



SPRING 2014

ST. VINCENT CHARITY MEDICAL CENTER TODAY

Caritas

Exploring Catholic Healthcare

New partnership with St. Ignatius brings together legacy institutions in service of others

The care team at St. Vincent Charity Medical Center encompasses a variety of disciplines. Nurses, dietary aides, physicians and transporters each play a role in patient care. Likewise, our volunteers serve as an extension of this care team and are an equally important piece of the healing process. Through an evolving partnership with Saint Ignatius High School, sophomore students are now getting the opportunity to observe Catholic healthcare in action as volunteer Caregivers and to gain valuable real-world experience.

In September 2013, St. Vincent Charity and Saint Ignatius teamed up to create a new opportunity for the Saint Ignatius Sophomore Service program. “Father (William) Murphy (president of Saint Ignatius) and I felt very strongly that our missions were in alignment and provided a unique opportunity for partnership,” said David F. Perse, MD, president and CEO of St. Vincent Charity Medical Center. Sophomore Service is a required Theology class at Saint Ignatius. Students serve at a nonprofit agency once a week in a three-hour block of time during the school day. Additionally, they spend one class a week in seminar reflecting on the meaning of service. Inherent in the formation of every Saint Ignatius student is an emphasis on faith in the service of justice.

“With our shared Catholic values and mission to serve our community and the greater world, the relationship between our two organizations fits,” said Fr. Murphy. “Further, like St. Vincent Charity Medical Center, Saint Ignatius High School is deeply rooted in the City of Cleveland. We have a commitment to our neighborhood.”

Matt Avdey, Lewis Hurt and Anthony Ramirez are three of the five students placed at St. Vincent Charity during the fall semester of 2013.

Working closely with Sister Mary Ann Mozser, Vice President of Mission and Ministry, the students were given a volunteer schedule that allowed them to explore various areas of the hospital—inpatient units, admitting, Rosary Hall, behavioral health units, surgery and the emergency department. While rounding on the patient floors, the students were welcomed as friendly faces and listening ears for the patients.

“My favorite part of the service program was when we got to volunteer on the gero-psychiatry unit,” said Ramirez. “We were able to help the patients with their art therapy and really got to know them. I think it was rewarding for us and for the patients as well.” Matt Avdey and Lewis Hurt agreed. “I looked forward to visiting the gero-psychiatry unit,” said Avdey. “It was a really good experience being able to interact with and listen to the patients.”

Continued on page 3

Saint Ignatius volunteers, Anthony Bshara and Greg Jones, visit with a patient recovering from surgery.

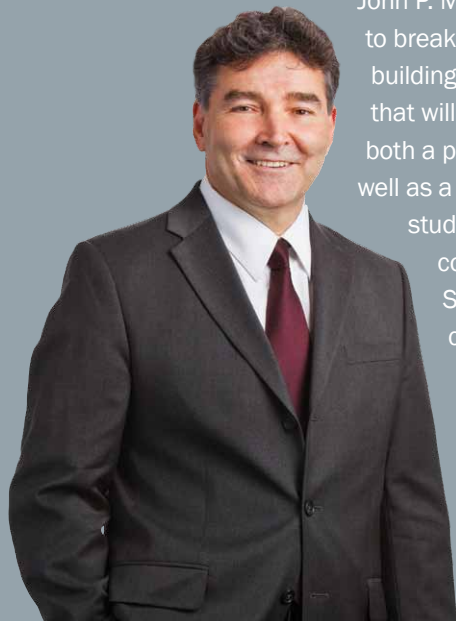


FROM THE PRESIDENT AND CEO

The Nobel physicist Albert Einstein said that a person who never made a mistake, never tried anything new. Here at St. Vincent Charity Medical Center, we are embracing the new in a variety of ways.

We are so pleased to share with you the beginning of a partnership that we feel truly expands our reach both as a health-care provider and a foundational Catholic institution in Cleveland. Over the course of the past year, we have engaged with Father William Murphy, president of Saint Ignatius High School, to identify ways in which our two organizations can serve each other as well as others. Our missions align in many ways, one of which you will read about on the cover of this issue of *Caritas*. Working with the Sophomore Service program, we've brought Saint Ignatius students into our hospital in meaningful ways to share the meaning of Catholic healthcare in action.

This spring, thanks to a grant from the John P. Murphy Foundation, we expect to break ground on renovation of a building on the Saint Ignatius campus that will serve as shared space for both a primary care medical office as well as a learning environment for the students. Not only does it provide convenient medical care to the Saint Ignatius and Ohio City community, but this expanded primary care space also bridges the Near West Side neighborhood with St. Vincent Charity Medical Center.



In November, we engaged in an effort with Northeast Ohio Media Group to share a total knee replacement surgery live via the web and Twitter. It was a unique opportunity to bring the public into the operating room to learn just what such a common surgery entails. We are grateful to our patient John Favaloro, who allowed *The Plain Dealer* and *Cleveland.com* to share his journey through the process. See more from the day on page 6.

Our Medical Staff continues to grow. We are pleased to welcome the following physicians to our medical staff:

- Craig Eyman, DO, bariatric
- J. Michael Koch, MD, cardiology
- Basel Z. Moussa, MD, cardiology
- Ashoka Nautiyal, MD, cardiology
- Ajit Shah, MD, ENT
- Howard Tucker, MD, neurology
- UH Radiology Group

On October 18th, we will host our biennial Pizzazz gala, which this year also formally kicks off our 150th anniversary. What an exciting time to be celebrating our legacy and mission. We look forward to sharing our plans for the celebration as well as our vision for the future of St. Vincent Charity Medical Center in our summer edition of *Caritas*. In the meantime, I hope you'll consider a sponsorship to Pizzazz.

Finally, we are so grateful to our many donors. Your support is critical to our mission of providing high-quality, faith-based care for all. You can see a complete listing of our 2013 donor honor roll on our website at www.stvincentcharity.com/giving.

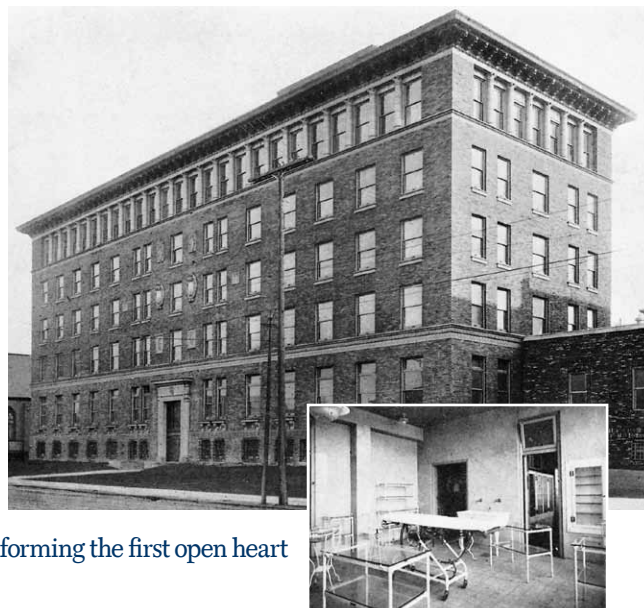
A handwritten signature in blue ink that reads "D. F. Perse".

David F. Perse, MD
President and CEO

HISTORICAL FACT

St. Vincent Charity Medical Center has thrived in the city of Cleveland and in the hearts of patients for nearly 150 years. As we approach our landmark 150th anniversary in 2015, we reflect on significant moments in the medical center's history.

On October 10, 1917, St. Vincent Charity celebrated its 50th anniversary with the opening of a new surgical pavilion—a monumental gift from the citizens of Cleveland. The facility was constructed at a cost of \$309,000, pledged and paid for by the people of the city. Through the city's generosity, more than \$250,000 was raised in only six days to support the building of the much-needed annex. The surgical pavilion was six stories in height and could hold 150 patient beds. The fifth floor was the highlight of the new construction and consisted of five modern operating rooms, a sterilizing room, rest and consultation rooms and the living quarters for the house physicians. The building would go on to house a number of significant milestones for St. Vincent Charity, including Dr. Earl Kaye performing the first open heart surgery in the Midwest. ◆



Exploring Catholic Healthcare

Continued from front page



“You could tell they really enjoyed our company and looked forward to our visits.”

Avdey, Hurt and Ramirez also had the unique opportunity to don scrubs and observe surgery. Dr. Michael Canales, foot and ankle surgeon, and Dr. Lou Keppler, orthopedic surgeon and Saint Ignatius alumnus, welcomed the students into their operating rooms several times to give them an inside look at knee, hip and foot surgeries.

“I see no better way to cultivate empowerment in our young people than to awaken their spirit of service to those in need,” said Canales. “The young men of Saint Ignatius are on a path to do great things throughout their lives. They will go on to contribute to humanity in an impactful way and I’m thrilled to play a role in fostering their dedication to service.”

The service program gave the students a unique perspective on health care. “Two of my brothers have had arthroscopic knee surgery and I never knew what that entailed,” said Avdey. “To be able to watch it and see firsthand what actually happens during the procedure was really interesting to me.”

Hurt had always been curious about healthcare before starting the program, which is the main reason he selected St. Vincent Charity as one of his top choices. Hurt’s semester-long experience

at St. Vincent Charity confirmed his interest in a possible career in medicine in the future. For Avdey, seeing how a hospital operates from the clinical rather than the patient perspective was eye-opening. “I was always curious about the medical field,” said Avdey. “It was really cool to see what goes on behind the scenes in a hospital and for us to experience what the real world is like.”

Bringing the Sophomore Service program to St. Vincent Charity has allowed these two legacy Catholic institutions in the city of Cleveland to begin fostering a relationship based on similar mission and values. As the partnership continues to develop, the medical center looks forward to welcoming the enthusiastic students of Saint Ignatius High School to share in our mission of caring for all who come through our doors.

OUR MISSION

In the Spirit of the Sisters of Charity of St. Augustine, the St. Vincent Charity Medical Center family is dedicated to the healing ministry of Jesus. As Caregivers we serve with a deep respect for the dignity and value of all persons, we are focused on quality care, dedicated to the poor and committed to continuing education.

“Giving our students the opportunity to serve at a faith-based hospital, where they can experience firsthand the healing ministry of Christ, has had a profound impact on our boys,” said Michael McLaughlin, Sophomore Service Director at Saint Ignatius. “They love interacting with the hospital’s caring staff and patients and they come back to school with a changed vision of their role as helpers in this world.”

“The young men from Saint Ignatius have been a real blessing to the departments they serve,” said Moszer. “They have been a welcoming presence in the medical center and patients find them to be a refreshing source of hospitality. They aptly demonstrate the Ignatian value of ‘being men for others.’” ♦

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QUALITY MATTERS

The goals of the Affordable Care Act are simple: to reduce costs, improve health outcomes and coordinate a fragmented approach to care delivery. Patient safety drives all of our work here at St. Vincent Charity Medical Center and we are pleased to share our efforts toward achieving the goals outlined in the federal health law.

St. Vincent Charity Medical Center is nearing the end of its transition from a paper-based medical record to an electronic health record. What does this mean for patients? Simply put, this means that we have better systems in place that allow us to diagnose, treat and discharge our patients safely to their home or extended-stay facility.

In December 2012, we launched our Computerized Physician Order Entry (CPOE), which eliminated paper orders. In February 2014, we added electronic prescribing, which allows our physicians to send patient prescriptions directly to their pharmacy of choice at the time of discharge. We also added physician documentation to our suite of electronic health record tools, which improves clarity of notes in the chart, which leads to clear communication about patient treatment and more accurate coding for billing.

Finally, this summer we expect to launch our Patient Portal. This final step will bring our work full circle and directly back to the patient. Patients and families will be able to securely send messages to their provider, pay bills, update demographic information, receive health information (including lab and radiology results), renew medications and more.

We look forward to sharing more of this information with you in our summer edition.

Srinivas Merugu, MD, Director of Patient Safety ♦

Army surgeon brings unique experience to bariatric program



When Dr. Craig Eyman, bariatric surgeon at St. Vincent Charity Medical Center, was 12 years old he had his first experience with St. Vincent Charity Medical Center—as a patient. Under the care of innovative cardiologist Dr. Henry A. Zimmerman, he was treated for a heart murmur. Dr. Alan Tambe performed

a cardiac catheterization that allowed Dr. Eyman to go on to participate fully in sports at Euclid High School.

His health issues as a youngster prompted an interest in family medicine. “My family doctor was a DO (doctor of osteopathic medicine) and I decided that’s what I wanted to do,” he said. During the course of his studies at the Ohio University College of Osteopathic Medicine, Dr. Eyman turned to general surgery as a specialty. “There was an immediate satisfaction in being able to help someone surgically,” he said. “General surgery appealed to me because of the variety of procedures it entails.”

Dr. Eyman also had a desire to serve his country as a physician in the U.S. Army. He went on active duty as a trauma surgeon in 1996 and spent three years in Germany followed by two years at Fort Knox in Kentucky. While he was chief of surgery at Fort Knox, a colleague asked him if he would be interested in helping to start a bariatric surgery program. He jumped at the chance to get into the evolving field.

Today, he performs bariatric surgery at St. Vincent Charity Medical Center and general surgery at Southwest General. While he left the Army in 2001 to focus on raising his two sons with his wife, Sharon, he went back into the Army Reserve in 2012. In July 2013, Dr. Eyman was deployed to Afghanistan as a trauma surgeon.

“When you’re in the Army, you just have to worry about your patients. You don’t have to worry about your practice,” he said.

DR. EYMAN IS SEEING PATIENTS IN THE CENTER FOR BARIATRIC SURGERY ON MONDAYS AND THURSDAYS. APPOINTMENTS CAN BE MADE BY CALLING 216-592-2801. LEARN MORE ABOUT OUR BARIATRIC PROGRAM BY ATTENDING ONE OF OUR FREE SEMINARS. A COMPLETE LISTING IS FOUND ON OUR WEBSITE: www.stvincentcharity.com/bariatricsurgery.

“Of course you’re also not working with the latest equipment and often operating in austere conditions.”

Professionally, Dr. Eyman views his deployments as a sabbatical of sorts. “It’s like wandering in the desert. You learn things about yourself,” he said. For example, he learned how much can be accomplished with little “stuff.” “You don’t get excited when stuff hits the fan in the operating room. And you realize how lucky we are with our healthcare in this country,” he said.

In December 2013, Dr. Eyman chose to bring his bariatric practice to St. Vincent Charity’s Center for Bariatric Surgery. “The program has been here the longest, administration clearly supports the program and the staff has a great deal of experience. They just know how to take care of bariatric patients.”

Besides, he said, “It’s nice being back in a Catholic hospital.” ♦

PHILANTHROPY

A message from President of the St. Vincent Charity Development Foundation

We are honored to recognize our generous donors who made contributions to St. Vincent Charity Development Foundation in 2013. On behalf of our entire family of Caregivers, thank you for your investment in our mission of healing, established nearly 150 years ago by the Sisters of Charity of St. Augustine. Our complete donor honor roll is found on our website www.stvincentcharity.com/giving.

As we move into 2014, philanthropic support will be more important than ever as we kick off our 150th anniversary. Your charitable gifts allow St. Vincent Charity to meet the needs of the Greater Cleveland community through services and programs that provide state-of-the-art spine and orthopedic care, address obesity and related chronic conditions and treat emergent and ongoing mental health and addiction. Most importantly, St. Vincent Charity strives to provide care for all regardless of ability to pay.

You can make a gift online at www.stvincentcharity.com/giving or call us at (216) 694-4685. With your help, St. Vincent Charity will continue its exciting path forward as Cleveland’s faith-based, high quality health care provider.

With gratitude,

Joanne Clark

President, St. Vincent Charity Development Foundation ♦

Weight loss success without the surgery

Susan Hren, 43, of Olmsted Falls came into her initial visit at the Center for Bariatric Surgery fully expecting to undergo weight loss surgery. But with the help of Jen Del Rio, Registered Dietitian, and the team of Caregivers at the Center for Bariatric Surgery, Hren was able to take a different approach to reaching her weight loss goals.

Before any patient can undergo bariatric surgery, they're required to participate in a medical weight loss program for three, six or nine months, depending on their insurance requirement. If the patient is committed to the program, medical weight loss alone can be very successful and allow the patient to achieve their desired weight and avoid surgery all together. The physician/dietitian weight loss program promotes weight loss and exercise while providing patients with the nutritional knowledge to help them be successful on their weight loss journey.

Hren met with Del Rio over the course of five months beginning in March 2013. She was placed on a 1,200-calorie diet based on the Plate Method, which includes three meals a day and a snack if needed. Each meal is low in calories but contains the proper balance of macro-nutrients to aide in weight loss.

Dietitians monitor the patient's intake of calories and nutrients at each visit and provide education on topics such as proper balance of nutrients for each meal, including food groups, meal goals, portion control, label reading, dining out, and tracking food intake and exercise. "Susan was motivated from the first day we met," said Del Rio. "She was ready to the lose weight—she just needed to know how to do it."

With Del Rio's support, Hren lost almost 30 pounds in her first month of the program. She continued to see significant results each month until her last visit in July 2013. The diet proved to be working well for her and she was completely com-

mitted to following the plan her team at the Center for Bariatric Surgery had created for her.

In June 2013, Hren made the decision that she would not proceed with bariatric surgery—she was confident that the diet alone would help her get down to her goal weight. Since starting the medical weight loss program, Hren has lost more than 80 pounds and could not be happier with her results. "I'm down to a size 16, so I'm now shopping in the regular section of stores," said Susan. "That was always a goal of mine, but I wasn't sure if I would ever reach it!"

The weight loss not only affected Hren's appearance. But after shedding the pounds, she is feeling healthier and more energetic. "My bones and joints don't hurt like they used to," said Hren. "I don't get winded walking up the stairs anymore; I can even jog up them now. It's absolutely amazing how much of a difference losing weight makes."

Hren has settled into a weight of between 185 and 190 pounds and regularly checks to make sure she is maintaining her weight loss. "Learning about portion control was the best lesson," said Hren. "If I have a week that puts me a little over, I know I need to watch myself more carefully. While I still eat smaller portions, I now can enjoy a treat every now and then."

"I may not have had the surgery, but I consider myself a success anyhow and the Caregivers at Center for Bariatric staff are all a part of my story," said Hren. "I may not be the skinniest girl, but I'm a happier girl!" ♦





Bringing the operating room to the masses via Twitter

More than 700,000 people receive total knee replacement surgery annually in the United States, making it the most common joint replacement surgery. But not everyone who has the procedure knows exactly what happens in the operating room during the replacement. St. Vincent Charity Medical Center recently gave viewers the unique opportunity to experience this firsthand. In partnership with the Northeast Ohio Media Group—which owns *The Plain Dealer*, *Cleveland.com* and *Sun Newspapers*—3,874 people were tuned in to watch video, interact with the surgical team and follow along via Twitter as a patient underwent total knee replacement surgery.

St. Vincent Charity performs more than 350 total knee replacement surgeries annually. Under the guidance of Lou Keppler, MD, orthopedic surgeon and Co-Director of the Spine and Orthopedic Institute at St. Vincent Charity Medical Center, we were able to share with a virtual audience what happens when surgeons replace a total knee joint.

After identifying our patient, 52-year-old John Favaloro, the Northeast Ohio Media Group was able to document through print, web, social media, photo and video, his journey from pre-surgical, surgical to post-surgical care. “New Knee, New Life,” coverage began on October 25, 2013, on *Cleveland.com* with an introduction to John’s story. Readers and viewers learned about his high school football injury, his military service and his eventual realization that surgery was the only answer to resolve the pain. Viewers and readers got to know John’s family and hear from Dr. Keppler as he planned the surgery.

Although typically a private person, John viewed this as an opportunity to help others learn about the procedure. “If it helps someone else, that’s a good thing,” he said. On November 19, 2013, the day of his surgery, John was even able to chat with another total knee patient in the surgical waiting area who had been following the series as a kindred spirit.

Identifying a surgeon who was able to articulate in plain language what he was doing was critical to the success of the venture. But John’s decision to allow cameras into the OR was the lynchpin that gave us the chance to educate more than 3,800 viewers who were tuned into his surgery as it streamed live on the homepage of *Cleveland.com*. In addition to the live broadcast, live tweets from the surgery were sent out from St. Vincent Charity’s Twitter account (@stvincentCMC). Viewers from as far away as Seattle followed along with live tweets, photos and videos from the operating room using the hashtag #stvknee.

“This was a great educational opportunity for people who may be considering knee replacement surgery and a first for Northeast Ohio,” said Wendy Hoke, Vice President of Marketing and Communications. “Viewers could ask questions in real time and become more familiar with what happens during the procedure. We even heard of watch parties for those who were considering the surgery.”

“Hopefully, people now have more of an appreciation of the surgery process and the incredible skill of our OR staff,” said Hoke.

Following a three-day stay in the hospital, John is now regularly attending outpatient physical therapy appointments and was able to return to work on January 2, 2014—his original goal throughout this journey. People from all over Northeast Ohio are now following John’s progress and wishing him well on his path to recovery. ♦

THE ENTIRE EDITORIAL SERIES AND VIDEO FROM THE SURGERY IS AVAILABLE AT CLEVELAND.COM/KNEE. VIEWERSHIP AND READERSHIP CONTINUES TO GROW AS A RESULT OF THE LANDING PAGE. THE TWEETS AND PHOTOS FROM THE DAY ARE AVAILABLE ON OUR BLOG AT www.stvincentcharity.com/blog.

Over 55 years, nurse is an eyewitness to history at St. Vincent Charity

The 1950s were a time of progressive change at St. Vincent Charity Medical Center. New construction was underway, innovative surgeries were taking place and the hospital was establishing itself as a leader in healthcare in Cleveland. Joan Przybysz, registered nurse in the gastrointestinal laboratory, was just beginning her nursing career during that exciting period and has since dedicated more than 55 years of service to St. Vincent Charity.

Joan got her start as a student at the St. Vincent Charity School of Nursing. After graduating from the program in 1957, she immediately began her career as a registered nurse on 3 West, a medical unit at the time. When the new patient tower was constructed in 1965, Joan transferred to the seventh floor, a medical intensive care unit, and stayed there for 12 years until she moved to the gastrointestinal laboratory, where she currently works.

Since her start in the Nursing School, Joan has been at St. Vincent Charity to witness a number of “firsts” and other major milestones for the hospital. She was a nursing student doing her rotation on the surgical unit when Dr. Earle B. Kay performed the first open heart surgery in the Midwest at St. Vincent Charity on January 19, 1956. Joan was able to observe this milestone in cardiac surgery from just outside the door of the operating room.

“The whole hospital was buzzing with excitement when that surgery happened,” said Joan. “I was fortunate enough to be able to witness it from just a few feet away.” Forty years later, when she needed that same procedure, Joan had complete confidence in choosing St. Vincent Charity for her care.

Joan credits St. Vincent Charity’s faith-based background and friendly atmosphere for keeping her here for 55 years. “You can see our mission reflected in the way we treat our patients,” said Joan. “I think that’s what sets us apart from all the other hospitals in the area—we treat our patients differently.”

She’s been able to form close bonds with her fellow Caregivers over the years and considers some like family. “You start to form a family with the people you work with,” said Joan. “We have such a low turnover rate and there are many of us who have been here, in the same area of the hospital, for a long time.”

You could say that St. Vincent Charity runs in the Przybysz family. Joan was initially introduced to the hospital by her father, who was a patient of the noted cardiologist, Dr. Henry A. Zimmerman. Three of Joan’s children have worked at the hospital in various disciplines.

Mary Joan Przybysz is a registered nurse who works nights in the intensive care unit and is also a graduate of the hospital’s School of Nursing. David Przybysz is a radiology technician in surgery. Tom Przybysz worked as a medical technician in the laboratory for a period of time and Joan’s father-in-law also worked at St. Vincent Charity as a security guard in the late 1960s.

St. Vincent Charity has continued to develop and grow within the ever-changing healthcare market and Joan has been here every step of the way. “This really is a great place to work,” said Joan. “I don’t live very close to the hospital. I could have gone elsewhere over the years, but this is where I’ve chosen to stay.” ♦



Dr. Keppler describes the pieces and parts of John Favaloro’s knee implant to a virtual audience of over 3,800.





ST. VINCENT CHARITY MEDICAL CENTER

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CALENDAR OF EVENTS

Check www.stvincentcharity.com for the latest details on events or become a fan of our Facebook page.

- April 7 Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- April 7 Bariatric Seminar 6 p.m., Mercy Medical Center, Canton
- April 14 Bariatric Seminar 6 p.m., Embassy Suites, Beachwood
- April 21 Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- April 21 Bariatric Seminar 6 p.m., Holiday Inn, Westlake
- April 23 Bariatric Post-Surgical Support Group 6:15 p.m., St. Vincent Charity Medical Center, Cleveland
- April 24 Diabetes Support Group 9:30 a.m., St. Vincent Charity Medical Center, Cleveland
- April 28 Bariatric Seminar 6 p.m., St. Vincent Charity Medical Center, Cleveland
- May 5 Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- May 5 Bariatric Seminar 6 p.m., Middleburg Heights Recreation Center, Middleburg Heights
- May 12 Bariatric Seminar 6 p.m., Holiday Inn, Strongsville
- May 19 Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- May 19 Bariatric Seminar 6 p.m., Holiday Inn, Canton
- May 28 Bariatric Post-Surgical Support Group 6:15 p.m., St. Vincent Charity Medical Center, Cleveland
- June 2 Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- June 2 Bariatric Seminar 6 p.m., Hilton Garden Inn, Twinsburg
- June 9 Bariatric Seminar 6 p.m., St. John Medical Center, Westlake
- June 16 Bariatric Seminar 6 p.m., Holiday Inn, Mentor
- June 16 Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- June 23 Bariatric Seminar 6 p.m., Lorain Community College, Elyria
- June 25 Bariatric Post-Surgical Support Group 6:15 p.m., St. Vincent Charity Medical Center, Cleveland
- June 30 Bariatric Seminar 6 p.m., St. Vincent Charity Medical Center, Cleveland
- Ongoing Blood pressure and Blood Sugar Screenings are held every Wednesday at 9 a.m., Marion-Sterling School, Cleveland

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Caritas is produced three times a year by the Marketing and Communications Department at St. Vincent Charity Medical Center. You can receive Caritas directly to your email inbox. To subscribe to the electronic publication, visit: stvincentcharity.com/newsroom

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