

## Cardiac Rehabilitation:

### Exercise for patients with heart disease International Council on Active Aging

**H**eart Disease accounts for approximately 40 percent of all deaths annually, and nearly 18 million people have coronary heart disease or chronic heart disease. Unfortunately fewer than 30 percent of those affected participate in an organized cardiac rehabilitation program which involves exercise and addresses smoking, dietary and/or psychosocial concerns of the individual. For more information about the Outpatient Cardiac Rehabilitation program at Union Memorial Hospital, please call 410-554-2877.

## Campaign for the Future Update

**S**ince publicly launching its ambitious \$17 million Campaign for the Future one year ago with \$12 million already raised in support of the hospital's Harry and Jeanette Weinberg Heart Institute, Emergency Department, Geriatric Care Unit and Decker Orthopaedic Institute, the Union Memorial Hospital Foundation has made great progress. To date, \$14.3 million has been raised, and of that amount, more than \$1.6 million has been pledged or contributed by 93 physicians.

Dr. and Mrs. Luis Mispireta and Mr. and Mrs. Jim Price have made significant gifts to the campaign, challenging Union Memorial physicians to support the campaign. The Mispireta and Price gifts each offer dollar-for-dollar matches for the next \$100,000 in commitments from UMH doctors. That's in addition to the Weinberg Foundation match of 40 cents on the dollar.

Recognition of donations of \$10,000 or more will be included on the campaign donor board which will be installed at the end of the campaign. There are also a number of naming opportunities available which provide additional recognition.

Physicians who have not already made campaign commitments or wish to enhance their gifts are encouraged to join colleagues, hospital employees, board members, volunteers and the community with their support. Please contact Tom Paulin in the Foundation office at 410-554-2662 for more information.

## Nutrition Support Team

**T**he UMH Nutrition Support Team is available to provide nutrition recommendations for any hospitalized patient. The team will assess patients' nutritional needs and provide recommendations for enteral nutrition, TPN, or PSS. If you are interested in providing nutrition for your patients, simply write for a nutrition consult and the team will leave recommendations for your patient. General guidelines:

- 1) TPN requires approval from the nutrition support team. TPN is not necessarily better than PSS or enteral nutrition, and there are definitely risks with prescribing this form of nutrition support. Utilization of TPN for less than seven (7) days has shown to produce greater harm than benefit. If you are unsure which form of nutrition support is necessary simply write for a nutrition consult.
- 2) Any and all changes to TPN solutions including electrolyte changes need to come from the nutrition support team. For patient safety reasons, TPN orders that have electrolyte values scratched out will no longer be accepted. Changes must be documented on a new TPN order sheet. If you have questions or concerns regarding a TPN prescription that was written, please contact the TPN officer or a member of the nutrition support team.

TPN or PSS are not acceptable ways to treat electrolyte disorders. TPN orders begin to hang at 20:00 and run over 24 hours, therefore electrolyte problems noticed on a.m. labs should not be "treated" with TPN. Maintenance doses of electrolytes can be adjusted to account for additional need or excess.

- 3) STAT TPN orders will not be accepted. TPN orders at UMH are written three times weekly - Monday, Wednesday and Friday. These orders are compounded offsite in Elkridge, Md., and all orders must be faxed prior to 14:00 on these days in order to be processed that day.
- 4) PSS can be ordered from any physician. Order forms are located on all patient floors, and they do not require approval from the nutrition support team. The standard rate is 30mL/kg for most patients. PSS should be used with caution in patients with ESRD, end-stage liver disease, patients with end-stage CHF,

those unable to tolerate high fluid volumes, or in those patients requiring more intensive electrolyte replacement. If you have questions about prescribing PSS, write for a nutrition consult or page any member of the nutrition support team.

If you have any questions about prescribing nutrition support, please page the TPN officer at ext. 6060 or Dr. David Nasrallah.

## Physician Training for Medical Records Document Imaging System Nov. 7-11

The medical record document imaging system goes live on Nov. 15. Training for the medical staff will be held the week prior to the go-live date. Training will take place in the doctor's lounge/workroom from 6:30 a.m. to 9:30 a.m. and from 3:30 p.m. to 6:30 p.m. Training will also be provided during the hours of 11:30 a.m and 1:30 p.m. in the cafeteria across from the physician's dining room. A training guide will be given to each physician as a reference on how to use the system, view the medical record on-line, and sign records electronically.

Please stop by during the week of training for this new and exciting system being implemented at the hospital.

## Medical Fitness: Take control of your health

According to the AHA's 2005 Metabolic Syndrome Statistics, an estimated 47 million U.S. residents have the metabolic syndrome. People with metabolic syndrome are at increased risk for developing diabetes and cardiovascular disease, as well as increased mortality from CVD and all causes. Regular physical activity can help control or prevent risk factors associated with the syndrome.

The Medical Fitness program at Union Memorial Hospital is a clinically supervised exercise program that provides education and behavioral strategies for lifestyle changes. For more information or to refer a patient, please call the Fitness Center at 410-554-2167.

## Drs. Hahn and Kalra join cancer program

Union Memorial has bolstered its cancer program with the addition of medical oncologists Dr. Davis Hahn and Dr. Kavita Kalra. Dr. Hahn is the new interim Chief of Medical Oncology. He received his medical degree from University of Virginia and completed a residency in internal medicine at Vanderbilt University Hospital.

Dr. Kalra has a special interest in breast and lung cancer. She completed an internal medicine residency with University of Maryland Medical Systems (Maryland General Hospital) and fellowship trained in hematology and oncology at University of Maryland Hospital's Greenbaum Cancer Center.

Both Dr. Hahn and Dr. Kalra will be seeing patients in the 33rd Street Building, suite 460. The office number is 410-261-8780. They are available for hematology referrals.

## Medical Staff Holiday Party

The annual Medical Staff Holiday Party will be held Saturday, December 10 from 7 p.m. to 11 p.m. at the Baltimore Museum of Art. Join your colleagues for cocktails and dinner. Black tie is preferred and valet parking will be available. Please RSVP to Medical Staff Services by calling 410-554-2280.

## New PICIS Operating Room Posting System

If you have a surgical practice, you or a member of your staff should attend an educational seminar on the new PICIS operating room posting system. This introductory session takes place Tuesday, November 8 from 8 a.m. to 9 a.m. in the cafeteria. Topics to be covered include:

- Scheduling personnel changes
- CPT coding
- Faxing information
- Online OR Schedule
- Future: Online scheduling forms

To reserve a spot, call Debbie McCoy, Physician Relations Director, at 410-554-2221.

## Milking It

For years we have been admonished to drink skim milk, eat fat free yogurt and otherwise avoid butterfat because of the saturated fat content. Recently, however, conjugated linoleic acid (CLA), a component of butterfat (and some animal fats) has been in the news for its possible role in promoting anti-inflammatory cytokine IL-10. Other studies have linked CLA with anti-tumor, anti-obesity, anti-atherogenic and anti-diabetic activities.

Animal scientists are investigating ways to enhance the CLA content of cow's milk (current levels of CLA are about 0.9 percent of total fat content of butterfat). CLA is among a group of conjugated fatty acids. Various isomers of CLA appear to have different functions - some anti-diabetic, others anti-cancer.

With this tantalizing information, perhaps we should be suggesting that our patients consume 1 percent milk products rather than fat free. We will keep you informed as the data accumulates.

In the meantime, if you would like your patients to meet with a registered dietitian to discuss milk and an array of other healthy foods to promote their health, refer them to the nutrition "hotline" for referrals at 410-554-6411.

## UMH Doctors Among Honored

Baltimore Magazine unveiled its "Top Docs" list for 2005 and Union Memorial is proud to have 12 physicians selected. The list identifies those doctors considered by their peers to be the best in various specialties.

The UMH physicians include: Dr. Miriam Cohen, cardiology; Dr. Luis Dibos, cardiac surgery; Dr. Frank Criado, vascular surgery; Dr. Richard Heitmiller, thoracic surgery; Dr. Brad Lerner, urologic surgery; Dr. Leslie Matthews, sports medicine; Dr. John Nesbitt, hematology; Dr. Gayle Schwartz, physical medicine and rehabilitation; Dr. John Senatore, podiatry; Dr. Carlton Sexton, radiology; Dr. Andrew Tucker, sports medicine; and Dr. Joseph Zebley, family practice.

Congratulations to each of these physicians for this great achievement.

## New Sleep Center Opening Soon

Union Memorial Hospital is set to open a new sleep center on the second floor of the Bauernschmidt Building. The sleep center contains four rooms for overnight and daytime studies and will be open Monday through Thursday, allowing for 16 patients a week. Currently 60 patients are on a waiting list.

A staff of polysomnographic technicians and physicians, credentialed in sleep medicine, will tend to all areas of adult sleep studies. The center will offer Continuous Positive Airway Pressure Titration (or CPAP), for treating obstructive sleep apnea; Multiple Sleep Latency tests, which are performed during daylight hours; and Nocturnal polysomnogram evaluations of the patient's physical state during sleep. Approximately 1,040 sleep studies are expected to be completed in the first year.

The sleep center is located in suite 281 of the Bauernschmidt Building and the phone number is 410-261-8900. For fax purposes, the fax number is 410-261-8008.

## Bariatric Surgery Information Sessions

The Comprehensive Weight Management and Bariatric Surgery Center at Union Memorial is now offering monthly bariatric surgery information sessions for patients considering weight loss surgery. The next sessions take place Thursday, November 10 and Thursday, November 17 at 6 p.m. Patients should call 1-866-493-1977 to register.