



physician

flash

December 6, 2010

SAINT JOSEPH
Regional Medical Center
125 Years of Faith Based Healthcare in Michiana
A MEMBER OF TRINITY HEALTH



Physician Holiday Party

Saint Joseph Regional Medical Center

Wednesday, December 15, 2010 • 6 - 9 pm

Cocktails & Hors d'oeuvres

Century Center • 120 South St. Joseph Street
South Bend, Indiana

Join us as we celebrate the holiday season and present physician awards, including the Blessed Basil Moreau Award. Named for the founder of the Holy Cross Sisters, Priests and Brothers, this award annually honors a member of our Medical Staff who is distinguished in areas of service and commitment to healing.

An additional event will be held in the spring to recognize physicians who have reached milestones in their years of service.

Thank you for your dedication to our patients and improving the health of our community.

Please RSVP to 574.335.2386 today!



Your Estate Plan: Chaos or Calm?

By John Elliott, Vice President

Will your estate plan create chaos or comfort for your family? You can ensure calm at your passing and ease the worries of your loved ones by meeting now with your attorney, account, insurance agent and bank trust officer.

Over the past forty years I've seen the chaos that results from having a bad estate plan or no plan at all. One example is of an attorney who unexpectedly passed away. Although he had carefully prepared wills and trusts for his clients, he and his wife had no plans.

In another case, at the client's passing it was discovered that no federal or state income tax returns had been filed for over ten years. The heirs were left with nothing.

In another instance, a mother decided to disinherit her son for several valid reasons so she prepared her will online, printed it and asked her neighbor to witness her signing the will. She then asked another friend to sign as the second witness. This friend did not see her sign the will but went ahead and witnessed the signing. During the process to validate the will, it was learned of the improper witnessing and the will was not accepted for probate. The "disinherited" son ended up inheriting the total estate. She saved a few dollars completing her will online but unfortunately this approach resulted in her plans being defeated.

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Excellence in Heart Attack, Stroke Care at SJRMC



SJRMC's Dr. William Sarnat (left) and Dr. Devin Zimmerman give regular presentations at the hospital to local EMS teams about Saint Joseph's heart attack and stroke treatment programs. The EMS teams play a critical role in the process as they are the first on the scene after the 911 call is placed, hence the importance of constant education.

Saint Joseph Regional Medical Center continues to deliver the fastest heart attack treatment in Michiana due to the CODE STEMI (913) Activation system implemented in 2006, for the rapid mobilization of the cardiac team. Keely Paston, Process Excellence, facilitated the Cardiac Action Team in the development of the trademark CODE STEMI (913) at SJRMC.

The process remains hard-wired as evidenced by the percent of heart attack patients given a PCI within 90 minutes of arrival at 100% with a mean time of 49.7 minutes for Quarter (Q) 3, 2010. Dr. William Sarnat and the cardiac team at SJRMC are now taking the next steps to continue to improve cardiac outcomes in the Community. The Door to Balloon (D2B) time only measures hospital efficiency, not system efficiency. Total system time integrates pre-hospital (EMS) and hospital phases into one system for better efficiency. Dr. Sarnat advocates the time from the first contact with the health system to balloon inflation is a better measure of system efficiency.

Patient response time depends on public education. The goal is for the patient to contact EMS within 60 minutes of symptoms of a heart attack. For Q3, 2010, 77% of the STEMI patients arrived to the ED by ambulance compared to only 44% in Q1, 2010. The goal for EMS response time is < 11 minutes based on the benchmark study. Dr. Bruce Speicher, EMS Medical Director, said the standard for St. Joseph County is < 8 minutes. The average response time for Q3, 2010 was 6 minutes. The goal for on-scene time is < 15 minutes with the average for area EMS Q3, 2010 at 12 minutes. The goal for EMS Departure to CCL arrival (table time) is < 30 minutes. The goal for 911 contact to balloon inflation (total system time) is < 90 minutes. For Q3, 2010, SJRMC met this 70% of the time. Dr. Sarnat, physician champion, and Keely Paston, Process Excellence, will facilitate the cardiac team including EMS to meet total system time < 90 minutes 100% of the time. The team will work on innovative ways to continue to strive for improved efficiency and quality to meet this new initiative.

The Code STEMI Activation has been so successful in improving PCI outcomes that Keely Paston was asked by Dr. Devin Zimmerman and the Code Stroke Team to replicate this team mobilization for patients that arrive in the Emergency Department with stroke like symptoms. Code Stroke (914), a SJRMC trademark, was implemented in March 2010 to facilitate the rapid mobilization of the stroke team including lab, CT, X-ray, EKG and the stroke nurse for patients with a positive Cincinnati Stroke Scale. Dr. Devin Zimmerman, Medical Director of the Stroke Unit, and Chris Fox, Clinical Director of the Stroke Unit, led the effort with the stroke team to improve stroke care in the community.

SJRMC received Stroke Certification in 2006, being the first hospital in the community to accomplish this gold standard in stroke care. SJRMC was recertified by The Joint Commission in June, 2010 by achieving a Stroke Core Bundle of 92%. SJRMC is still the only hospital in the county with this designation. The treatment goal is to administer thrombolytics (tPA) < 3 hours from last known well time when there are no exclusions to thrombolytics.

At SJRMC, the internal standard is to administer thrombolytic < 60 minutes from ED arrival time. At EMS QI, Dr. Zimmerman emphasized the importance of EMS performing the Cincinnati Stroke Scale to check for facial droop, arm drift or abnormal speech. If any one of these signs is abnormal, probability of stroke is 72%. It is critical that EMS has a short scene time and get the patient to the hospital as soon as possible to be evaluated for thrombolytics.

The patient controls the most critical piece of successful treatment for heart attack or stroke. They must call 911 as soon as they experience symptoms. Immediate treatment can reduce the amount of damage and increase chances of a full recovery. SJRMC continues to blaze the trail in exceptional stroke and heart attack treatment.

Craig Miller, MD, Named Wound Healing Medical Director

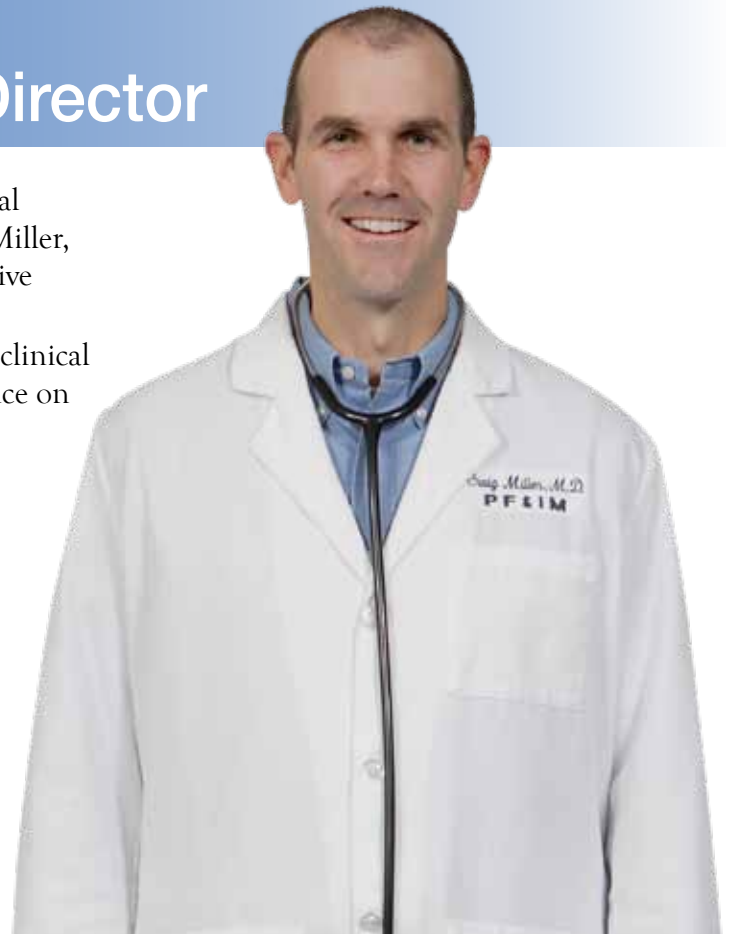
The Plymouth Wound Healing Center at Saint Joseph Regional Medical Center has announced the appointment of Craig B. Miller, MD, as Medical Director. Dr. Miller's appointment was effective November 14, 2010.

Dr. Miller will be responsible for oversight of patient care and clinical results, evaluating new clinical products, and providing guidance on policies and procedures at the Center.

The Plymouth Wound Care Center is an affiliate of National Healing, Inc, where specially trained physicians, podiatrists, and staff use advanced technologies to treat wounds that have been present for more than four weeks. The Plymouth Center has a 96% healing rate, with an average healing time of only 6 weeks.

A Plymouth resident, Dr. Miller specializes in family medicine and wound care, and is a partner at Plymouth Family and Internal Medicine, a Saint Joseph Physician Network practice.

A leader in wound healing and disease management, the Saint Joseph Wound Healing Center at Plymouth is located at 1919 Lake Avenue, Suite 109.



For more information call 574.941.3140.

Social Media Guidelines for Physicians

The American Medical Association recently released social media guidelines for physicians. The guidelines are intended to help physicians protect their personal and professional reputations, as well as patient privacy.



The new policy encourages physicians to:

- Use privacy settings to safeguard personal information on social networking sites.
- Monitor their own Internet presence to ensure that the personal and professional information on their own sites and content posted about them by others is accurate and appropriate.
- Maintain appropriate boundaries of the patient-physician relationship when interacting with patients online and ensure patient privacy and confidentiality is maintained.
- Consider separating personal and professional content online.
- Recognize that actions online and content posted can negatively affect their reputations among patients and colleagues, and may even have consequences for their medical careers.

A poster for a CME program. The background features a collage of autumn leaves in shades of yellow, orange, and red. At the top, the year "2010" is written in a large, white, cursive font. Below that, the text "Department of Medical Education Upcoming CMEs" is written in a bold, white, sans-serif font. The main title of the program, "Management of Poisoning with Dialysis", is in a bold, yellow, sans-serif font. The date and time, "December 15, 2010 • 12:15 - 1:15 pm", and the location, "SRJMC - Mishawaka Education Center, Garden Level", are in a smaller white font. A small portrait of the featured speaker, James Porile, MD, FACP, is shown in a white-bordered box. The text "Featured Speaker:" is in a bold, yellow font, followed by the speaker's name and affiliation in white. At the bottom, the text "After attending this program you should be able to:" is in a bold, yellow font, followed by a list of learning objectives in white.

2010

**Department of Medical Education
Upcoming CMEs**

**Management of Poisoning
with Dialysis**

December 15, 2010 • 12:15 - 1:15 pm
SRJMC - Mishawaka
Education Center, Garden Level

Featured Speaker:
James Porile, MD, FACP
Nephrology, Inc.
Mishawaka, Indiana

After attending this program you should be able to:

- Relate the basics of dialysis
- Explain dialyzable drugs and toxins
- Review osmolar and anion gap
- Discuss case illustrations

News

Please send any news, honors, awards or certifications you would like to see included in *Physician Flash* to Lindahl Wiegand, wiegandl@sjrmc.com or contact her at 472-6903.

Our Mission is on the Move

Kudos to the staff of our Mobile Medical Unit for providing quality care to patients who have not otherwise have access to key services.

SJRMCM would especially like to recognize Denise Hammerquist, Mammography Technician on the MMU, for her outstanding work as a technician and delivering excellent patient care.

In Fiscal Year 2009, the MMU provided 505 screening mammograms. In 2010, Denise and the MMU provided 993. What's more, during Breast Cancer Awareness Month in October 2010, Denise did 203 screening mammograms - double the number of mammograms from last October!

A patient recently offered this testimonial about Denise.

"I have walked out of mammogram after mammogram in tears. This woman was so wonderful. I could hardly tell she was giving me a mammogram, and then it was over. She was so great and she needs to be acknowledged for her care."

Kudos to Denise for increasing prevention and early detection of breast cancer to so many in our community. Thank you for being a wonderful representative of SJRMCM!



For more info about the MMU, go to <http://www.sjmed.com/medicalservices/mmu>.

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Good planning can produce great results. Scholarship and Community Charitable Trusts are an excellent way to leave a legacy. This is a popular choice for many individuals and significant monies have been granted in scholarships or given to charities over the years in the names of generous and thoughtful donors. I know of a humorous plan involving a father who owned two large farms of near equal value. He established trusts for both of his sons and the bank was to manage the farms and distribute the income to the sons and their families. To fund each trust, he directed the trustee to obtain a deck of playing cards and deal the cards one at a time between the two sons until the ace of spades appeared. That son would have the choice of which farm went into his trust. The sons really enjoyed this process as they for years had played cards with their father.

My last example of such a plan deals with a man who owned a valuable piece of real estate.

At his death, his estate benefited from a large life insurance trust that provided the funding needed to pay the federal estate taxes. The insurance proceeds enabled the family to retain the real estate and eliminated the need to sell it in the current depressed real estate market. Careful planning by the client's attorney, accountant and bank trust officer resulted in a significant increase in the net value this client left to his family.

Take a moment to reflect on your plans. Will they result in chaos or calm? Do they reflect your wishes? Will your family appreciate the thoughtful preparations you have made to care for them? Any of our trust professionals would be glad to meet with you and your attorney to review your plans. At 1st Source we'll work together with you and offer straight talk and sound advice. You can contact the **Personal Asset Management Group** by calling 235-2790 or by visiting us on the web at www.1stSource.com.

Sponsored by 1st Source Bank

Mission Statement

We serve together in Trinity Health, in the spirit of the Gospel, to heal body, mind and spirit, to improve the health of our communities, and to steward the resources entrusted to us.

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Al Gutierrez
President and CEO, SJRMCM

Lindahl Wiegand
Editorial Specialist

Christine Weist
Graphic Design Specialist

Mike Stack
Public Relations Coordinator



Physician Flash is designed to keep you informed about the latest happenings in the Saint Joseph health system. This publication features new technology, services and programs important to you, your office staff and your patients.

To submit information or story ideas for future issues of **Physician Flash**, or to receive **Physician Flash** via e-mail, please send an e-mail to the Marketing Department care of Lindahl Wiegand, at wiegandl@sjrmc.com.



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5215 Holy Cross Parkway
Mishawaka, IN 46545