training and obtaining access for all credentialed providers.

This change will require clinicians to certify deaths in the electronic system. Due to user access and logins issues, however, the go-live date for electronic death certificates is delayed until at least Feb. 1, 2022. Paper filing of death certificates will continue until further notice.

Need a data report? Search the JDAT Analytics Portal

How many COVID-19 tests have Yale New Haven Health laboratories in different parts of the state performed? What was the average patient length of stay six months ago vs. now? The Yale New Haven Health and Yale Medicine Joint Data Analytics Team (JDAT) has these and more than 3,700 other reports on a wide range of topics available at <https://analyticsportal.ynhh.org>.

The reports include detailed information related to COVID-19, clinical redesign, quality and safety and other activities for different service lines and departments. Access is required to view existing reports or request custom reports from the JDAT Analytics Portal. Visit the portal to submit an access request.

News from the GH Medical Staff DEI Council

When the GH Medical Staff Diversity, Equity and Inclusion (DEI) Council was formed in the fall of 2021, leaders shared that one of the group's main goals is to foster an environment in which differences and individuality are respected and inclusivity is intentional.

Yvonne Ankrah, MD, Obstetrics and Gynecology, a member of the council, shares thoughts of what it means to her to serve on the committee:

When I was approached to join the DEI council, my first thought was, "great, another committee to take up my time." During 2020, we discussed self-care to death, and I was, for one, very fierce with and protective of my time. However, a week after joining the committee, it coincidentally became apparent why I needed to give my time.

I will be honest. I have spent my lifetime trying to 'fit in'. After many years of that routine, you become successful at suppressing events that remind you that you are often the one in the room that differs from the others. You almost get into a bubble and you forget. Your peers, your colleagues, your friends, even your patients, accept you for who you are. Inevitably, you venture out, and like a huge limestone avalanche, something happens and you are reminded. I have grown up understanding that you cannot label all people in a group by one individual. Doing so can be the seed of hate that grows for some like a hot spring. Negative experiences like these bring up so many wounds and past experiences for me. However, like others before me, I have to use these experiences to spur me into action, not into defeat.

"Hate cannot drive out hate; only love can do that."

– Dr. Martin Luther King Jr.

By joining this council, I hope to help Greenwich Hospital create a better hospital culture. It gives me the opportunity to be an example in diversity, equity and inclusion. We as a hospital can generate conversations that at times can be uncomfortable and controversial. By breaking down barriers outside of health care, more so in our minds, about how we view the ever-changing world, we can derive feedback and generate thoughts and actions. We may also spread knowledge to the community and reach a bigger proportion.

Through the council, I hope to develop openness and respect across networks and through the community by offering education, leadership and outreach.

If you have ideas, suggestions, or an interest in joining the GH Medical Staff DEI Council, please reach out to the council co-chairs Ellika Mardh, MD, at ellika.mardh@greenwichhospital.org or Cassandra Tribble, MD, at dr.tribble@yahoo.com.

Newsletter Submissions

Deadline for submission of content for the February 2022 issue of *Medical Staff News* is Friday, January 28, 2022. Please submit items for consideration to Karen Santucci, MD, at karen.santucci@greenwichhospital.org or Myra Stanley, YNHHS, at 203-688-1531 or myra.stanley@ynhh.org.

Medical Staff Changes (December 2021)

Appointees



Sania Atta, MD
(Neurology)
Yale Medicine Neurology at Greenwich Hospital
15 Valley Dr.
Greenwich, CT 06831
Phone: 203-863-4490
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Christa Beyer, PA
(Orthopedics)
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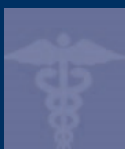
Jessica Campbell, APRN
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Greenwich Hospital Outpatient Behavioral Health
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Joshua Geltman, MD
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David Hirschl, MD
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Molly Kane, CRNA
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Shannon O Malley, MD
(Pediatric Hospitalist)
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Andrew Pao, MD
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Steven Purcell, APRN
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Nancy Ringel, MD
(Obstetrics & Gynecology)
Yale Medicine Urogynecology
55 Holly Hill Lane
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Joseph Saracco, DPM
(Podiatry)
Center for Hyperbaric & Wound Healing
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Greenwich, CT 06830
Phone: 203-863-4505
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Resignation/Non-Renewal of Privileges

Diane Pagan, APRN (Medicine)

Change in Status

Philip McWhorter, MD (Surgery) was granted a change in status from Active to Honorary staff

Robert Stark, MD (Cardiology) was granted a change in status from Active to Honorary staff

Miscellaneous

Tara Beth White, CRNA (Anesthesiology) changed her name to **Tara Beth Trofa, CRNA.**