

Medical Staff News

Newsletter for the Medical Staff of Greenwich Hospital | June 2022

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From the desk of the CMO

It could always be worse... but let us continue to make it better

Karen Santucci, MD, Chief Medical Officer

Dear Mighty Team,

I was just speaking to a friend and colleague who has a young grandchild who is not achieving her milestones. We talked through some of the possibilities. I wanted desperately to help her in any way that I could and by using any and all connections that I might have. I wanted to somehow transfer my caffeine-derived morning energy to her and wanted to infuse that with hope. I looked in her eyes and I said I am so sorry that you and your family are going through this. She could have felt sorry for herself but she didn't. She said "Dr. Santucci, it can always be worse." She said, "my kids were not at Robb Elementary School in Uvalde, Texas... I have much to be grateful for." I bowed my head and wished her a good, safe day and continued my morning rounds. It was about 6:20 am and as I ran up a couple of flights of stairs I thought about the children, the teachers, the husband of one of the victims who died shortly after the shooting... did he die of a broken heart? Takotsubo?

I was suddenly transported back to Dec. 14, 2012, when I was chief in the Pediatric ED at Yale New Haven Children's Hospital That morning, we were expediting any discharges we could because we were preparing for a mass casualty simulation of a school bus crash on I95.

As I was frantically (with two fingers) typing up discharge papers, my friend tapped me on the shoulder and he said "Karen, there's a school shooting." I turned around and said, "No, we are doing a bus accident today." I will never forget the look in his eyes when he shared that there was an active shooter at Sandy Hook Elementary School. We both ran from the back pod to the main part of the ED, dragged out the rolling white board, a variety of dry erase markers and colored tags so we could label rooms and possible patients. We assembled our team to brief them and to prepare.

I mobilized our pediatric surgeons, gathered up equipment and was preparing to break all the rules and send surgeons, nurses, anesthesiologists and respiratory therapists to the hospital closest to the school. One of our nurses was on the phone crying... her dad was a police officer in Newtown and was at the scene. Her children were inside the school...

We changed the channel to have the news on every television in the ED. Every channel we turned to had this "breaking news" story. It was really happening... and because of our nurse on the phone with her dad, we had information the media and the rest of the world did not have.

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We pulled up a map of Connecticut to find out where the heck Sandy Hook was and wondered where on earth Newtown, CT was. Near Danbury! I asked my ED IA to call Danbury Hospital for me because it was the closest medical center to the school. I got on the phone and asked to speak with the CMO and as I waited, I felt like I could not breathe... I told him why I was calling and told him we could send teams for the ED and the OR... his voice cracked as he shared that they had not received any children. (It was that same sick feeling we had on 9/11 when we lined the sidewalk in New Haven with oxygen tanks and nebulizers and waited... and no one came.)

I shook my head as if to shake the memories away and realized I was way too breathless for climbing up only two flights of stairs at Greenwich Hospital at 6:22 in the morning... "I really have to get back to Planet Fitness," I thought. I never did cancel my membership... the monthly fee charged to my credit card was my shameful incentive to do my pathetic, pretend exercises each morning before driving into work.

I stood outside of the automatic doors of Labor and Delivery and the sun was brilliantly peering through the glass plated windows of the front of our hospital. I heard the words in my head again... "it could always be worse." I thought about the past two plus years, Ukraine, mass shootings, other awful news stories, my friend's granddaughter, my other friend's grandson, and thought, "it could always be worse, right? But maybe WE could always be a little better and make IT a little better... Give a little more, make eye contact, smile, lend a hand, try to be patient, do the best we can each day, do not ignore bullying, take a stand for what we think is right, and try to leave every situation and place just a little bit better than how we found it.

Yes, it can always 'be worse...' but maybe, just maybe, we can each make it just a little bit better... and YOU DO!

Thank you, Mighty Team.

Karen

Yale New Haven Health and VNA Community Healthcare & Hospice announce integration

YNHHS recently announced the integration of Visiting Nurse Association Community Healthcare & Hospice (VNACH) with the health system, and its community-based, home-health agency, Home Care Plus Inc.

"Our health system's hospitals and medical offices rely on expert home health to provide our patients with the extended nursing care and therapies they need in their recovery after illness or injury or to manage them before hospitalization in the comfort of their homes," said Kathleen O'Leary, vice president, post-acute care services, YNHHS. "With overwhelming demand for emergency care and inpatient hospital services, our hospitals needed a multifaceted plan to better manage patients who can be safely and appropriately cared for at home," O'Leary said.

The delivery of healthcare evolved rapidly, especially during the past two years. In order to build scale and provide the full continuum of care for our patients, YNHHS has looked to partnerships with strong organizations who provide outstanding care. VNA Community Healthcare & Hospice has been providing healthcare at home and in the community since 1910, creating healthier community throughout the 35 towns it serves. As our population is more inclined to age in place, this integration enhances Yale New Haven Health's ability to provide coordinated, high-quality home health services to people throughout the Shoreline region.

GH's first stroke symposium focuses on prevention and treatment

An in-depth look at preventing and treating stroke, the nation's leading cause of disability and fifth leading cause of death, was the focus of Greenwich Hospital's "Stroke Symposium on Advances in Stroke Management and Prevention" last month.

Paul Lleva, MD, vascular neurologist, and director of Greenwich Hospital's stroke program, and Akli Zetchi, MD, cerebrovascular neurosurgeon, were co-directors of the free event that drew more than 150 healthcare professionals. The symposium highlighted topics showcasing the collaboration of various departments and experts involved in stroke care.

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Panelists included representatives from Greenwich Hospital, Yale Medicine and Burke Rehabilitation Hospital.



Stroke Symposium organizers included (l-r) Sabrina Chateauvert, RN, nurse navigator, Stroke Program; Barbara Leafe, executive director, Medicine/Women's Services; Paul Lleva, MD; Akli Zetchi, MD; Sheryl Feldheim, medical stroke coordinator; and Annie Nardi, director, Clinical Programs.

Know Your Numbers Plus 2022 underway

The Know Your Numbers Plus wellness rewards program is currently underway. The program gives YNHHS employees, including employed physicians, the opportunity to earn up to \$500 credit toward the cost of their 2023 YNHHS medical premium – and get healthier at the same time. Completion of a basic health screening, the core of the program, earns \$200 in credit. These biometric screenings may be scheduled at onsite locations and provide the following data:

- Total cholesterol, HDL (good cholesterol), LDL (bad cholesterol), triglycerides and blood glucose
- Blood pressure
- Height, weight and body mass index (BMI)
- Waist and hip measurements
- A1C, for employees with high fasting or non-fasting
- blood glucose

Employees can earn up to \$300 in additional credit (towards the maximum \$500 credit) by completing other personal choice activities. For more information, visit the intranet or HRConnect. All Know Your Numbers Plus elements must be completed by September 15, 2022.

News from the GH Medical Staff DEI Council

Submitted by Jai Prasad, MD, member, Medical Staff DEI Council

Diversity, Equity, Inclusion and Resilience

resilience (noun)

re-sil-i-ence | \ ri-'zil-yən(t)s \: the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress

A time will come when there will be no need to talk about diversity, equity and inclusion and a DEI council would be rendered redundant. Until that time comes, minority children continue to experience various forms of overt discrimination and micro-aggressions in their schools and communities within which they grow up. This lays the groundwork of the implicit bias which guarantees DEI interventions in workplaces for years to come. Efforts to increase DEI awareness in schools have become a political stranglehold that are unlikely to resolve in the landscapes of stark contrasts which are now the norm. In youth and in adults, this highlights the importance of building resilience.

Just as the strained body recovers its shape and form, resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. It's a teachable skill and all of us, kids and grownups, can learn and train to be more resilient in our daily lives. Resilience does not mean the inability to be hurt or traumatized by an action or event, rather, it's the ability to bounce back from one, often stronger and more self-assured. Resilience is not a personality trait; it can be trained, learned and practiced.

Building connections, forming groups as a forum to share thoughts and ideas, prioritizing one's physical and mental wellness, developing a purpose, forming goals; all play a role in developing this skill. Avenues for seeking help allow resilience to build just as an athlete may seek a coach to improve their game.

There is another side to resilience and DEI. Individual resilience allows diversity, equity and inclusion to build within organizations as workers feel more capable and confident in handling the adversity that may befall them. As diversity increases and the environment becomes more inclusive and equitable, organizational resilience increases.

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Organizations become responsive, full of ideas and move beyond the pitfalls of “small group think.” Organizations become more capable to withstanding headwinds and adversity often emerging stronger from such events. Individuals within the organization then thrive.

Resilience turns a full circle from the individual to the organization and back.

Save the date: June 16 – Trust Your Gut Digestive Health session

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

On Thursday, June 16, Alexandra Fuss, PhD, will present “Recognizing Eating Disorders.” Next month, on July 21, Bubu Banini, MD, PhD; Andrew Cutney, MD; and Karen Gibbs, MD, will share a case presentation titled “Management of Patients after Bariatric Surgery.”

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

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

Next Building Against Burnout July 7

Mark your calendar for the next Building Against Burnout (BAB) session on Thursday, July 7, from 12:15 to 1 pm, when the topic will be Epic Downtime.

These brief sessions highlight timesaving topics as we work through ways to reduce burnout. The presenters are physicians and APPs who have completed rigorous Epic training. The BAB sessions are a form of “fireproofing,” to help build resistance to the challenges and stresses of practicing medicine. CME credit is available.

Join the session by clicking **Zoom**, or visit zoom.us and select “Join a Meeting” and enter meeting ID 941 3474 8981 and passcode 194222. BAB sessions are recorded and posted on the Medical Staff Portal for those who are unable to attend during the live session.

Newsmaker



Anna Cerra, DNP, RN, chief nursing officer, was honored for her work to stop human trafficking during the 6th Annual International Nurses Day sponsored by Nurses with Global Impact recently. Cerra received the coveted “Inspiring Global Nurses Award” for her work to educate healthcare organizations around the world to identify victims of human trafficking. A native of Italy, Cerra offered to contact her healthcare colleagues in Italy upon hearing the United Nations needed additional sites for an international research study on training large healthcare systems about identifying human trafficking. Two of Italy’s largest hospitals and universities agreed to participate, but they requested the training be done in Italian. Cerra volunteered to translate and present the material. After completion, the Ambassador for the Order of Malta shared the training worldwide for anyone needing an Italian version, impacting hundreds and thousands of people globally.

Newsletter Submissions

Deadline for submission of content for the July/August 2022 issue of Medical Staff News is Friday, July 8, 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 (May 2022)

Appointees



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Resignations/Non-Renewal of Privileges

Roy Decker, MD (Radiation Oncology)
Ryan Kaple, MD (Cardiology)
Vicki Kritsovas, MD (Pediatrics)
Leeora Shifteh, CRNA (Anesthesiology)
Michael Skovira, PA Emergency Medicine)
Ryan Tufts, MD (Anesthesiology)
Richard Zhu, MD (Anesthesiology)

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In Memoriam

Alexis Finlay, MD (Ophthalmology) a former member of the Greenwich Hospital medical staff, passed away in December 2021.