MLH hospitals included in US News’ Best Hospitals for Common Care

Lankenau Medical Center, Bryn Mawr Hospital, Paoli Hospital and Riddle Hospital earned distinction in several categories in the first ever U.S. News & World Report “Best Hospitals for Common Care” ratings. Lankenau Medical Center, which ranked as “High Performing” in four out of five categories, received more “High Performing” recognitions than any other hospital in the Philadelphia region.

According to U.S. News & World Report, these latest rankings evaluated how more than 4,500 hospitals nationwide performed on routine individual procedures and conditions. Patients can look up any U.S. hospital at no cost at usnews.com to see how it rates in three common operations – heart bypass, hip replacement and knee replacement – and two widespread chronic conditions – congestive heart failure and chronic obstructive pulmonary disease, or COPD. A hospital may be rated as “High Performing,” “Average” or “Below Average.”

Several of Main Line Health’s hospitals received “High Performing” ratings in a number of these common care areas. U.S. News & World Report notes that “choice of a hospital can be lifesaving, even for a routine surgery.”

To generate the ratings, U.S. News evaluated hospitals across more than 25 quality measures – including mortality, readmissions, infections and patient satisfaction scores – and analyzed more than five million patient records, taking into account each patient's health conditions, age, sex, socioeconomic status and other factors affecting risk. The ratings rely on Centers for Medicare & Medicaid Services data for patients 65 and older, as well as data from the American Hospital Association annual survey and clinical registry data from the Society of Thoracic Surgeons. The analysis was carried out in collaboration with Dr. Foster, an international health care analytics company with expertise in claims-based risk adjustment.

To read more about the “Best Hospitals for Common Care” click here.

Wurster named VP, Patient Care Services, at Riddle Hospital

Rosi Wurster, BSN, RN, MPH, CEN, NEA – BC, has been named vice president, Patient Care Services, at Riddle Hospital, effective June 22. She most recently served as the system director, Magnet and Professional Excellence, as MLH pursued and successfully achieved System-wide Magnet status. Wurster has held numerous positions within Main Line Health over the past 17 years at Bryn Mawr, Paoli and Riddle Hospitals.

In a message to Riddle Hospital employees last week, Hospital President Gary Perecko said, “A key responsibility for Rosi will be to advance collaboration and accountability with all hospital, medical, and nursing staff and leaders to continue our efforts to promote a Culture of Safety and a superior experience for the patients we serve.”

Perecko also noted that, while serving as nurse manager in Paoli’s ED, Wurster was instrumental in achieving a 97th percentile Superior Patient experience, leading the ED transition into the new facility, achieving Trauma Center Level II designation, and receiving the prestigious Lantern Award from the Emergency Nurses Association. She also was the 2012 recipient of the Pennsylvania Nightingale Award in the Leader/Manager Division in PA.
MLH Employee Giving Campaign extended until June 12

*By Patti Bordarrampé, annual giving manager, MLH Development*

The Employee Giving campaign has been extended by one week, concluding on Friday, June 12. To date, 2,000 employees have given $359,113. This year’s goal is 2,400 donors.

SIGN UP TODAY via MLH Self-Service. Remember, your gift of $52 (or more) qualifies you for a chance to win a 32” flat-screen TV, compliments of ET Communications Solutions.

For questions regarding your gift, call 484.580.4188, or email bordarrampep@mlhs.org.

May issue of *The Wadsworth Report* highlights Magnet, reliability

The May 2015 of *The Wadsworth Report* has been emailed to Main Line Health nurses and is also available for viewing on the Nursing intranet site. The quarterly newsletter, from MLH Chief Nursing Officer Barbara Wadsworth, is in addition to her bi-weekly enewsletter, *WadsWords*.

The latest issue of *The Wadsworth Report* includes a message from Wadsworth on Magnet excellence and an article by Denise Murphy, VP, Quality and Patient Safety, on “Making MLH a High Reliability Organization,” as well as updates on the work of Nursing Councils.

Comments and suggestions on the Report are welcome; email WadsworthB@mlhs.org.

*Making Life Healthy* program information is on the intranet

MLH employees are encouraged to visit the *Making Life Healthy* program intranet page for information on maintaining a healthy lifestyle and enjoying a high quality of life. The program is open to all MLH employees and their spouses/domestic partners covered under an MLH medical plan.

The intranet page includes information about the 2015 Rewards program, RedBrick Health, Biometric Screenings/Health Fairs and the Healthy Beverage Strategy. The Wellness Staff will continue to update the page with new programs and services, health education opportunities, and other health-related information.

4 MLH studies presented at 4th Healthcare Disparities Colloquium

Employees and medical staff at all five MLH hospitals and the Radnor office heard the results of MLH research studies as well as six invited presentations from nationally renowned health care organizations at the videoconferenced 4th Annual Main Line Health Healthcare Disparities Colloquium on May 28.

Introduced by Barry Mann, MD, MLH chief academic officer, the four MLH presentations this year included national trends that MLH has committed to researching as part of an ongoing effort to identify and reduce potential disparities. The MLH presentations included:

- Underrepresentation of Women, Elderly Patients and Racial Minorities in the Clinical Trials Used in Cardiovascular Guidelines – Marwan Badri, MD (*in top photo*), and Peter Kowey, MD, presented their original research, which was published for national consumption in *JAMA Internal Medicine*. The article emphasized the underrepresentation of women, elderly patients, and those of nonwhite racial backgrounds in the randomized clinical trials of the American College of Cardiology/American Heart Association guidelines for atrial fibrillation, heart failure, and acute coronary syndromes. Dr. Kowey emphasized this is not about political correctness. African Americans and whites may have different prevalence of these problems; studies for drugs for these problems must have appropriate representations for all groups.
• Patient Experience and Race and Age – Rosangely Cruz-Rojas, director, Performance Measurement & Analytics, compared HCAHPS patient experience scores based on race and age as well as readmission data of patients covered by Medicaid or commercial insurance. Patient experience scores were higher overall for African Americans than for whites. Seniors’ scores were lower than younger patients on many HCAHPS measures — but gave higher overall rating of the hospital – possibly indicating different care needs rather than dissatisfaction.
• Long-Acting Reproductive Contraceptives: Recognizing Disparity and Righting It – Stephanie Langsam, MD, and Kristin Scavello, RN, determined the more effective options of the long-acting contraceptives will benefit from increased funding of Lankenau clinic program to offset higher up-front costs.
• Medical Student Health Advocate Program – Chinwe Onyekere, system administrator, GME, described a program in which MLH collaborates with PCOM to enlist medical students (in bottom photo with Jack Lynch) to connect patients with needed community resources to meet non-medical needs. She said the program is very successful, appreciated by patients, and is helping to develop a more sensitive and mature clinical medical student as they proceed through their core clinical rotations in the third year of medical school.

Invited presentations included:
• Recruiting Minorities as Basic Science Researchers – Kareem Graham, PhD, Department of Physiology, Emory University School of Medicine
• Community Volunteers in Medicine – Mary Wirshup, MD, VPMA, CVIM
• Health Career Academy, Atlanta Replication – Liana Gefter, MD, Aetna
• The Continuing Quest for Equality: Aetna’s Commitment to Reducing Disparities in Health Care – Wayne Rawlins, MD, and Michele Toscano, Aetna’s Racial and Ethnic Equality Initiatives
• National Association of Health Service Executives – Roy Hawkins, president, NAHSE
• Main Line Health – West Chester University partnership: Health Science Summer Camp – Dan Baer, West Chester University.

The Health Career Academy in Atlanta is a replication of the LMC program that addresses disparities in education, initially aiming to increase the graduation rate, interest in health careers, and health literacy among 10th grade students at a Philadelphia high school. The program has been expanded to include 11th and 12th grade and was implemented by Aetna at four Atlanta schools.

Also speaking at the Colloquium were Denise Murphy, VP, Quality and Patient Safety; Barbara Wadsworth, SVP and Chief Nursing Officer; Grace Wummer, director, Patient Care Coordination; and Shaun Essex, VP, Riddle Hospital.

Summing up the Colloquium, MLH President and CEO Jack Lynch noted that MLH – “every day, for every patient, every employee encounter, every time” — is working to ensure there are no disparities in care at MLH. “Why do we do it? Because it’s the right thing to do. There’s also a business reason to sustain this effort: As we pursue patient safety, quality care, market share – eliminating disparities is critical for our success.”

View the entire Colloquium here (MLH network login required).
LMC Foundation holds President’s John D. Lankenau Society Reception
On May 13, the Lankenau Medical Center Foundation held its annual President’s John D. Lankenau Reception at the home of Drs. Matt and Sheila Vegari of Gladwyne, whose son, Dr. David Vegari, is a physician at LMC. The nearly 330 members of the John D. Lankenau Society support Lankenau’s programs and services in patient care, research and medical education with donations of $1,000 or more annually. During the previous fiscal year, the John D. Lankenau Society raised nearly $6 million in support of these causes.

Phil Robinson, LMC president, provided an update on Phase II of the capital campaign, focusing on the patient experience and creating Centers of Excellence, as well as achievements in medical education and research projects at the Lankenau Institute for Medical Research (LIMR).

Robinson told the donors, “You all are what allows us the opportunity to set our sights on being world class in every area that we choose to endeavor, and for that I give you my deepest thanks.” Alfred Putnam, chairman of the LMC Foundation Board, also addressed the group by reminding those in attendance that they are in a long and storied line of philanthropists from the community that were and are determined to keep Lankenau at the forefront of medical care, education and research.

Photo: At the reception are (from left) Alfred Putnam, chairman, LMC Foundation Board; Sara S. Senior, LMC trustee emeritus and LIMR trustee; Phil Robinson, president, LMC; Kathleen Putnam; Maryalice Cheney, MD; and Scott Goldman, MD, system chair, Department of Surgery, Main Line Health.

MLH celebrates International Clinical Trials Day on May 20
On May 20, MLH staff celebrated International Clinical Trials Day, commemorating the day that James Lind began his trials into the causes of scurvy. Clinical trials have developed a great deal since Lind’s discovery, but May 20 is set aside to remember his work and the importance of research in health care.

Clinical staff marking the day are (clockwise from top left)
- BMH’s Michelle Darby and Rosemary Wiggins;
- LIMR’s Sandy Lyon, Diana Ewen, Terri Olshefski, Mike Crown and Sharon Steinberg;
- LIMR’s Ann Marie Chikowski, LMC and BMH’s Lyn Sher, and LMC’s Susan Herring, Jennifer Porter and Lisa Thome;
- Paoli’s Trish Palmer and Judi Fanelli; and
- LMC’s Nancy Britton and Sandy Goldschmidt.

Summer Shape Up Team Challenge starts June 22
By Dan Buckalew, system manager, Employee Health Management

The Making Life Healthy program will offer a team fitness challenge this summer. Beginning June 22, the Summer Shape Up Challenge will offer an opportunity for all employees to strive to improve or maintain their fitness and health during the summer months. The nice weather is a perfect time to get outdoors and get active; and you can earn prizes including Visa Gift cards and T-shirts while getting fit with your team of friends and colleagues. For additional information, go to the Making Life Healthy page on the Connections Online intranet.
Connections highlights Diversity & Inclusion observances in June

The articles below feature two holidays celebrated in the month of June. A monthly calendar of Diversity & Inclusion events can be viewed on the Diversity & Inclusion intranet page.

National Children’s Day—June 14
The idea for National Children’s Day originated in Florida when retired Senator Robert Graham actively worked on establishing a bill in the United States Senate to add National Children’s Day to the National Calendar.

From 1994 until his retirement, Senator Graham annually sponsored a National Children’s Day Resolution to underscore the importance of each individual child. Since Senator Graham first introduced the concept of National Child’s Day, a special day for children is proclaimed by the President. The proclamation states that America has a duty to provide its children with support and skills they need to become the next generation of responsible leaders. On National Children’s Day, we underscore the importance of fostering the love, encouragement and protection that empowers our children to become happy and successful adults.

Ways you can personally participate in the holiday
- Volunteer at an organization like Cradles to Crayons

Source for this article is: http://www.nationalchildsdiday.com

Ramadan—June 18–July 17
Ramadan, the holiest religious observance in Islam, commemorates the period in which Prophet Mohammed received divine revelations. This annual month of fasting represents self control and devotion to Allah (God). Along with cleansing the mind, body, and soul, Muslims feel that they are getting closer to Allah through prayer and are becoming more compassionate people by experiencing hunger and learning about the suffering of the poor.

The meaning of Ramadan may be different for each person, since it is a personal bond between themselves and Allah. Healthy adult Muslims are obligated to fast from dawn until sunset. The observance lasts for 29-30 days, but the exact dates cannot be determined in advance due to the nature of the Islamic lunar calendar. Estimates are based on expected visibility of the hilal, which is the waxing crescent moon following a new moon, and may vary according to location.

Ways you can personally participate in the holiday
- Be respectful to employees and patients who observe this holiday.

Source for this article is: http://en.wikipedia.org/wiki/Ramadan
For more information: http://www.crculturevision.com/subscribers/glossary.aspx?s=ramadan#trm268

Summer Solstice—June 21
The Summer Solstice is the longest day of the year and is endowed with great significance. The history of the Summer Solstice is rooted in both ancient mysticism and nature. People celebrate this special day in June in the northern hemisphere. It is also known as midsummer; with festivals, celebrations and other observances, some of which still survive or have experienced a revival in modern times.

On this day, the North Pole is tilted towards the Sun at the highest angle and locations in the Northern Hemisphere experience the longest hours of sunlight throughout the year. This day takes place somewhere around June 20th or 21st each year.

Ways you can personally participate in the holiday
- Host a party to celebrate the arrival of summer.
- Start the day with the Sun Salutation and some additional yoga exercises.

Source for this article is: http://www.almanac.com/content/first-day-summer-summer-solstice
For more information: http://www.crculturevision.com/Subscribers/groups.aspx?gid=62&cid=46&s=summer+solstice
BMRH Operations Council supports St. Agnes Day Room

By Linda Ridpath, Marketing & Communications coordinator, BMRH

On Friday, May 29, The BMRH Operations Council provided the day’s hot meal to The St. Agnes Day Room, a ministry of St. Agnes Parish in West Chester.

The Day Room provides hospitality to those in need through a large variety of programs in a caring and welcoming environment. The Day Room’s goals are to strengthen families and assist individuals toward personal growth and greater independence, to establish ongoing relationships that strengthen the community, and to nurture in the guests a sense of appreciation and a desire to help others.

The BMRH Operations Council plans continued annual support for the St. Agnes Day Room with drives for school supplies in July-August; and hats, scarves and mittens in January.

In photo, from left: Karen Taylor, Mac McKeithen, Clare Small-McEvoy, Donna Phillips, Karen Gadson

Upcoming events at MLH

- **June 4:** BMH Medicine Grand Rounds, “Transgender Issues Related to Healthcare,” with Social Worker Joanne Glusman, Pennypacker, 8am
- **June 4:** Riddle Hospital Schwartz Center Grand Rounds, “We Do More than Just Hearts”; Video Conference Room,
- **June 14:** [Superhero Kids Fun Run](http://www.superherokidsfunrun.org/), benefiting BMH Pediatrics. Go to http://www.superherokidsfunrun.org/ for more information and to register.
- **June 17:** Paoli Senior Supper, Senior Pharmacy, Potter Room, 5pm, register at 1.888.CALL.MLH
- **June 24:** Riddle Senior Supper, Cooking for One or Two, Administrative Annex, Conf. Rm. 1, 4:30pm, $7, register at 1.888.CALL.MLH

MLH in the news…

The following links from various print, broadcast and electronic news sources are excerpted from MLH’s daily Morning News Report, available on the intranet under Leadership Toolkit.

Penn Health makes big land grab in Radnor

Philadelphia Business Journal reports that the acquisition potentially changes the dynamics of the health care industry in the suburbs since it would give Penn Health a significant presence in Main Line Health’s territory.

Bryn Mawr Hospital: Stroke Intervention Saves Life of Young Woman

HAP’s Hospital Stories of Healing, Health, and Hope reports how the latest technology at Main Line Health’s Neurovascular Center at Bryn Mawr Hospital helped a 36-year-old stroke patient.

Arrhythmia and Electrophysiology

Journal of the American Heart Association reports on original research, Catheter Ablation of Atrial Fibrillation in U.S. Community Practice—Results From Outcomes Registry for Better Informed Treatment of Atrial Fibrillation (ORBIT-AF), co-authored by Lankenau’s Peter Kowey, MD.
Paoli Medical Plaza sells for almost $25M
Daily Local News reports that Paoli Medical Center is comprised of three buildings on 9.7 acres and is anchored by Main Line Health; nothing is changing for tenants or the patients who use the offices.

Pennsylvania hospitals see margins tighten in 2014 as costs add up
Healthcare Finance News reports that the four-hospital Main Line Health System had an average margin of 12 percent, while the two hospitals in the Einstein Healthcare Network lost money, an average of negative 1.2 percent.

14 recent hospital, health system capital projects
Becker’s Hospital Review reports that Bryn Mawr, Pa.-based Main Line Health announced it will undertake a $200 million "modernization" project at its Bryn Mawr Hospital that includes a five-story patient care pavilion.

Horse show leaders pledge improvements, more money
Philadelphia Inquirer reports that the nonprofit’s yearly donation to the Bryn Mawr Hospital, its beneficiary, would remain the same. This year will bring the second installment in a five-year pledge of $425,000 per year to the hospital.

Is it ok for my teen to listen to explicit rap music?
Philly.com article by Lauren Napolitano, PsyD, a licensed psychologist on staff at Bryn Mawr Hospital, states that, rather than attempting to control your teenagers’ choice of music, it’s better to look at the ways in which your teenager might feel like an underdog.

Doctor Radio
Sirius XM interview Tuesday on Nontuberculous mycobacterial lung disease featured Dr. Leah Lande of Lankenau Medical Center.

Thank you to Bryn Mawr Rehab Hospital
“My friend was extremely pleased with the care he received from everyone. The nurses and assistants all gave him wonderful care. The therapists in Oak Unit did a great job, especially Dana and Leeanne. His room was spotless and very comfortable. We really enjoyed being able to have dinner together in the patient dining room. Thank you so much for everything.”