

# practice notes

March 2009

## NMMC Surgeon First to Perform New Surgery in North Mississippi

**Danny Sanders, M.D.**, of the Surgery Clinic of Tupelo, recently performed a stent of a chronic total occlusion. This is the first time the surgery has been performed in this area, using a device called the FRONTRUNNER® XP CTO.

“Until this procedure was available, a patient’s only option was bypass with open surgery,” Dr. Sanders, a general surgeon who has been on the NMMC medical staff for five years, said. “Now, they get the effects of an open bypass with little more than a poke hole.”

This new technology allows surgeons to break through complete arterial blockages in the legs, allowing treatment with stents or balloons. The surgery offers options to patients for whom the open surgery would be too risky because of co-morbidities.

“This is a minimally invasive procedure that can be done under local anesthesia,” Dr. Sanders said. “Patients typically will have a short stay, much less scarring, minimal discomfort and a speedier recovery.”

“The short-term results of this procedure have been very good, but it hasn’t been around long enough for us to see the long-term results,” Dr. Sanders said. “Current three-year data shows a 70-80 percent patency rate. I suspect that if we keep seeing positive results and physicians get more adept at this, it might even take the place of open bypass surgery, similar to what we’ve seen happen with endovascular repair of abdominal aortic aneurysms.”

## HeartCaring Certification

Spirit of Women created *HeartCaring* in 2005 with the recognition that the heart health care needs of men and women are very different. *HeartCaring* hospitals are activated once they complete training in gender sensitive information of cardiovascular diseases and conditions. Hospitals then train primary care physicians and nurse practitioners regarding diagnosis and treatment

recommendations, and certify them as a *HeartCaring* certified practice. NMMC’s Spirit of Women provides patient education materials and tools to assist patients in reducing risk for cardiovascular diseases and conditions.

Several NMHS physicians and nurse practitioners are certified in *HeartCaring*, including those at **Cardiology Associates of North Mississippi** in Tupelo, Oxford, Columbus and Starkville. **Dr. Jennifer Thompson-Davis** of New Albany Medical Clinic and **Drs. Julie Palmer, Deanna Nabors** and **Anne Haire** at West Tupelo Medical Clinic are also certified.

To become a certified *HeartCaring* practice, providers must attend a presentation on “Evidence Based Guidelines for Cardiovascular Disease Prevention in Women.”

For more information, call Dottie Wilson, Community Health nurse practitioner, at (662) 377-7996, or visit [www.nmhs.net/spirit](http://www.nmhs.net/spirit) and click on “HeartCaring.”

## Resource Center Classes

### Introduction to Resource Center

This class gives an overview of the Resource Center budget, schedule, association and services, as well as provide information on the journal collection, book collection, interlibrary loan procedures and fees, Continuing Education packets and electronic journal access.

Class Location: North Education Center, Room 1

Date	Day	Time
April 7	Tuesday	11 a.m.-noon
May 5	Tuesday	11 a.m.-noon
June 2	Tuesday	11 a.m.-noon
July 16	Thursday	9 a.m.-10 a.m.
Aug. 13	Thursday	9 a.m.-10 a.m.
Sept. 17	Thursday	9 a.m.-10 a.m.
Oct. 6	Tuesday	3 p.m.-4 p.m.
Nov. 5	Thursday	3 p.m.-4 p.m.
Dec. 3	Thursday	3 p.m.-4 p.m.



NORTH MISSISSIPPI  
MEDICAL CENTER

A monthly newsletter for physicians, certified nurse practitioners  
and other health care professionals.

To submit information, call (662) 377-2371.



### PubMed Searching

This class provides an overview of PubMed, including symbols and icons, searching PubMed by author or subject, overview of MeSH (Medical Subject Headings), including locating and combining terms, using PubMed Central to obtain free full-text articles, and searching OVID.

Continuing Education Hour: 1

Class Location: North Education Center, Room 1

Date	Day	Time
April 22	Wednesday	11 a.m.-noon
May 27	Wednesday	11 a.m.-noon
June 17	Wednesday	11 a.m.-noon
July 30	Thursday	9 a.m.-10 a.m.
Aug. 27	Thursday	9 a.m.-10 a.m.
Sept. 24	Thursday	9 a.m.-10 a.m.
Oct. 22	Thursday	3 p.m.-4 p.m.
Nov. 19	Thursday	3 p.m.-4 p.m.
Dec. 17	Thursday	3 p.m.-4 p.m.

## New ACLS Course Provided

For providers who haven't had time to take the required ACLS certification course, the NMMC Education Department now offers **HeartCode ACLS Anywhere**. This is a computerized alternative to traditional ACLS certification. Providers can complete the course at their own pace, on their own schedule. The American Heart Association designates this course for a maximum of 12 AMA PRA Category 1 Credits. For more information, call Amy Hussey, RN, ACLS Course Coordinator, at (662) 377-3538.

## Asthma Camp Helps Children 'Breathe Ezzzze'

Children with asthma are invited to participate in **Camp Breathe Ezzzze, May 25-28**, at Tishomingo State Park.

Open to children ages 6-12, Camp Breathe Ezzzze will feature fun activities, as well as educational sessions on asthma and its treatment. This year's theme is "**Combating Asthma Through Education and Fun.**" Camp Breathe Ezzzze is sponsored by NMMC with assistance from the American Lung Association of Mississippi, Project Hope and United Way. Around-the-clock care is provided by registered nurses and respiratory therapists. Camp participation is limited, and registration is due by April 1. The fee is \$75 per camper, and full scholarships are available.

For more information, call (662) 377-4706 or 1-800-THE DESK (1-800-843-3375). Applications can also be downloaded from the Camp Breathe Ezzzze Web site at [www.nmhs.net/asthmacamp](http://www.nmhs.net/asthmacamp).

## Dr. Harris Accepts Harvard Fellowship

Ashley Harris, M.D., has accepted an offer for a fellowship in geriatrics at Harvard University.

Dr. Harris is currently in his second year of residency at NMMC's Family Medicine Residency Center. Upon completion of his residency in 2010, he will start his fellowship at Harvard. Dr. Harris will also receive a master's degree in public health while at Harvard.

## NMMC Summer Health Academy to Introduce Youth to Health Careers

NMMC will host its seventh annual **Summer Health Academy** from 8 a.m.-noon, June 1-5.

Students who are interested in pursuing a health career and have completed the sixth, seventh or eighth grade are eligible. Participation is limited to 25 students who will be selected on the basis of academic achievement, community service and desire to enter a health profession. Students must also submit two letters of recommendation. Application deadline is Friday, April 17.

Students will tour several nursing units at NMMC, as well as the Wellness Center. Because enrollment is limited, students will be able to interact one-on-one with nurses, physicians, radiologic technologists, pharmacists, physical therapists and other health care staff.

The fee for Summer Health Academy is \$50, which includes educational materials, a T-shirt, snacks and Friday lunch. Applications are available at area schools and by calling the NMMC Employment Services Department at (662) 377-3245 or 1-800-THE DESK (1-800-843-3375). Applications can also be downloaded from [www.nmhs.net/careers](http://www.nmhs.net/careers). Students who are selected to participate will be notified by May 1.

## Perimeter Security Beefed Up At Main Unit

NMMC has implemented a new perimeter security plan in an effort to increase the level of security at the facility.

Perimeter doors are now locked with certain entrances accessible only by employee identification cards. Prox-card readers are located at each entrance and people with NMMC-issued identification badges are able to enter the locked entrances after hours.

The Facility Operations entrance closes at 4:30 p.m. The North Entrance closes at 7:30 p.m. These entrances reopen at 5:30 a.m. The Northwest, or Purchasing, entrance closes at 9 p.m.

The East Tower outpatient entrance closes at 11 p.m. The South Lobby and the East Tower elevator lobby are locked at 11 p.m. Once the East Tower outpatient entrance, elevator lobby and South Lobby are closed, no entry is permitted in those areas until the areas are unlocked at 5:30 a.m. The Emergency Room and Ambulance entrances are accessible 24 hours a day but clearance is needed for entry.



If a non-employee or employee without a badge needs entry, a security call station is available at the North Entrance and security can remotely release the door to open. There is a phone to communicate with Security at the Ambulance Entrance as well.

While the doors will be locked to people from the outside, all can be used as exits. Security cameras are located at every entrance, and all entrances will continue to be patrolled by Security staff.

For more information about the plan, call (662) 377-3138.

## Exercise is Medicine

Through a program launched by the American College of Sports Medicine (ACSM) and the American Medical Association (AMA), **Exercise is Medicine™** encourages physicians to prescribe exercise to patients.

“We already advise our patients against smoking; recommending exercise should be no different,” said **Edward Hill, M.D.**, faculty member of NMMC’s Family Medicine Residency Program and past AMA president. “More than half of Americans don’t get enough exercise and would be amazed to see how much difference it will make in their overall health. Exercise can have tremendous health benefits.”

The Web site, [www.exerciseismedicine.org](http://www.exerciseismedicine.org), contains educational materials and toolkits for physicians to use in their practices.

**NMMC Wellness Centers** in Tupelo, Baldwyn, Pontotoc, Iuka and West Point are offering discounted medical memberships for patients referred by their physicians. For more information, call (662) 377-4145 or (662) 377-4139.

## Acclaim P&T Discusses Tier Changes

EpiPen® and EpiPen Jr.® were added to Tier 2. These are emergency medications for individuals experiencing an allergic reaction. No generic is available, and there is no similar product on Tier 2.

Crestor® was reviewed and suggested for a lower co-pay. Crestor is a cholesterol medication in the same drug class as Lipitor®. Lipitor is on Tier 2, and Crestor is on Tier 3. Recent studies have confirmed Crestor’s benefits for special patient populations. The committee recommends Crestor’s co-pay be reduced to almost equivalent with Lipitor.

## IRB Approves, Renews Studies

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

### New Study

**Study:** *CHAMPION – CardioMEMS Heart Sensor Allows Monitoring of Pressure to Improve Outcomes in*

### **NYHA Class III Heart Failure Patients (CM-06-04)**

**Investigators:** Barry Bertolet, M.D. (PI); Cardiology Associates of North Mississippi

**Summary:** This study will evaluate a system used in the home to transmit pulmonary artery pressure measurements to a secure Web site for a physician to review and determine the best way to manage heart failure.

### **Study Renewals:**

**Study:** *A Multicenter, Randomized, Double-blind, Active-control, 96-week, Phase III Trial of the Efficacy and Safety of Clevidine Compared with Adefovir at Weeks 48 and 96 in Nucleoside Treatment-naïve Patients with HbeAg Negative Chronic Hepatitis due to Hepatitis B Virus (CI-PSI-5268-06-306)*

**Investigators:** John Phillips, M.D. (PI); Digestive Health Specialists

**Summary:** The purpose of this study is to compare the safety and effectiveness of clevidine to adefovir in HbeAg negative hepatitis people who have never been treated with nucleoside analogues. Enrollment is open.

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**Study:** *A Long-term, Randomized, Double-blind, Parallel-group, Placebo-controlled, Radiographic Study to Investigate the Safety and Efficacy of Orally Administered SD-6010 in Subjects with Symptomatic Osteoarthritis of the Knee (A6171016)*

**Investigators:** Charles King, M.D. (PI); IMA-Tupelo Rheumatology and Osteoporosis Center

**Summary:** The purpose of this X-ray and drug study is to determine if SD-6010 is effective in slowing down the worsening of knee osteoarthritis. Enrollment is open.

**Device:** *JOMED Jostent: Non-investigational (FDA limited humanitarian device exemption approval) Rescue Coronary Stent Graft for Coronary Perforation during percutaneous transluminal coronary intervention (PTCI)*

**Investigator:** Barry Bertolet, M.D. (PI)

**Summary:** The Jostent is a covered stent that was made to aid in the rare situation of a coronary vessel perforation during an angiography/PTCI procedure. This particular stent was approved under the Humanitarian Device Exemption Regulation for the specific use of such perforations, causing the patient to be at risk of severe complications and/or death.



# 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.**

## March 5 & 6

### ACLS Two-Day Provider Class

8 a.m.-4:30 p.m., NMMC Education Center  
Call Renea Magana at (662) 377-3421 to register.

## March 13

### 2009 Neuro/Radiology Case Studies

1 p.m., NMMC Education Center

## March 19

### Medical Ethics Committee

Baby Steps – Ethics at the Beginning of Life  
Dr. Bryan Darling  
7:30 a.m., NMMC Education Center

## March 26

### PALS Provider Course

8 a.m.-4:30 p.m., NMMC Education Center  
Call Renea Magana at (662) 377-3421 to register.

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