

Medical Staff News

Newsletter for the Medical Staff of Greenwich Hospital | November 2021

Yale
NewHaven
Health
Greenwich
Hospital

Chief Medical Officer

Karen Santucci, MD

Medical Staff Officers

Chief of Staff

Felice R. Zwas, MD

Assistant Chief of Staff

Mark Chrostowski, MD

Secretary

Erez Salik, MD

Treasurer

Paul B. Sygall, MD

Medical Executive Committee

Chair

Christopher Howes, MD

Herbert M. Archer, MD

Michael S. Canter, MD

Anna Cerra, DNP, MSN, MS

Mark Chrostowski, MD

Christopher M. Davison, MD

Christopher P. Fey, MD

Amir Garakani, MD

Steven E. Hindman, MD

Christopher Howes, MD

Neda Khaghan, MD

Diane Kelly, DNP, RN

Spike Lipschutz, MD

Romelle Maloney, MD

Bruce A. McGibbon, MD

Philip J. McWhorter, MD

Elizabeth Molinelli, MD

Athanasios Petrotos, MD

Kisha Mitchell Richards, MD

Erez Salik, MD

Steven Schiz, MD

Paul B. Sygall, MD

Alfonso Tagliavia, MD

Sandra Wainwright, MD

Felice R. Zwas, MD



From the desk of the CMO

Gratitude

Karen Santucci, MD, Chief Medical Officer

Dear Mighty Team,

We are well on our way into the holiday season. Halloween is just behind us and Thanksgiving is in just a couple of weeks. While it feels like you are getting hit from every angle, there is still ALWAYS something to be grateful for. I will give you a small example and maybe even a useful tool that you can use when faced with an uncomfortable situation.

I was recently working on a project for our medical staff and received a less than pleasant (okay, downright nasty, demeaning and hurtful) email from one of our medical staff members, someone I have never met, who practices a tele-service from another state. While my initial reaction to his numbered accusations and degrading remarks was to have that awful visceral feeling that we can all identify with, I decided instead to use a strategy I learned two months earlier from a very wise leadership coach.

She said when faced with a difficult and emotional situation “Try to identify what you are feeling, write it on a sticky note and then destroy it!” While her advice was to set the note on fire, I thought that might not be wise in a hospital – can you imagine?

An alternative was proposed: “flush it down the toilet.” “Really?” I thought...have you ever tried to snake a drain or access a plumber even during normal business hours?

I questioned both acts and after a deep breath, she said, “Then just crumple it up!” I thought, “that’s silly and how will that help?”

Well guess what? When I received the scathing email and after I stopped shaking, I identified my emotion as rage! I wrote it on a sticky note – **R-A-G-E** – and then crumpled it up and threw it across my office.

The craziest thing happened. I actually felt better. I was almost able to let it go... well, enough so that I could get back to work and also write up a report for our newly formed MSPC (Medical Staff Professionalism Committee) addressing the unprofessional behavior of the remote physician.

So what about gratitude?

Continued on page 2

Continued from page 1

I am grateful for the coach's advice (there are 11 or 12 crumpled up Post-Its on my office floor as we speak).

I am grateful that this doc lives thousands of miles away.

I am grateful for the MSPC and all those who worked so hard to get it off the ground: Spike, Felice, Mark, Chris and many others (Al Friedman, Patti Yacavone, Theresa Vander Vennet, Theresa Zinck-Lederer, Margaret Towers).

I am grateful for each one of you, and who you are, and what you do.

I wish you and your loved ones a most healthy, happy and peaceful Thanksgiving! Keep a Post-It in your pocket. If someone ticks you off – you know what to do!

Sincerely,

Karen

Get your flu vaccination by Dec. 1

The YNHHS mandatory flu vaccination program is underway. The medical staff at each health system hospital, including physicians affiliated through Northeast Medical Group and Yale Medicine, must receive their vaccination by Wednesday, Dec. 1 2021.

Members of the medical staff can receive the flu vaccine, free of charge, by appointment at multiple locations across the health system. YNHHS-employed members of the medical staff should schedule a vaccination appointment by logging into Infor and choosing Flu Consent/Vaccination in the Employee Health Widget. Medical staff not employed by YNHHS can sign up via open scheduler using Microsoft Edge, Google Chrome or Mozilla Firefox.

In addition to the YNHHS on-site locations, medical staff may also obtain their flu shot from their primary care provider (PCP); a participating pharmacy in the CVS Caremark vaccination network, which includes CVS and Walgreens; or from a CVS Minute Clinic and provide their documentation by uploading it to ESS or emailing it to fluinfo@ynhh.org.

Health System expands visitation guidelines

Beginning this month, Yale New Haven Health expanded adult inpatient visitation system-wide. As of Nov. 1:

- Visiting hours expanded to 10 am – 8 pm daily
- Two visitors are allowed per adult inpatient per day
- One visitor, per day, is allowed for COVID positive patients

Visitation for COVID positive patients is limited to one visitor per patient, per day and the visitors must show proof of being fully vaccinated to front desk staff. Visitors must also don full PPE (gown, gloves, eye protection and a non-fit-tested respirator) during the visit.

Exceptions for patients with disabilities and patients at imminent end of life are unchanged. Patients with disabilities are allowed a support person at all times.

New open mask frameless stereotactic radiosurgery helps improve the patient experience

The radiation therapy team at Smilow Cancer Hospital Care Center in Greenwich combines skill and compassion when treating patients.

Undergoing stereotactic radiosurgery (SRS) to treat a brain tumor can be daunting enough, without the added stress of wearing a head frame attached to your skull with pins. Thankfully, patients at Smilow Cancer Care Center in Greenwich now have access to open mask frameless SRS.

“We create a custom-fitted, plastic mask that holds their head in place during treatment,” said Bruce McGibbon, MD, director of Radiation Oncology. “Our advanced technology can directly target the radiation to tumors without using an immobilization frame, which greatly enhances the patient experience by increasing comfort and reducing stress. And the opening in the mask for the eyes and nose causes much less claustrophobia than classic masks.”

Stereotactic radiosurgery – which doesn't involve surgery at all, despite the name – can deliver a single, high dose of radiation precisely to the tumors, causing them to shrink or disappear. This technique means patients can avoid the risk of brain surgery to kill or shrink tumors.

Continued on page 3

Continued from page 2

In traditional radiosurgery, patients wear a head frame attached to their skull with pins and fastened to the treatment table to keep their head perfectly still during imaging and treatment, thereby preventing the radiation beam from damaging healthy brain tissue. Because the planning session (simulation), treatment design process and actual treatment need to take place on the same day with the frame based system, patients often wear the frame for hours. “This can be very upsetting for some patients,” said Dr. McGibbon.

With the frameless system, simulation, planning and treatment occur on different days. During the simulation, the radiation team makes a mask that precisely conforms to the size and shape of the patient’s face and then does a CT scan in that position. On the day of treatment, patients are again immobilized with the mask, and a cone-beam CT scan is performed to verify alignment. Special surface-tracking technology monitors the patient in real time to make certain there’s no movement. The system automatically shuts off the beam if the targeted area moves out of range.

“This is one of the many ways we ensure treatment accuracy,” said Dr. McGibbon.



The radiation therapy team at the Smilow Cancer Hospital Care Center

News from the GH Medical Staff DEI Council

The Medical Staff DEI Council wants to hear from you!

The GH Medical Staff Diversity, Equity and Inclusion (DE&I) Council was established in 2020 to help foster an environment in which differences and individuality are respected and inclusivity is intentional. Members are committed to supporting equitable opportunities for professional development.

“We align ourselves with the Yale New Haven Health commitment to ‘significantly enhance the patient experience, the quality of care we deliver, our workforce and the communities we serve,” said Ellika Mardh, MD, council co-chair.

Yale New Haven Hospital established DEI councils for executives and employees more than five years ago. The councils have expanded to the delivery networks, Northeast Medical Group and the Health Services Corporation.

Having a Medical Staff DEI council encourages engagement and networking among medical staff throughout the health system. The council’s goals include: providing education and promoting awareness; leadership development; community engagement; and mentorship. YNHHS offers several programs, lectures, courses and learning opportunities and GH medical staff council would like to devise opportunities specifically for Greenwich Hospital Medical Staff – that’s where you come in!

“Greenwich Hospital has a longstanding unique culture and history within our community. We have the opportunity to develop the Medical Staff DEI council as a supportive and focused group that’s evolving with our increasingly diverse community,” explained Cassandra Tribble, MD, council co-chair. “As physicians, we will take a leadership role in setting up DEI programs and events.”

All are welcome and invited to join! Please reach out to the council co-chairs with questions, input or for more information at ellika.mardh@greenwichhospital.org or dr.tribble@yahoo.com

Telehealth Symposium Nov. 30

All employees are invited to the second annual Telehealth Symposium on Tuesday, Nov. 30, from 1 - 5 pm via Zoom. Keynote speakers Bruce Leff, MD, professor of Medicine, Johns Hopkins University and Joseph Kvedar, president, American Telemedicine Association, will discuss important topics with panelists from across Yale New Haven Health. Topics will include inpatient telehealth, ambulatory telehealth, technology and current legislation and reimbursement. Visit ynhh.org/events and search for “Telehealth Symposium” to register.

Please donate to YNHHS' second virtual food drive

Food insecurity has always been a problem for people in our communities, but the economic impact of the COVID-19 pandemic has meant that even more people can't afford enough food to feed themselves and their families.

In response, YNHHS is holding its second online food drive, at <https://www.ynhhs.org/givehealthy>, now through Jan. 15, 2022. Employees and medical staff are invited to donate food to hunger-relief organizations in the communities where they live and/or work.

Last year's first GiveHealthy drive collected over 22,500 pounds of food for local hunger-relief organizations. The drive again will be conducted through #GiveHealthy, an organization that provides an online platform for hunger-relief organizations to set up "registries" listing items they need. YNHHS employees, departments and medical

staff members can support one or more hunger-relief organizations in communities YNHHS serves.

Visit <https://www.ynhhs.org/givehealthy> and choose the items you wish to purchase for a particular organization. Because the food will ship from suppliers directly to hunger-relief organizations, you will be able to purchase healthy food items, including fresh produce.

YNHHS' drive was developed and organized through a system-wide collaboration among Community Health Improvement, Community and Government Relations, Diversity, Equity and Inclusion, Human Resources, Marketing and Communications, NEMG and Food and Nutrition. For more information, visit YNHHS' GiveHealthy site, or contact Augusta Mueller, augusta.mueller@ynhh.org or 203-688-3862.

THE WELLNESS CORNER

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

Self-care advice for healthcare providers during COVID-19

Healthcare providers and other hospital and clinic staff are on the front lines of the COVID-19 pandemic. Many providers are balancing competing demands, caring for our patients, our families and ourselves. Adapted from the American Psychological Association Services Inc., following are reminders of concrete strategies to help **manage stress during challenging times:**

Anxious or worried? Increased anxiety is common as we navigate COVID-19 and its broad consequences. Patient care and uncertainty about health outcomes and other pressures are highly stressful. Share your concerns and problem solve with colleagues, clinical team members, family and friends to plan coping steps.

Pace yourself. Monitor yourself for disrupted sleep, excessive fatigue, irritability, poor focus and marked anxiety. If we run on empty, we can't care for our patients, families or communities. Our work is a marathon, not a race.

Breathe. Try mindful breathing several times a day. Breathing helps us to calm down and improves our concentration. Take a moment for low and slow breaths

before getting out of the car, when you enter your work area, and prior to entering a patient room or a procedure.

Maintain good health habits. As stress and demands increase, health habits often take a hit. Be mindful to eat healthy, limit alcohol use, try to get enough sleep and get some sunlight.

Exercise. Aerobic exercise is vital for stress reduction. Consider walking, biking, running and hiking as well as exercise and yoga videos.

Flexibility is essential. Increased demand for care, social distancing and other stressors will test our flexibility and adaptability. Practice outside of the box—especially when things are chaotic. It's OK. Ask for support, evaluate, modify and move forward.

Note from Spike Lipschutz, MD, vice president, Medical Services: In coming issues of this newsletter, the Medical Wellness Committee will focus on some of these wellness opportunities, such as good nutrition, sleep and exercise, in detail with information from local GH expertise. You are a wonderful, dedicated team. Please continue to take care of yourself during this marathon as the incredible athletes you are.

Newsmaker



Eric P. Winer, MD, was named director of Yale Cancer Center and physician-in-chief of Smilow Cancer Hospital at Yale New Haven, effective February 1, 2022. Dr. Winer is currently the Thompson Chair in Breast Cancer Research, chief clinical development officer, and senior vice president for medical affairs at Dana-Farber Cancer Institute and professor of medicine at Harvard Medical School.

After graduating from Yale College in 1978, Dr. Winer received his MD from Yale School of Medicine in 1983 and completed training in internal medicine, serving as chief resident at Yale New Haven Hospital. He completed fellowship training in hematology/oncology at Duke University School of Medicine and served on the Duke faculty from 1989 to 1997, before joining Dana-Farber and Brigham and Women's Hospital.

In his new roles, Dr. Winer will recruit and support clinicians and scientists to build on the strong programs in place and enhance collaborations between laboratory and clinical investigators. His goals are to promote paradigm-changing discovery and to build an unparalleled clinical program that offers seamless, multidisciplinary care and clinical trials to all patients, eliminating disparities in access, care, and outcomes.

Save the date: Trust Your Gut Digestive Health session Nov. 18

YNHHS and Yale Medicine have launched a 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.

Tune in for the next session on Thursday, Nov. 18, when the topic will be Gastroesophageal Reflux Disease (GERD). 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.

The last session of the series on Thursday, Dec. 16, will discuss hernias.

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

GH's Samit Malhotra, MD, passes away



Dr. Samit Malhotra, medical director of Greenwich Hospital's sleep center, passed away unexpectedly Saturday, Sept. 11, in his home at the age of 47. Dr. Malhotra is survived by his wife, two daughters, his father, his sister and her husband.

Samit was born in Ludhiana, India, raised in Dubai, UAE and graduated from the University of Mysore, India with a MBBS. Following his graduation, he immigrated to the U.S. and began his residency in Adult Neurology at SUNY Downstate, Brooklyn, NY. After completing his residency, he became a Fellow of Sleep Medicine at Stanford University and then established his own practice, Sleep & Neuroscience Associates in Greenwich. He was incredibly proud to serve and help people improve the quality of their life by treating their sleep issues. Samit was driven and focused. His dedication to his work was appreciated by his patients, along with his sense of humor and wit. He will always be remembered for his gentleness, grace and kindness.

Samit, thank you for who you were, your love, your lessons, and most of all thank you for the endless laughs and a lifetime of amazing memories.

Newsletter Submissions

Deadline for submission of content for the December 2021 issue of *Medical Staff News* is Friday, Nov. 26, 2021. 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 (October 2021)

Appointees



Alexander Adami, MD
(Medicine)
Greenwich IM Hospitalist Services –
Northeast Medical Group
5 Perryridge Road
Greenwich, CT 06830
Phone: 203 863-3840
Fax: 203-863-4738



Jaime Antunes, PA
(Orthopedics)
Northeast Medical Group Orthopedics
327 Riverside Ave.
Westport, CT 06880
Phone: 203-843-9108
Fax: 203 255 0629



Madhusree Chowdhury, MD
(Pediatrics)
Valley Pediatrics of Greenwich
25 Valley Dr.
Greenwich, CT 06831
Phone: 203 622 4301
Fax: 203-622-6343



Darren Fitzpatrick, MD
(Radiology)
Greenwich Hospital Radiology Department
5 Perryridge Road
Greenwich, CT 06830
Phone: 203-863-3042
Fax: 203-863-4712



Deepika Garg, MD
(Obstetrics & Gynecology)
Yale Medicine Greenwich Fertility
55 Holly Hill Lane
Greenwich, CT 06830
Phone: 203-863-2990
Fax: 203 863 2980



Benjamin Greene, MD
(Orthopedics)
Orthopaedic & Neurosurgery Specialists
6 Greenwich Office Park
Greenwich, CT 06831
Phone: 203 869 1145
Fax: 203 618 1720



Kayla Jefferson, CRNA
(Anesthesiology)
Greenwich Anesthesiology Associates
5 Perryridge Road
Greenwich, CT 06830
Phone: 203 863 3390
Fax: 203 863 3391



Isaac Kim, MD
(Urology)
Yale Urology
789 Howard Ave.
New Haven, CT 06519
Phone: 877-925 3637
Fax: 203-785 4043



Linda Mitchell, MD
(Palliative Care)
Greenwich Hospital – Palliative Care
5 Perryridge Road
Greenwich, CT 06830
Phone: 203-863-4625
Fax: 203 863-3824



William Murrell, MD
(Orthopedics – Fellow)
Orthopaedic & Neurosurgery Specialists
6 Greenwich Office Park
Greenwich, CT 06831
Phone: 203 869 1145
Fax: 203 869 2170



Keira O'Reilly, PA
(Orthopedics)
Orthopaedic & Neurosurgery Specialists
6 Greenwich Office Park
Greenwich, CT 06831
Phone: 203 869 1145
Fax: 203 869 2170



Paul Tomaszewski, MD
(Orthopedics)
Orthopaedic & Neurosurgery Specialists
6 Greenwich Office Park
Greenwich, CT 06831
Phone: 203 869 1145
Fax: 203 618 1720



Jill Waldman, MD
(Medicine)
Greenwich IM Hospitalist Services –
Northeast Medical Group
5 Perryridge Road
Greenwich, CT 06830
Phone: 203 863-3840
Fax: 203-863-4738



Adeel Zubair, MD
(Neurology)
Yale Neurology
800 Howard Ave.
New Haven, CT 06520
Phone: 203 785 4085

Resignation/Non-Renewal of Privileges

Arianne Boylan, MD Neurosurgery
Shipla Dass, MD Pediatric Neurology
Theresa Maldonado, MD Pediatric Emergency Medicine
Sarah Shipley, DPM Podiatry
Mark Yakavonis, MD – Orthopedics

Office Move

Paul Gagne, MD
(Surgery)
Vascular Care Connecticut
330 Boston Post Road
Darien, CT 06820
Phone: 203 548-7858
Fax: 203 439 4839