

## Five selected as America's Top Doctors for Cancer



*Dr. Sharad A. Ghamande*



*Dr. Anand P. Jillella*



*Dr. David Scott Lind*



*Dr. David J. Terris*



*Dr. Martha K. Terris*

Five MCGHealth physicians have been included in the fifth edition of "America's Top Doctors for Cancer<sup>®</sup>," a patient reference guide that identifies the nation's most outstanding cancer physicians. The guide was prepared by Castle Connolly Medical Ltd., which follows an extensive screening process and a careful examination by a doctor-directed research team. It contains detailed profiles of more than 2,200 of America's leading

cancer specialists across more than 40 medical specialties.

The five physicians selected to be in this

prestigious guide are:

**Dr. Sharad A. Ghamande, Gynecology/Oncology.**

Dr. Ghamande is Professor of Obstetrics and Gynecology and Chief of the Section of Gynecologic Oncology. His clinical and research interests include ovarian cancer, cervix cancer and chemotherapy trials.

**Dr. Anand P. Jillella, Hematology/Oncology.** Dr. Jillella is Professor of Medicine, and Chief of the Division of Hematology/Oncology and Bone Marrow Transplantation. His areas of study and practice include bone marrow transplantation, leukemia, lymphoma, multiple myeloma and blood-related cancers.

**Dr. David Scott Lind, Surgical Oncology.** Dr. Lind

is Professor of Medicine, Chief of the Section of Surgical Oncology and the Jarrell Distinguished Chair in Surgical Oncology. His clinical and research interests are in the area of breast cancer.

**Dr. David J. Terris, Otolaryngology - Head and Neck Surgery.** Dr. Terris is Professor, Department Chair and Porubsky Distinguished Chair in the Otolaryngology Department. His clinical interests are minimally invasive thyroid and parathyroid surgery. His research focuses on innovative surgical techniques for thyroid and parathyroid tumors.

**Dr. Martha K. Terris, Urology.** Dr. Terris is Chief of the Section of Urology at the Augusta Veterans Affairs Medical Center and Professor of Urology at the Medical College of Georgia. Her research interests include prostate biopsy techniques, prostate cancer risk factors, bladder cancer risk factors, nutritional therapies for prostate cancer and new imaging techniques for urologic cancers. ♦

## Building a winning team through good health

A coach is defined as a mentor, one who trains, instructs or advises, usually to ensure a win for an athlete or a team of athletes. In the case of HealthWise, coaches will work with employees to ensure that the big win they achieve is good health and well-being.

HealthWise is the comprehensive MCGHealth wellness program aimed at helping you make health-altering lifestyle changes through access to health screenings, prevention measures and positive reinforcement. The HealthWise wellness coaches are certified, specially qualified registered nurses trained to provide guidance, encouragement and carefully planned direction to guide each employee down his or her personal path. Each of the program's three coaches will help participants become ready to make critical changes in their habits, identify the mental, physical and socio-economic challenges they face and clear any roadblocks to success. "This is about what our employees hope to achieve, not what we would like to see them do. Sometimes you need a personal trainer to help you do the right exercises in the proper way. Well, we want our employees to consider

the HealthWise coaches as their personal trainers on levels that go way beyond physical conditioning. If you need support to quit smoking, if you need encouragement to exercise, if you need advice on creating a stick-to-it diet, if you need help in coming to grips with a particular chronic disease you may have, our wellness coaches are going to be there for you," said Roxane Patterson, Director of Occupational Health Services.

You will have the opportunity to volunteer for HealthWise during your annual health screening. If you choose to join, please fast for at least 12 hours prior to your appointment because you will complete your bio-

metric screening (height, weight, blood pressure and blood work for cholesterol, triglyceride, and glucose levels among others) at that time. You will also meet with your coach and begin to discuss your goals.

After you receive the results of your biometric screening, you will complete a confidential online Health Risk Assessment. Your participation in the online Health Risk Assessment will not affect your employment or benefits in any way, be used in any data analysis, or be published in any manner. If you have any identified risk factors, you will be asked to meet with your wellness coach to review your results and start to develop strategies for change. ♦

### What is well-being?



Find out at a special Lunch and Learn, Jan. 28, 2010, 11:30 a.m. to 12:30 p.m., in the Dogwood and Magnolia Rooms of Terrace Dining. Roxane Patterson, RN, Director of Occupational Health Services, will define exactly what it takes to achieve this state of good health, happiness and prosperity commonly known as well-being. If you'd like to put more well-being in your life, grab your lunch and join the fun. ♦

## Meet the wellness coaches



**Frances Toole, RN, WCC**

“I’m a really good listener and I’m caring and compassionate about

what I do,” said Toole in describing what she uniquely brings to her role as a wellness coach. “I hope to give those I am working with a sense of what wellness is. People think they have to be a size two to be healthy, but wellness is multi-faceted. Health and wellness are a reflection of how you feel inside and what it takes to be happy with who you are,” she said.

“I’m an advocate as well as a coach. I’m not going to tell you what you should do. Instead, I’m here to help you and to support you every step of the way as you obtain your goals.”

She is proud of the nearly 14 pounds she recently lost. “It hasn’t been easy, but I exercise every day. I do 30 minutes of aerobics in the morning and then weight training with my husband in the evening.”

Toole joined MCGHealth as a Workers Compensation Coordinator in 2007. Prior to that, she was the Occupational Health Nurse at Allied Air Enterprises in Blackville, S.C. She attended Aiken Technical College for her LPN and earned her RN at Excelsior College. ♦



**Lacey Turner, RN, BSN**

Turner wants to help people live healthier lifestyles.

“That’s something I’m working on myself. I used to be a heavy soda drinker. I haven’t given up soda 100 percent. I still have one on occasion. But mainly, I drink water. Same thing with candy. I used to eat a lot of candy, but not anymore. I’m trying to change my life habits into healthier habits and I struggle. My struggle will make me better equipped to serve as a mentor and confidante to others who are struggling.”

Similarly, Turner is compassionate. “I have certain life experiences (being injured and out of work for a year) that allow me to relate to someone who is struggling with a disability.”

As a coach, Turner expects to be that someone when you need someone you can talk to about your problems. “If you can’t lose weight or can’t quit smoking because of your stress, then I’ll be here to listen to you and to help you manage the stress.”

She joined MCGHealth in 2006 as a Staff Nurse in Labor and Delivery after earning her RN/BSN degrees from Lander University in Greenwood, SC. She joined Occupational Health in 2009. ♦



**Edith Wildy, RN**

“My goal is to help our employees achieve and maintain optimal health,

whatever that means for each of them,” she said. “I’m not only a wellness coach and a teacher, but I’m also the employee’s ally.”

Wildy brings an extensive nursing background in both hospital and home health environments. “I can provide knowledge about diseases and help with referrals both in the community and within our own facility.” She can also connect and identify with those she coaches. “I have struggled with maintaining my weight my entire adult life, so I am able to empathize with those who are sometimes viewed by society as being inherently unfit because they aren’t a size zero.”

She believes that the single most important thing she does to stay healthy is to try to get some type of exercise each day. “I try to stay active as much as I can, whether working in the yard or taking the stairs.”

The Occupational Health Nurse joined MCGHealth in July 2009 after serving as a staff nurse at University Hospital for 16 years. She earned her LPN from Augusta Technical College and her RN degree from USC Aiken. ♦

## Mandatory vaccination program prepared us for flu season

The beginning of flu season is usually a time when MCGHealth officials begin to worry about the severity of what is to come. However, this flu season, officials are breathing a sigh of relief that we are more prepared than ever to face flu season, which typically ends around March. Officials credit the mandatory flu vaccination program for the health system's preparedness.

"To safeguard our patients, it is first necessary to ensure that our employees and faculty members are protected. We can't have hospital workers

getting ill at a time when our community needs them the most, and we certainly can't run the risk of inadvertently infecting patients and their family members," said Cyndra Bystrom, Director of Epidemiology. "We were successful in having nearly 100 percent participation. We thank our employees and faculty for doing the right thing for themselves, for our patients and for our community."

Of the nearly 6,000 people vaccinated, only 85 people were exempt.

"This was a bold stance. We were the only health system in the CSRA that made seasonal flu vaccinations mandatory. Once the season is over, we are going to look at the extent to which the program had an impact," said Roxane Patterson, Director of Occupational Health. "Depending on the outcome of the study, I'll bet that mandatory flu vaccinations will become the standard among CSRA hospitals in years to come." ♦

### 2010 holiday schedule

**Memorial Day**  
May 31, 2010

**Independence Day**  
July 5, 2010

**Labor Day**  
Sept. 6, 2010

**Thanksgiving Day**  
Nov. 25, 2010

**Day after Thanksgiving**  
Nov. 26, 2010

**Christmas Eve**  
Dec. 23, 2010

**Christmas Day**  
Dec. 24, 2010 ♦



### A beary Christmas

Andy Cisseck and Tijuana Jenkins of The Partridge Inn ensured a beary Christmas for patients at the MCGHealth Children's Medical Center by delivering three wagons full of teddy bears donated by restaurant guests during the hotel's series of "Bring a Bear Brunches." ♦

## Palliative care program is making a difference

Gloria was a 42-year-old homemaker with three small children all under age 10 when she was diagnosed two years ago with breast cancer that was already metastatic to the bone. She did not have much energy to fight her cancer, eat or take care of her kids. Her constant cycle of pain left her on the couch, trying to tough it out most days between chemo cycles. Finally, her longtime family doctor referred her to Palliative Care. Within three days of starting on a low-dose, time-released pain medication and a substitute nausea medication that relieved some of the drowsiness caused by her previous medication, she was feeling almost like her old self

again. Then by involving her pastor's support and scheduling some extra volunteer assistance from her church to help with the kids, she was ready to win her battle. Gloria is still going strong today.

"Quality of life is our chief concern," said Dr. Alison Lauber of Family Medicine, who heads the Palliative Care Consultation Team. "A family member or the attending physician can call upon us to assist in setting goals of care or improving a patient's comfort during their treatment course. What's important is that our seriously ill and our terminally ill patients and their families do not have to go it alone. We are

here to ensure both physical comfort and spiritual support when the patient and family are at their most stressed."

Dr. Lauber continued: "While palliative care has a fine tradition at MCGHealth, the services were not formalized as the Palliative Care Consultation Service until July 1, 2009. Because the program is in its infancy, we are trying to get the word out to referring physicians and their nursing staffs that we are here and we are ready to serve the needs of patients and their families. All they have to do is call us."

Palliative care helps reduce or relieve the pain, symptoms and stress of a

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## Humes passes CHES exam



Loretta Humes, Coordinator of the MCGHealth Bloodless Medicine/Surgery Program,

recently earned certification as a Certified Health Education Specialist. The certification signifies that Humes met the national standards established by the National

Commission for Health Education Credentialing.

Humes joined MCGHealth in 2007 after serving as Nurse Manager of the Hollings Cancer Center at the Medical University of South Carolina. Prior to that, she spent more than 14 years in progressively responsibility positions at several health systems.

She earned a bachelor's degree in Health Science from MUSC College of Health Professions, an RN

degree from Trident Technical College and an LPN degree from Horry-Georgetown Technical College. She recently earned a Graduate Certificate in Health Education from TUI University. Humes holds a Community Emergency Response Team certification.

She is active in the Society for the Advancement of Blood Management and serves on its Education Committee. ♦

## Welcome new team members

**Hollis Bradberry**, *3 West Neurology*

**Cathleen Carney-Thomas**, *Speech Pathology/Audiology*

**Jessica Corbin**, *IS Planning and Administration*

**Donnie Crawford**, *Patient Transport*

**Douglas Dandy**, *Environmental Services*

**Hannah Daugherty**, *5 CMC Pediatric Surgery*

**Jessica Dillard-Wright**, *Emergency Medicine*

**Jacqueline Farley**, *6 South Telemetry*

**Deborah Gillen**, *7 West Obstetrics*

**Addie Griffin**, *6 South Telemetry*

**Emily Hagler**, *Emergency Medicine*

**Jhenovia Holden**, *Environmental Services*

**Harriet Hutto**, *ED Observation Unit*

**Leigh Jackson**, *5 North Oncology*

**Tamekia Johnson**, *Cardiology*

**Anita King**, *Environmental Services*

**Jennifer Moore**, *Facilities - Construction Projects*

**Elise Murray**, *Recovery Room*

**Sunya Musseb-Ortiz**, *5 South Oncology*

**Darrius Powell**, *Dietary*

**June Powell**, *Utilization*

*Management*

**Lecia Raiford**, *Catering Services*

**Lisa Renfroe**, *HIMS*

**Lucretia Samuels**, *4 South Surgery*

**April Sanderson**, *7 West Obstetrics*

**Ronald Sheffield**, *Environmental Services*

**Allison Varnum**, *Shock Trauma*

**Virginia Waller**, *Patient Accounts*

**Cari Weaver**, *6 South Telemetry*

**Pamela Wells**, *Therapeutic Apheresis*

**LaShauna Wesbey**, *6 North Cardio*

**Brittany White**, *Pediatric PACU*

**Angela Wilson**, *7 West Obstetrics* ♦

## Palliative care program

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disease and its treatments at any stage of the disease trajectory. Many cancer patients receive palliative care, as do others coping with the aftermath of lifesaving surgery, advanced heart, respiratory and kidney disease, Alzheimer's, AIDS and multiple sclerosis.

Currently U.S. hospice and palliative care programs serve more than 1.2 million patients and their families each year and that number is expected to grow. ♦

## Ho, ho, ho

Santa made his usual visit to the MCGHealth Children's Medical Center on Christmas morning, providing each of the 72 patients with toys and stuffed animals.

His first stop was to Joseph Justo of Barnwell, SC. Santa delivered a game, a stuffed dog and a stocking to the 6 year old, who suffered a broken elbow and wrist in a playground fall. Joseph's reaction to Santa was, "He's kinda nice." Joseph's dad, Jaime, said that his best Christmas present was Joseph's health. ♦

