



HUP CELEBRATES MLK

Taking part in the celebration were (l. to r.): Reverend Kevin Murphy; Tamika Patton of Administration; Dr. K. Glenn Caines, Victoria Rich, chief nurse executive – UPMC; Ralph Ciampa, director of Pastoral Care; Al Black, COO; and Garry Scheib, HUP executive director.

HUP's tribute to the Rev. Dr. Martin Luther King, Jr., was a festive occasion combining song, dance, and motivating speeches.

Guest speaker Dr. K. Glenn Caines noted that King "inspired and sustained the struggle for freedom He will live forever thanks to events like today's."

The associate pastor of Sharon Baptist Church encouraged everyone to "act now to fulfill his dream. Dr. King was murdered, but his dream was not. It was transferred to you and I, and we must not defer it."

Reverend Kevin Murphy, associate pastor of Enon Tabernacle Baptist Church, said, "We should focus on our progress, which has been great over the past 50 years since the Civil Rights movement. We need to work together to forge a better future but don't forget the past."

"We're not coming from the same place but we need to move together in a better direction. Live a life that's a shining example." —REV. KEVIN MURPHY

"King demonstrated love to all people. He put others' needs before his own," Murphy continued. "He was jailed, beaten, attacked, but he trusted his vision that people would one day be judged by their character, not their skin color."

Murphy called for everyone to work together. "We're not coming from the same place but we need to move together in a better direction. Live a life that's a shining example."

In addition to the speeches, the program also featured songs by Penn Inspirations, under the direction of **Tamika Patton** of Administration, and a dancing presentation by the Philadelphia High School for the Creative & Performing Arts dance department.

HUP executive director **Garry Scheib** thanked both the speakers and the MLK Celebration Committee for "such an outstanding program which gets better every year."

He ended the program with a quote by Martin Luther King, Jr. "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

"In these challenging times, there's no place I'd rather be than here with all of you."

A New Vision for Support Services

Patients from around the country come to HUP because of the excellent medical and surgical care it provides, but inner-city hospitals may need more. "In today's economy, we are competing with suburban hospitals," said **Mia Gonzales-Dean**, assistant hospital director of Support Services. "We want HUP to be chosen because of the medical care and the great environment."

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Support Services Core Values

- Sustainable Results
- Uphold Excellence
- Professionalism
- Positive & Proactive Performance
- Ongoing Development & Innovation
- Responsibility
- Teamwork & Collaboration

Snow Shoveling SAFETY



Winter is upon us and so is the potential for snow. To help you avoid injuries, follow the following snow-shoveling guidelines from Safety Management:

- Avoid eating a big meal, smoking or consuming alcohol right before shoveling.
- Wear clothes that will allow you to move easily when lifting and moving the snow.
- Start with some gentle stretches to warm up and stretch again after shoveling to cool down.
- Try to shovel when snow has just fallen before it becomes compact and heavy.
- Use a light plastic shovel to push the snow and lift smaller loads rather than heavy shovelfuls.
- Bend your knees, lift with your legs and tighten your stomach muscles as you lift the snow.
- Grip the shovel with your hands apart to distribute the weight and give you better leverage.
- Keep feet separated for balance and keep the shovel close to your body.
- Move your feet to turn rather than twisting your back.

If you've had a heart attack — or have been diagnosed with heart problems — don't shovel snow without a doctor's permission. Stop immediately and seek assistance if you get out of breath or feel pain in your chest or back.

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As part of a strategic plan she recently unveiled for the eight services under her leadership, she has challenged her 750 employees to “deliver consistently exceptional experiences to both patients and staff. Strive to exceed expectations. Ask yourself, ‘What did I do today to make a patient or staff member’s experience exceptional?’”

She noted that taking it to this level doesn’t always require much. “If you see a piece of paper on the floor, pick it up. If you see patients who look lost, ask if you can help. Be proactive.

“Every day, we all have the potential to make someone’s experience great or terrible,” she said. “I invite all departments to join our lead. If we all work together, we will see a difference.”

To learn more about Support Services’ mission, vision, and values, visit http://uphsxnet.uphs.upenn.edu/support_svcs/.

Chances of Surviving Cardiac Arrest

Depend On Where Patients Are Treated

Efforts to fight the toll of cardiac arrest have typically focused on pre-hospital factors — bystander CPR education and improvement, public defibrillation programs, and quicker EMS response. But new research from Penn researchers reveals that the hospital where patients are cared for after being resuscitated plays a key role in their chances of survival following these incidents, which take the lives of more than 300,000 Americans each year.

Patients in large, urban, and teaching hospitals are more likely to survive compared to those in small, often rural, non-academic hospitals, according to a study published recently in the journal *Intensive Care Medicine*. A second study, published in *Resuscitation*, suggests that patients who are cared for in the highest-volume intensive-care units after cardiac arrest are also most likely to survive. The findings point to a need to explore the development of specialized, regional post-cardiac arrest care centers modeled after those that treat serious trauma patients, said lead author **Brendan Carr, MD**, of Emergency Medicine and Epidemiology.

“We are describing the variability that exists in cardiac arrest outcomes — not at

the level of the patient but at the level of the hospital. Hospitals with more resources and hospitals with higher volumes have better outcomes,” Carr said. “There are two possible implications: Either we need to get everyone up to speed on how to optimize survival, or we need to selectively transfer patients to hospitals that have expertise in the post-arrest period.”

Carr and his colleagues say further study of post-cardiac-arrest care among these large, urban, and teaching hospitals will be crucial in mapping strategies that maximize a patient’s chances to be discharged without the neurological deficits that often plague cardiac-arrest survivors. And he emphasizes that practitioners can learn lessons from the connections between the way hospitals care for patients with cardiac arrest and other emergent conditions.

“For me, cardiac arrest is the tip of the iceberg with respect to disparities in care for time-sensitive conditions,” Carr said. “Whether you’ve had a cardiac arrest, a stroke, or a heart attack, it is our job to build a system that promises you the best possible care no matter where you are, who you are, or what time of day it is.”

RESPIRATORY CARE *Rudos*

The International Fellowship Program of the American Association for Respiratory Care honored Respiratory Care and Pulmonary Diagnostics, for a second consecutive year, with a site visit from a health-care professional from another country. These fellowships assist health-care professionals in visits to the United States to observe the practice of respiratory care as it is performed in a variety of settings and visit the educational programs that teach it. According to **Dave Moore**, administrative director, “This demonstrates how we are reaching across the globe to share our respiratory care knowledge and experience with under-developed and third-world nations that are looking to improve or develop Respiratory Care programs in their homeland.”

PERELMAN CENTER

Update

The following departments have moved into the Ruth and Raymond Perelman Center for Advanced Medicine and are up and running:

Radiology and Mammography
 Outpatient lab
Dermatology
 Rheumatology, Renal, Medical Genetics
Endocrinology
 Plastic Surgery
Pre-Admission Testing
 Cancer Patient and Family Services
Faith and Hope Boutique
 Penn Heart and Vascular Center
 Penn Heart and Vascular Testing

South Pavilion Ground
 East Pavilion 1
South Pavilion 1
 South Pavilion 1
South Pavilion 2
 South Pavilion 2
West Pavilion 1
 West Pavilion 1
West Pavilion 1
 West Pavilion 1
 East Pavilion 1
 East Pavilion Ground



Helping out with the Plastic Surgery move are Jeanne Vos (l.) and Lena Barsky.

THE RACE FOR HOPE

Penn's Team Neuro has been a part of the **Race for Hope**, a fundraiser by the National Brain Tumor Society, for the past three years ... and each year the donations have increased tremendously. The first year, the team's 10 people raised \$800. The next year, the total soared to \$4,000. And thanks in large part to the efforts of **Alisha Amendt, MSN, CRNP**, neurosurgery coordinator and Brain Tumor Support Group coordinator, the 2008 Team Neuro raised nearly \$15,000, the sixth highest amount in a field of 179 teams, to help raise awareness and fund research to treat and cure brain tumors.



Alisha Amendt and her mom

UPHS Celebrates Black History Month!

TUESDAY, FEB. 17

History & Culture Exhibit (Ravdin Mezzanine)

WEDNESDAY, FEB. 25

Salute to Historical Black Colleges & Universities (Ravdin Mezzanine). Show your Sorority & Fraternity Pride!

FRIDAY, FEB. 27

African American Market Place

10 am to 4 pm (Ravdin Mezzanine)

FRIDAY, FEB. 27

Annual GOSPELRAMA!

5 to 7 pm (Medical Alumni Hall). If you'd like to participate, please call Pastoral Care at 215-662-2591.

For questions regarding these events, please email tamika.patton@uphs.upenn.edu.

DISCOVER Penn

Be on the lookout at several locations on Penn's campus for 8" x 8" red square signs labeled *Discover Penn*. Enter the given number on your cell phone and then listen to a description of that particular site. This is part of a campus-wide cell phone tour providing a new way to gain insight about campus landmarks, buildings and sculptures. Currently consisting of ten sites, the free, self-guided tour provides members of the Penn community and visitors with an exciting new way to experience and learn about the University at

their leisure. Sites include College Hall, rumored to be the inspiration for the Addams Family 'mansion' and the Moore Building, where the world's first all purpose digital computer (ENIAC) was created.

Discover Penn narrations are site-specific and range in focus from historic to current events, academic to architectural, athletic to environmental. The narration for each site averages about two minutes.



Shorttakes

• FUN FACT •

16,000

Number of calls the IS Help Desk receives for assistance each month.

BE A BIG LOSER!

The Emergency Department is hosting its **2nd Biggest Loser** competition. Last year one female and one male each won \$400.00. Participants are judged based on the percentage of weight lost, not by pounds lost by Friday, April 3. The fee to join is \$20. If you are interested in participating in the 2nd Biggest Loser competition or have questions, email dominic.adams@uphs.upenn.edu or diane.lawson@uphs.upenn.edu.

DIABETES SUPPORT GROUP

The next meeting of HUP's diabetes support group will be held on **Wednesday, February 25**, from noon to 1:30 pm in the Penn Rodebaugh Diabetes Center on 4 Penn Tower. The topic is "Sick Day and Hospital Stay Management." Registration is required. Please call **349-8015** for more information and to register.

SAVE THE DATE

The **2nd Annual Magnet Gala** will be held on **Friday, June 19**, at the Hyatt Regency Philadelphia. All proceeds benefit the Magnet Community Fund. For more information, call **615-7641** or email HUPNursingEvents@uphs.upenn.edu.

HUP NIGHT AT THE PALESTRA

Come watch the Penn basketball team take on Dartmouth and help support the Penn Medicine Friends Fund at the same time. Half of every \$12 ticket benefits HUP in a number of ways, including new technology and equipment, staff education, and community wellness programs. The game will be held on Friday, February 20, starting at 7 pm, at The Palestra (220 South 32nd Street). To purchase tickets, call **Brian Haggerty**, assistant ticket manager, at **215-573-3932**.

Heartfelt Thanks



*"I've been coming to the Apheresis unit for 4 years **Jane Mason** was assigned to me. From the moment of our meeting, I felt at ease and comfortable with the treatment. Jane is to my husband and I what the meaning of a nurse is. She shows compassion and strength. She has been the angel on my shoulder. I have been through two very dark times since meeting her: my mother passing away and my open-heart surgery She was a great comfort to my husband through my difficult surgery and offered so much in kindness during my mother's last days. I cannot praise her enough. I have always believed that in a person's lifetime you meet that one special person that stands out of the crowd and that person is Jane Mason."*

*"I would like to express my gratitude to all the wonderful people who offered me their help, especially **Dr. Gregory Weinstein** When my local physician realized that I had a cancerous tumor in my throat he immediately recommended that I [see] Dr. Weinstein because he felt I would be a good candidate for robotic surgery. I had my first surgery, followed by a neck dissection From my first visit with him, I've felt very safe being in his care. His kindness and commitment to patients' needs — I just knew I was in the best of hands. He is a very sincere person and I know just how fortunate I am to be his patient. I will always be most grateful for this wonderful physician and HUP."*

*"I wanted to send a note as thanks for the phenomenal care my mother received in the emergency room. She has end stage liver disease and needed a parasentesis. **Dr. [Maryann] Mazer** did an awesome job. She is amazing! ... She was very thorough and kind and put my mom and I at ease through the procedure A special thanks to **Barbara [Young]**, the nurse who made sure my mom and I had everything we needed and kept us comfortable ... You guys are the best!"*

Corrections: In the January 30 issue of HUPdate, we reported that nurses would be on staff at the Transplant House but that will not be the case. Also, in the More Giving article, volunteers at the Sunday Breakfast Rescue Mission were employees, and their family and friends, from throughout HUP, not only Respiratory Care. We regret the errors.

HUPdate

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