

Medical Staff News

Newsletter for the Medical Staff of Greenwich Hospital | April 2025

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From the desk of the CMO

Let Them!

Karen Santucci, MD, Chief Medical Officer

Dear Mighty Team,

I recently read a book that was very empowering, and I wanted to share it with you. The title is ***The Let Them Theory*** by *New York Times* bestselling author Mel Robbins. If you happen to see people with tattoos on their arms with the words “Let Them” you will now know why they have the tattoo.

These two simple words “Let Them” can be very powerful! They can set you free from the opinions, drama and judgment of others. You will find that you really cannot manage other people’s happiness, and you shouldn’t let other’s opinions hold you back. The book helps give you tools to aid you in the process of not giving your power away.

I think one of the most powerful statements is that “the fastest way to take control of your life is to stop trying to control other people and focus on what you can control: yourself.”

The core idea: the theory revolves around the idea that we often waste energy trying to control outcomes and people’s behaviors that are beyond our influence.

The focus shift: Instead of fighting against who people are or what they do, the “Let Them Theory” encourages you to shift your focus to how you respond to their actions.

Benefits: By letting go of the need to control others, you can reduce frustration, increase emotional peace and even improve relationships.

The “Let Them Theory” can be powerful but it is not the solution for every situation and does not apply to raising children! We, of course, have to set boundaries.

When dealing with adults though, you might find it useful. Suppose you have a friend who was dating someone and then that person began canceling plans, stopped calling and returning texts. Rather than your friend being devastated and heartbroken, he or she should “Let Them.” That person of interest does not appear interested any longer and rather than being miserable, he/she can recognize the message being sent and “Let Them” go as they declared themselves.

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The “Let Them” theory encourages you to release control and expectations of others, focusing on your own actions and reactions, rather than trying to control or change them. Please know this does not apply to Hand Hygiene, Time Outs before procedures or codes of conduct. We still need to function professionally and with a conscience. The “Let Them” theory, however, allows you to gain control over your own emotional peace and improve relationships.

Focus on what you can control like your reactions, boundaries and choices and let go of the need to control others, their actions and their choices.

Try it a few times this week:

- You are at a red light, it turns green and immediately the car behind you leans on the horn! Have you ever reacted to that and perhaps even motioned with a finger? If someone honks their horn... “Let Them.” Don’t you feel lighter?
- Someone takes your spot in the parking garage... your name wasn’t on it “Let Them.”
- Someone makes fun of you for standing up for what is right, “Let Them.”
- A person cuts ahead of you in line at the grocery store. “Let Them.” Don’t let them ruin your day, then they really got you.
- You made a nice meal after working all day and someone decided they didn’t like it. “Let Them.” You know you did the best you could!
- Someone is having a bad day at work and they are kind of cranky... “Let Them.” They might recover a little faster and you won’t get dragged down too. You can be there to support them and help them through it.

If you practice this a couple of times, you’ll find that you feel a little less weight on your shoulders and a little less tense.

I hope you found this a little bit helpful. I don’t really do the book justice and I have a copy in my office if you’d like to borrow it and if not...well, remember to “Let Them!”

Hope you have a good month and Happy Spring,

Karen

Doctors’ Day Celebration

Doctors’ Day was officially recognized on Sunday, March 30. At GH, many members of the Medical Staff enjoyed a quick breakfast treat during the Doctors’ Day celebration a few days earlier.



GH appreciates its residents, too!



(Left to right) Drs. Ashley Hine, Xiaofeng ‘Sofia’ Zhang, John ‘Brant’ Hooks and Slake Mokrytzki enjoyed a sweet treat during Resident Appreciation Day on Feb. 28.

Greenwich YWCA names Kirsten Lawrence, MD, a Woman Who Inspires



YWCA of Greenwich recently named GH's Kirsten Lawrence, MD, Maternal Fetal Medicine and associate professor, YSM, to its group of Women Who Inspire. The award was established to recognize and celebrate outstanding women who have excelled in philanthropic, professional and volunteer pursuits in the Greenwich community.

After caring for women with complex pregnancy and leading safety and research initiatives focused on maternal health at New York Presbyterian/Columbia, Dr. Lawrence came to Greenwich Hospital in 2020 as a clinician with a focus on caring for pregnant women with complex medical problems, and on the quality and safety challenges in the field of Obstetrics.

In the first wave of the pandemic, she joined teams overseeing development, communication and implementation of COVID related process improvement across Yale New Haven Health. Dr. Lawrence is focused on opportunities and challenges of supporting high quality, safe and equitable care for patients and communities within a complex hospital setting and across a diverse health system.

Perioperative team maintains standard of excellence

Greenwich Hospital has again earned The Joint Commission's Gold Seal of Approval[®] for Advanced Total Hip and Knee Replacement Certification. The Gold Seal reflects a healthcare organization's commitment to providing safe, quality patient care.

The certification, offered in collaboration with the American Academy of Orthopedic Surgeons, focuses on the pre-surgical orthopedic consultation to the intraoperative, hospitalization admission; rehabilitation activities; and follow-up visit with the orthopedic surgeon.

Greenwich Hospital underwent a rigorous onsite review that evaluated the hospital's compliance with related certification standards and included onsite observations and interviews with staff and patients.

Local high school students honored with Martin Luther King Jr. Award

Greenwich Hospital's medical staff proudly recognized eight outstanding high school students with the Martin Luther King Jr. (MLK) Award at a recent Medical Staff meeting.

This prestigious award, established through the efforts of the Greenwich Hospital Diversity, Equity, Inclusion and Belonging (DEIB) Council and the Medical Executive Committee (MEC), honors students who embody the values of Dr. King through their leadership, service and commitment to their communities.

The MEC and DEIB commit up to \$10,000 annually to support this initiative. Key contributors in the establishment of the award include former Chief Medical Officer Spike Lipschutz, MD; Felice Zwas, MD; Yvonne N. Ankrah, MD; Neal J. Schamberg, MD; and Cassandra Tribble, MD.



Pictured with the student winners are (third from right) Karen Santucci, MD, CMO, Mark Chrostowski, MD, chief of staff and Spike Lipschutz, MD, former GH CMO.

Check out CME opportunities

Be sure to check out Yale School of Medicine upcoming courses and CME opportunities at yale.cloud-cme.com.

Abridge easing clinician workload

Clinicians within Northeast Medical Group, Yale Medicine and Yale Health are having their note-writing load lightened thanks to the AI-powered application Abridge.

Here's how it works: Once a patient provides verbal consent, the clinician records the visit via the Abridge function in Haiku. When the recording is complete, Abridge's AI identifies the relevant parts of the conversation, and transforms them into a well-organized note. That note is then imported directly into Epic.

Getting started is easy:

- Register at notes.abridge.com
- Make sure you have the latest version of Haiku on your smartphone
- Record your patient visit

Digestive Health Virtual CME Series 2025: Trust Your Gut – April 17

Yale New Haven Health and Yale Medicine host the free, virtual Digestive Health CME series, called Trust Your Gut, on the third Thursday of each month at 5 pm. The series provides digestive health educational programming, professional development and networking opportunities for physicians and advanced practice providers.

Tune in on April 17 when the topic will be Abdominal Pain in Elderly – Geriatric Gastroenterology. Next month, on May 15, the presentation will share information on Lower Gastrointestinal Bleeding.

Yale School of Medicine designates this live activity for a maximum of 7.5 AMA PRA Category 1 Credits™. To register, visit the Yale CME portal at yale.cloud-cme.com.

Newsletter Submissions

The deadline to submit content for the May 2025 issue of *Medical Staff News* is Wednesday, April 30, 2025. Please submit items for consideration to Karen Santucci, MD, at karen.santucci@greenwichhospital.org or Myra Stanley at myra.stanley@ynhh.org.

MEDICAL STAFF CHANGES (February 2025)

Appointees



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Resignations

Karan Emerick, MD (Pediatrics Gastroenterology)
Effective 06/30/2024

Mark Hommel, MD (Pediatrics Emergency Medicine)
Effective 1/16/2025

Deborah Jue, MD (Pathology) Effective 09/27/2024

Nityanand Miskin, MD (Radiology) Effective 10/25/2024

Fredric Newman, MD (Surgery Plastics) Effective 01/01/2025

Kimberly Skinner, MD (Pediatrics Hospital Medicine)
Effective 09/01/2024

Monaa Zafar, MD (Medicine) Effective 04/18/2025

MEDICAL STAFF CHANGES (March 2025)

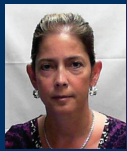
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Resignations

Martin Cichon, MD (Pediatrics Hospital Medicine)
Effective 7/31/2024

Jessica Fierman, DDS (Surgery Oral Surgery) Effective 2/12/2025

Mark Hommel, MD (Pediatrics Emergency Medicine)
Effective 3/31/2025

Kelsey Kaman, MD (Pediatrics Allergy & Immunology)
Effective 4/30/2025

Paul Lleba, MD (Medicine Neurology) Effective 2/11/2025

Richard Mattson, MD (Pediatrics Neurology) Effective 3/3/2025

Audrey Merriam, MD (Ob/Gyn Maternal Fetal Medicine)
Effective 6/13/2025

Andrea Minken, PA (Medicine Pulmonary Medicine)
Effective 2/18/2025

Piruz Motamedinia, MD (Surgery Urology) Effective 7/31/2025

Mary Motwani, PhD (Psychiatry Psychology) Effective 3/14/2025

Dana Neumann, DO (Pediatrics) Effective 6/30/2025

Amanda Quijano, MD (Pediatrics Hospital Medicine)
Effective 2/18/2025

Daniel Son, PA (Orthopedics) Effective 1/14/2025

Adeel Zubair, MD (Medicine Neurology) Effective 3/1/2025