

practice notes

June 2011

NMMC Physicians Complete Leadership Institute

North Mississippi Health Services is pleased to announce that six physicians have completed the inaugural session of the **Physician Leadership Institute**.

They are Drs. Jay Dey, Charles King, Charles Montgomery, John Phillips, Amit Prasad and Vishal Sachdev.

The new program for current and future physician leaders provides an opportunity for physicians to gain a greater understanding of NMHS, its mission and actual operation, and foster additional skills in the areas of leadership, finance, strategic planning, operations and the medico-legal aspects of health care. Participants attend one Saturday session per month for six months.

The program is coordinated by Brian Condit, M.D., director of the Physician Leadership Institute, and Mark S. Williams, M.D., chief medical officer.

This program is offered in partnership with the NMHS Continuing Medical Education division.

The next session will be offered January 2012. Applications will be available in winter 2011. For more information on the program, visit www.nmhs.net/physicians_portal/physician_leadership_institute.php.

NMMC Offers Isolated Thrombolysis

NMMC now has a new weapon in its arsenal against **deep vein thrombosis (DVT)**, a blood clot in the deep vein of the leg.

Done in NMMC's Cardiac Catheterization Lab, the new pharmacomechanical procedure is known as isolated thrombolysis and combines clot-dissolving

agents ("pharmaco") and mechanical devices. Through a small incision, the doctor inserts a catheter in the location of the clot and inflates a small balloon on either side of the clot. "We inject a small volume of clot-dissolving drug into the isolated area between the two balloons," said Vishal Sachdev, M.D., cardiothoracic surgeon. "An oscillating wire that's threaded into the vein vibrates to help disperse the drug around the clot, which helps dissolve the clot faster." Once the clot is liquefied, it is sucked out to remove any danger of remnants traveling elsewhere.

"This new procedure allows us to give a high concentration of clot-dissolving drug in a very localized area," Dr. Sachdev said. "The more quickly we're able to remove the clot, the better."

In addition to Dr. Sachdev, cardiologist Barry Bertolet, M.D., performs this procedure at NMMC. For more information about the isolated thrombolysis procedure, call 1-800-THE DESK (1-800-843-3375).

Mental Health Awareness

Poor mental health can take a major toll on the health of your patients. Signs and symptoms of **depression** include changes in daily routine, mood swings, difficulty concentrating, feelings of guilt or hopelessness, insomnia, irritability, restlessness, persistent aches or pains, overeating or appetite loss and thoughts of suicide. If you think your patient may be suffering from depression or another mental illness, refer him or her to NMMC's Behavioral Health Center.

NMMC's Behavioral Health Center offers free screenings to help determine the appropriate level of care for each individual. Treatment programs available include inpatient and outpatient, providing a complete continuum of care for adults and seniors who are seeking help for problems such as depression, substance abuse, anxiety, dementia and other psychiatric and behavioral disorders. Counseling is also



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available for domestic violence issues, marriage, family and personal problems, and grief.

For more information, call (662) 377-3161 or 1-800-THE DESK (1-800-843-3375).

Hope Steps Forward Run/Walk for Brain Tumor Awareness Set

The third annual **Hope Steps Forward**, an event held to increase awareness and benefit brain tumor patients, will be held at 8 a.m. Saturday, June 11, in the Brewer community near Shannon. The event is hosted by Tupelo Neurology Clinic.

The event includes a 5K run/walk and a one-mile fun run/walk. An auction will follow the race. All proceeds will benefit the Hope Steps Forward scholarship fund and the North Mississippi Medical Center Cancer Center Patient Assistance Fund, which assists patients in need with transportation to treatments, medication assistance and other necessities.

The Hope Steps Forward scholarship fund will provide a scholarship to one high school senior who is pursuing a career in the medical field.

Race registration forms are available at Tupelo Neurology Clinic, Brewer Grocery and Phipps Salon. Registration fee is \$20, which includes a short-sleeve T-shirt.

For more information, call Elise McMasters at (662) 844-7021 or e-mail eliselong7@hotmail.com.

NMMC Rehab Institute Stats

NMMC's Rehabilitation Institute scored at the 99th percentile for patient satisfaction for 2010. Of the 400 patients treated during 2010:

- 54% were stroke patients
- 13% were amputee patients
- 9% were spinal cord patients
- 8% were brain injury patients

Stroke Outcomes

- 82% were able to be discharged to the community, compared to 72% in the region and 69% in the nation.
- Average FIM* gain was 26.4, compared to 25.7 in the region and 25.8 in the nation. According to UDSmr®. The FIM measures independent performance in self care, sphincter control, transfers, locomotion, communication and social cognition. During rehabilitation, admission and discharge scores are rated by clinicians observing patient function.

- Average length of stay was 19 days, compared to 17 days in the region and 16 days in the nation.

Physician Shadowing Program

The first session of NMMC's **Physician Shadowing** program will be held June 13-July 1. Participants include Will Baumgartner of Covington, La., a student at the University of Mississippi; Jonathan Troy Jackson of University, UM; Lisa Lamberth of Tupelo, Mississippi State University; Mary Leigh Morris of Fulton, MSU; Alexandra Ruhl of Gulfport, MSU; and Victoria Scott of Mississippi State, MSU. For more information, contact Rosalyn Campbell in Employment Services at (662) 377-3245.

Project Hope Awards \$62,804 in Local Grants

Project Hope recently awarded \$62,804 to area health organizations, thanks to the success of this year's Festival of Hope fundraiser. Grants include:

- "Promoting Healthy Lifestyles for Free Clinic Patients" (\$12,000) – Funding will help provide treatment, education and screenings through the Antone Tannehill Good Samaritan Free Clinic for the "working uninsured" in Lee County.
- NMMC Diabetes Assistance Fund (\$10,000) – Funding will provide assistance with diabetes self-management education and diabetes testing supplies for patients who qualify. The fund is administered through the Health Care Foundation of North Mississippi.
- Weston Reed Cardiovascular Conference (\$7,500) – Funding will assist with free CPR certification, training in the use of automated external defibrillators (AEDs) and screening for diabetes.
- NMMC Heart Patient Assistance Fund (\$7,500) – Funding will provide assistance with medications, educational materials, transportation and cardio-pulmonary rehabilitation to patients who qualify. The fund is administered through the Health Care Foundation of North Mississippi.
- Sisters Network, Tupelo Chapter (\$7,425) – Funding will assist with prevention and diagnosis of breast cancer among medically under-served African-American women. The funding will cover baseline screenings, diagnostic mammograms and ultrasound examinations.
- Tree of Life "Arbon de la Vida" Free Clinic (\$6,000) – Funds will assist individuals with heart disease and diabetes who have no health insurance and limited resources by providing in-stock medications free of charge.



- Camp Hopewell “Wee Bit Diabetes Camp” (\$3,280) – Funding will provide assistance for 6- to 8-year-olds living with Type 1 diabetes, educating them to control diabetes with a positive, healthy approach.
- Camp Breathe Ezzzze (\$3,000) – Funding will assist with an asthma camp for children age 6-12 at Tishomingo State Park. Sponsored by NMMC, the camp educates children about managing asthma, as well as the importance of regular exercise and healthy habits to prevent future cardiopulmonary disease.
- HealthWorks! North Mississippi “Move It! Groove It! Cardio-Improve It!” (\$2,749) – Funding will be used for equipment needed to add fitness programming designed to decrease risk for heart disease, cancer and diabetes through improved health habits.
- Camp Bluebird (\$2,700) – Funding will provide scholarships for adult cancer survivors to attend Camp Bluebird, which is sponsored by NMMC and AT&T TelecomPioneers.
- NMMC Cancer Center “Barbershop Talk” (\$650) – Funding will be used to target barbershops in Lee and surrounding counties to educate the African-American community about colon and prostate screenings.

Founded in 1998, Project Hope is a group of local volunteers dedicated to community health improvement. Because heart disease and cancer are the leading causes of death in the United States, and diabetes can take a devastating toll on a person’s health, Project Hope specifically targets these diseases. For more information, call (662) 377-3867 or (662) 377-4143, or visit www.projecthopems.com.

IRB Approves, Renews Studies

The NMHS Institutional Review Board (IRB) currently oversees more than 90 biomedical and behavioral studies. The IRB meets monthly and the following studies were approved and renewed at the May meeting.

New Studies

Study: A Randomized, Blinded, Phase II, Dose-ranging Study of BMS-936558 (MDX-1106) in Subjects with Progressive Advanced/Metastatic Clear-cell Renal Cell Carcinoma who have Received Prior Anti-Angiogenic Therapy (CA209010)

Investigators: Christopher Croot, M.D. (PI); Hematology and Oncology Associates

Summary: The purpose of this study is to test the effectiveness, safety and tolerability of BMS-936558 at different dose levels and to determine the most effective dose for further study.

Study: A Phase IV, Multicenter, Randomized, 52-Week Study to Evaluate the Routine Assessment of Patient Index Data (RAPID3) Compared to the Clinical Disease Activity Index (CDAI) to Prospectively Predict Treatment Success at 52 Weeks Based on a Treatment Decision at Week 12 in Subjects with Moderate to Severe Rheumatoid Arthritis Receiving Certolizumab Pegol (CZP) (RA0064)

Investigators: Charles King, M.D. (PI); Amit Prasad, M.D.; Brandi Young, FNP

Summary: The purpose of this study is to determine if a subject-based assessment tool (RAPID3) is similar to a physician-based assessment tool (CDAI). Both of these tools will be used to see how well a person may be responding to a particular treatment for rheumatoid arthritis.

Study Renewal

Study: Double-blind, Dose-response, Randomized, Placebo-controlled, Parallel-group, Multicenter, Phase III Clinical Study on the Efficacy and Tolerability of Mesalazine Granules versus Placebo for the Prevention of Recurrence of Diverticulitis (SAG-51/DIV)

Investigators: Stephen Amann, M.D. (PI); Digestive Health Specialists

Summary: The purpose of this study is to determine an effective treatment with a high tolerability that prevents the recurrence of diverticulitis. Enrollment is open.





Continuing Medical Education

The CME Program is based in the NMMC Education Department and works to provide quality educational programming that will meet general as well as specific professional needs. Please call (662) 377-3826 or the Consult Line at 1-800-952-8101 if you have CME comments and/or suggestions. Select CME programs are by invitation only and are also subject to change. **Please RSVP upon receipt of invitation.** Visit www.nmhs.net/physicians_portal/cme.php for more information.

June 16

Medical Ethics Committee

Case Studies: *Ethical Decision Making Among the Elderly*
Paul Hill, M.D., NMMC Behavioral Health Center
7:30 a.m., NMMC North Education Center

July 8

Neuro/Radiology Case Studies

Hunt Bobo, M.D., and Robert Becker, M.D.
1 p.m., NMMC North Education Center Room 7/8

July 21

Medical Ethics Committee

If I Had One Day to Fix Health Care
Edward Hill, M.D.
7:30 a.m., NMMC North Education Center

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