

# MEDICAL STAFF UPDATE

St. David's Medical Center • St. David's Georgetown Hospital • Heart Hospital of Austin

A facility of St. David's Medical Center

A campus of St. David's Medical Center

JUNE 2018

News from St. David's HealthCare

## Best Practices to Prevent Surgical Site Infections (SSI)

### Part 4 in Our Series on Prevention of Hospital Associated Infections (HAIs)

- Advise patients to shower or bathe (full body) with soap (antimicrobial or non-antimicrobial) or an antiseptic agent on at least the night before the operative day.
  - For certain cardiac, joint and spine procedures, patients are advised to bathe with chlorhexidine as part of our "Stop SSI" protocol.
- Administer preoperative antibiotic per clinical practice guidelines.
  - In clean and clean-contaminated procedures, do not administer additional prophylactic antimicrobial agent doses after the surgical incision is closed in the operating room, even in the presence of a drain.
- Surgical skin prep should be done with an alcohol-based antiseptic agent unless contraindicated.
- Implement perioperative glycemic control and use blood glucose target levels < 200mg/dl in patients with and without diabetes.
- Maintain perioperative normothermia.
- For patients with normal pulmonary function undergoing general anesthesia with ET intubation, administer increased FIO<sub>2</sub> during surgery and after extubation in the immediate post-op period. To optimize tissue oxygen delivery, maintain perioperative normothermia and adequate volume replacement.
- When hair removal is necessary, use clippers or depilatory method; do not shave.
- Confirm patient understanding of post-discharge instructions.

#### Reference:

Berríos-Torres SI, Umscheid CA, Bratzler DW, et al. Centers for Disease Control and Prevention Guideline for the Prevention of Surgical Site Infection, 2017. *JAMA Surg.* 2017;152(8):784–791. doi:10.1001/jamasurg.2017.0904

Submitted by: Lynda Watkins, MPH, BSN, RN, CIC, Director of Infection Prevention, St. David's Medical Center

## St. David's Office of Research Update: Brain Games and Mental Fitness

Brain games are marketed as a way to keep the brain active and prevent cognitive decline that may occur later in life.

Recently, KEYE-TV, the local CBS affiliate, featured neuroscientist Zoltan Nadasdy, Ph.D., in a report about the effectiveness of such games. Dr. Nadasdy's current research involves developing games used to test spatial memory in persons who have epilepsy. He is affiliated with St. David's HealthCare and the Sarah Cannon Research Institute.

"What research shows is that the skill improvement is limited to the very specific game or skill we are playing," Dr. Nadasdy told KEYE. Experts seem to agree that conducting everyday activities such as reading or actively engaging in conversation with friends can help keep a person sharp...and are available at no financial cost.

For more information about research conducted through St. David's Office of Research, visit [stdavidsresearch.com](http://stdavidsresearch.com).

**Our Mission:** To provide exceptional care to every patient every day with a spirit of warmth, friendliness and personal pride.

**Our Vision:** To be the finest care and service organization in the world.

**Our Values:** I CARE - Integrity, Compassion, Accountability, Respect, Excellence

**Our Goals:** Exceptional Care, Customer Loyalty and Financial Strength.

**StDavid's HEALTHCARE**

# Welcome New Physicians and APPs

## St. David's Medical Center

Marcelo Antunes, MD, Otolaryngology  
Rachel Bowman, MD, OB/GYN  
Jose Cardenas, MD, Internal Medicine  
Ronja Chackanad, MD, Internal Medicine  
April Charpentier, CRNA, Anesthesiology  
Kimberly Sue Furlong, APRN, Colon & Rectal Surgery  
Preston Gorman, PA, Emergency Medicine  
Carolyn Hansen, PA-C, OB/GYN  
James Mackey Hicks, MD, Neurology  
Pamela Howard, MD, Neurology  
Kirstyn Indgier, CRNA, Anesthesiology  
Farhan Ali Irshad, MD, Ophthalmology  
Shiny Koshy, DO, Internal Medicine  
Nicole Moretti, MD, OB/GYN  
Geetha Nallamothu, MD, Orthopedics  
Merritt Arthur Pember II, MD, Orthopedics

Annis Melinda Rainey, MD, Ophthalmology  
Ann Rezwan, MD, Internal Medicine  
Orlando Rivera Jr., CRNA, Anesthesiology  
Meagan Kirby Rose, CRNA, Anesthesiology  
Christopher Souder, MD, Orthopedics  
Brian Loren Sullivan, MD, Orthopedics  
Lauren Tami Tada, DO, Internal Medicine  
Lauren Thaxton, MD, OB/GYN  
Hien Thien-Hai Tran, MD, Endocrinology  
Elizabeth Vasser, MD, Family Medicine  
Jennifer Vickers, MD, Family Medicine  
Jocelyn Ybarra, NP, Cardiology

## St. David's Georgetown Hospital

Jennifer Jackson, MD, Family Medicine-Hospitalist  
Richard Keiger, MD, Emergency Medicine  
Evgenia Slacheva, MD, Internal Medicine-Hospitalist

## Heart Hospital of Austin

Ibrahim Mansour, MD, Internal Medicine  
Sam Sawaya, MD, Internal Medicine

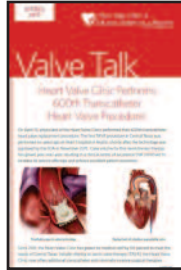
## St. David's in the News

- **Clara Di Vincenzo, RDN**, St. David's Medical Center, was featured in a KVUE report regarding the health benefits of eating breakfast.
- **St. David's Rehabilitation Hospital** was mentioned in a KXAN report about a couple learning to walk again following a motorcycle crash.
- **St. David's Medical Center** was listed in *Culture Map Austin* and *Becker's Hospital Review* regarding its "A" grade in the recent Leapfrog Hospital Grade program.
- **David Revere, MD**, clinical cardiologist at Heart Hospital of Austin, was interviewed on KVUE regarding a study indicating that a baby's heart condition may be linked to the mother's risk for heart disease. Dr. Revere was also featured in a KXAN report about a sleep study indicating the potential cardiac risks for those who stay up late and in a KVUE report about a study that links eating well done meat with the risk for high blood pressure.
- **Brannon Hyde, MD**, cardiothoracic surgeon at Heart Hospital of Austin, was interviewed on KVUE regarding a case in which a woman's discomfort during pregnancy led her to the hospital and turned out to be an aneurysm near her heart. The aneurysm was successfully treated, and the woman will undergo a follow-up procedure in several months.
- **Mike Lopez, CNO**, Heart Hospital of Austin, was featured in the *Austin American-Statesman* regarding his new position.
- **Michael Soileau, MD**, movement disorder neurologist at St. David's Georgetown Hospital, was featured in the *Williamson County Sun* regarding the Parkinson's disease seminar held at the hospital in April. Dr. Soileau was also featured in another article regarding Parkinson's disease.

# News from Heart Hospital of Austin

## “Valve Talk,” a Heart Valve Clinic Newsletter.

We are pleased to provide a link to the “Valve Talk,” a Heart Valve Clinic newsletter published by the Heart Hospital of Austin.



The newsletter is available through the link below and also via the HHA MedWeb in the Announcements section. To view the newsletter, visit:

<http://www.stdavidsmedweb.com/heart-hospital-of-austin/announcements>

## Coming Soon: 2018 Physician Perception Survey Results

The 2018 physician perception survey results are just in. Over the coming weeks, we will be sharing the results and working with you to address the opportunities for improvement identified in the survey.

## HHA Celebrates First Responders

May 20-26 marked the 44th Annual National EMS Week. In 1974, President Gerald Ford authorized EMS Week to celebrate EMS practitioners and the important work they do in our communities. Heart Hospital of Austin showed its appreciation by hosting luncheons on the Heart Hospital of Austin campus, and in La Grange and Marble Falls. Nearly 200 first responders attended the luncheon events.



# News from Heart Hospital of Austin

## Heart Hospital of Austin First in Texas to Participate in Trial Testing Heart Failure Device

### Implanted device allows doctors to monitor patients' hearts remotely

Heart Hospital of Austin is the first facility in Texas to enroll patients in a new clinical trial to determine whether the CardioMEMS™ HF System can improve survival and quality of life for those with mild to severe heart failure. The study aims to build on a previous trial that found the wireless monitoring device reduced hospital admissions by up to 37 percent in patients with moderate heart failure.

Dr. Kunjan A. Bhatt, a clinical cardiologist at Heart Hospital of Austin and with Austin Heart, monitors and provides care to patients who have received the CardioMEMS device.

“Data suggest that proactively managing people living with heart failure may change the course of the disease’s progression,” Dr. Bhatt said. “This study is intended to provide additional clinical evidence needed to make this technology available to more people who could benefit from its function.”

During the study, participants will have a sensor no larger than a small paper clip implanted through a minimally-invasive procedure directly into their pulmonary artery (PA). The sensor is designed to monitor PA pressure, since changes in PA pressure can be early indicators of worsening heart failure. Patients lie down on a special pillow at home to wirelessly take a pressure reading. Data from the sensor is collected through the pillow’s antenna and is sent wirelessly to the physician. This information can then be used by physicians to proactively adjust medication and treatment plans to reduce the likelihood of hospitalization.

## News from St. David’s Medical Center

### SAVE THE DATE: GRAND ROUNDS

#### “Medically Supervised Detoxification of Alcohol, Sedatives, Hypnotics, Anxiolytics and Opiates/Opioids”

**Date:** Tuesday, June 12, 2018

**Time:** 12:30pm

#### **Locations:**

SDMC: Conference Hall (live presentation) • SDGH: 3 North (WebEx session available)

WebEx will be available! Please click the link on your meeting invite, or contact [Christine.Rocha@stdavids.com](mailto:Christine.Rocha@stdavids.com) for login information.



## SDGH Receives Texas Ten Step Redesignation

**C**ongratulations to our Women's Services Department on earning the Texas Ten Step Program facility redesignation from the Texas Health and Human Services Commission. The Texas Ten Step Program encourages breastfeeding as the preferred method of feeding for newborns and infants.



Based on the World Health Organization (WHO)/UNICEF's Ten Steps to Successful Breastfeeding, the program aims to assist birth facility's support of breastfeeding mothers before, during and after childbirth; encourages them to identify breastfeeding resources for the mother after she is discharged; and assists facilities in improving on national performance measures such as the Centers for Disease Control and Prevention's (CDC) Breastfeeding Report Card. The goal of the Texas Ten Step Program is to increase breastfeeding initiation rates to 82 percent.



Texas Ten Step facilities are asked to address 85 percent of the Ten Steps, be designated as a Texas Mother-Friendly Worksite, evaluate their breastfeeding policies and maternity care practices and educate all healthcare staff routinely with evidence-based courses.

Medical Staff Update is published monthly for St. David's Medical Center, St. David's Georgetown Hospital and Heart Hospital of Austin

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Visit our physician website at:  
[www.sdmcmcdweb.com](http://www.sdmcmcdweb.com)



# Medical Staff Calendar of Events

June 2018

Events are color-coded by facility:

Blue = St. David's Medical Center • Green = St. David's Georgetown Hospital • Red = Heart Hospital of Austin

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6 SDMC/SDGH/HHA Quality Committee 12:30pm Conference Hall  Enterprise Quality and Patient Safety Committee 11:30am 3 South	7 Credentials Committee 12:15pm 3 South	8 NeuroOncology Conference 7am Administration Board Room  OB/GYN Department Meeting 8am Conference Hall  Department of Medicine 12pm 3 South
11 Credentials Committee 12:30pm Conference Hall  Weekly Breast Cancer Conference 4pm Park St. David's, Suite 112	12 Grand Rounds "Medically Supervised Detox" 12:30pm Conference Hall  Grand Rounds 12:30pm 3 North	13 Regional Lung Conference 7am MOB 5th Floor, Room B	14 Medical Executive Committee 12:30pm  Credentials Committee & MEC 7am Classroom 3  Surgery Department 7am 3 South  June 14 Medical Executive Committee 12pm 3 South	15 Surgery Department Meeting 12:30pm Conference Hall  SDGH Quality Council 12:15pm 3 South
18 SDMC/SDGH/HHA Medical Board Meeting 12:30pm Executive Board Room  Weekly Breast Cancer Conference 4pm Park St. David's, Suite 112  Medical Board 12:30pm Administration Conference Room  Medical Board 12:30pm 3 North	19 Critical Care Committee 12pm 3 North	20 Emergency Medicine Department Meeting 8am Conference Hall  Pathology Department Meeting 12:30pm Conference Hall	21 NeuroOncology Conference-Pituitary Focus 7am MOB 5th Floor Auditorium  SDMC/SDGH/HHA Board of Directors 12pm Board Room  Governing Board 12pm 3 North	22 NeuroOncology Conference 7am MOB 5th Floor Auditorium  OB Pediatrics Department 12:15pm 3 South
25 Weekly Breast Cancer Conference 4pm Park St. David's, Suite 112  STEMI Meeting 8am Classroom 3  SDGH Tumor Board 12:15pm 3 North	26 Peer Review 6:30am Classroom 3  Quality Committee 7am Classroom 3	27	28	29