

Goal: Commit Acts of Caring

It's the team that steps in when a life-limiting illness causes discomfort, whether it's cancer, diabetes, HIV, sickle cell anemia or even a serious burn. Their care encompasses the whole family, and they go wherever the patients are: hospital, clinic, at home or nursing homes or assisted-living facilities. Their goal: to improve quality of life by addressing physical symptoms (such as pain, nausea, depression or shortness of breath) and emotional, spiritual, financial, psychological and caregiving needs.

They are the palliative care team at the University of Virginia Health System. UVA's Palliative Care Program was one of the nation's first and remains one of only a few with an outpatient clinic alongside hospital care. "In the past, people have thought palliative care was used only when the patient's physician could no longer provide active interventions to cure disease, but our focus on quality of life and symptom management can help people in any stage of chronic, life-limiting illnesses," says Virginia Boothe, M.D., assistant professor of medicine, Division of General Medicine, Geriatrics and Palliative Care.

Boothe works with Associate Professor of Medicine, Division of General Medicine, Geriatrics and Palliative Care Leslie Blackhall, M.D., who founded the clinic program in 2001. Together they comprise the program's full-time physician staff, alternating inpatient palliative care consults with seeing patients in the palliative care clinic located in the UVA Emily Couric Clinical Cancer Center. (Cancer patients,

See "Caring" on page 3



Leslie Blackhall, M.D. examines Tracy Pyles during a routine palliative care visit. "Caring for people at the end of life is part of medical care. People in our care aren't dying, they're living, they're just living this particular part of their life," says the associate professor of medicine, Division of General Medicine, Geriatrics and Palliative Care.

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Nursing Scholarship Applications Accepted Through August 1



You'll find more information and downloadable forms on KnowledgeLink, just go to "Nursing Scholarship."

A Nursing Scholarship Program is now available for Medical Center employees who are pursuing a degree in nursing. All Medical Center employees who meet the program requirements below are eligible to apply. Here's what's involved:

- Recipients will receive up to \$3,000 per academic year towards an associate (ADN) or bachelor's (BSN) degree in Nursing.
- Applicants must be enrolled in an accredited nursing degree program for at least six credit hours per semester, and maintain a minimum 3.0 GPA.
- Selections will be based on years of service, academic record,

recommendation letters, compensation level and degree pursued.

- All full-time and Flex Option (budgeted at .6 FTE or higher) employees with a minimum of one year of service are eligible.
- Recipients must commit to one year of full-time or Flex employment as a staff nurse on an inpatient unit for each year of scholarship funding they receive.
- Applications will be accepted through August 1, and selections will be announced by August 17.

The University of Virginia Medical Center is committed to supporting nursing education goals.



A message from Mr. Howell

As we begin our fiscal year, I wanted to share a strong viewpoint I have about the business we're in. I don't think of health-care as a business – I view healthcare as a social good that needs to run according to sound business principles.

The Medical Center has no shareholders and thus, we have no "profits" to distribute to shareholders. We reinvest our operating margin – the money we receive over and above what it costs us to operate – in our people, our environment (buildings and equipment) and in new technologies that enable us to continue pushing the boundaries of knowledge.

As the state's academic medical center, we are expected to provide care for all citizens of the Commonwealth and to have tomorrow's technology in place today. Our mission is unique: In addition to providing patient care and supporting advanced clinical research, we train future generations of healthcare professionals. To accomplish that, we must create no less than an environment of *tomorrow's practice today* – which means we must have tomorrow's technology today.

The bar is high. A community hospital typically spends 3 percent of its operating budget for capital equipment and new technology, but an academic medical center must spend almost triple that – 8 percent to 9 percent – to achieve its mission. You may be surprised to learn, too, that we receive no direct subsidies for operating expenses from the Commonwealth.

We are in a constant race to stay ahead of the wave in the technology and facilities that support you and allow us to provide the environment for tomorrow's healthcare today.

This investment in our future falls under the organizational goal, "I Build." As always, it is critical that we all be accountable, and little things matter. Think before opening a new supply, and reuse that file folder. Careful stewardship of our human and material resources makes a difference.

R. Edward Howell
Vice President and CEO, UVA Medical Center

University of Virginia Medical Center Welcomes New Administrative Fellow

Thomas Saul, MHA, is the University of Virginia Medical Center's newest administrative fellow. Saul comes to UVA from the University of Iowa, where he worked as an administrative intern at the University of Iowa Hospitals and Clinics while completing his master's degree in Health Administration. Under the guidance and mentorship of R. Edward Howell, vice president and chief executive officer, UVA Medical Center, Saul hopes to gain exposure to operations and health policy in addition to the UVA Health System's many other areas. "I'm really excited and ecstatic about being here," says Saul, adding, "I've learned from Mr. Howell's other fellows that he's a great educator. He's been very encouraging to me, and has emphasized, 'You are here to learn.'"



Thomas Saul, MHA

2007 PNSO Nursing Excellence Awards

Nurse of Distinction

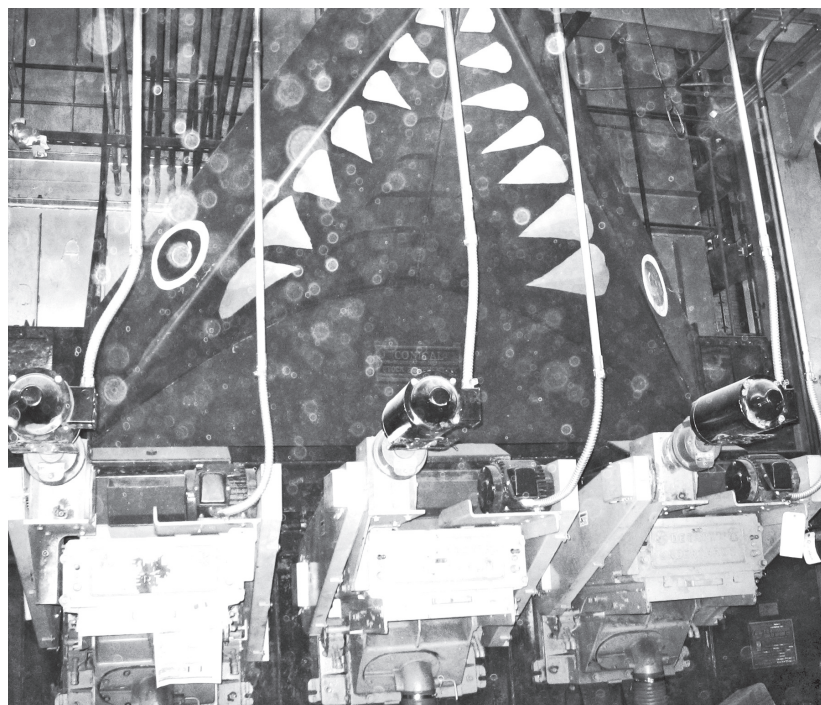
Audrey Snyder, R.N.
Emergency Department

Excellence in Clinical Practice

Beth Jaeger Landis, R.N.
UMA Outpatient Clinic

Preceptor of the Year

Mariah Rogers, R.N.
Porter Medical Intensive Care Unit



Is it a shark? No, it's a coal hopper. This coal hopper feeds three new Detroit stoker underthrow feeders on Boiler 2R, one of five boilers in the Main Heating Plant which are being replaced or upgraded. Boiler 2R is a coal/gas boiler that was recently modified to improve operating efficiency and reduce emissions. With completion of the plant upgrade project, the University of Virginia's Main Heating Plant will provide steam for the current and future growth of the Medical Center and University while meeting the Commonwealth's most stringent emissions requirements.

Caring

Continued from page 1

80 percent to 85 percent of the clinic's client base, often have changing needs as treatments change.) Palliative Care Nurse Jane Griffith, R.N., sees clinic patients with the Palliative Care physicians, and speaks with the many patients and family members who call with questions. "Patient follow-up is very important and we spend a lot of time talking with patients on the phone to evaluate if interventions are working," she says. (The Palliative Care team is available 24/7 to patients and their families.) Karen Boyle, R.N., is the inpatient palliative care nurse who is often found on 8 West, where four palliative care beds are located.

"The goal of comfort is paramount. You should never have to choose pain in order to be well," says Jonathan Evans, M.D., MPH, associate professor and head, Section of Geriatrics, who incorporates palliative care into much of his practice. "One of my responsibilities is to help my patients make the best healthcare decisions, and to do that they must feel good, so their decisions are not clouded by discomfort."

The palliative care field is about 10 years old, arising from a groundswell of interest and support by oncologists, pain management specialists, psychiatrists, anesthesiologists, internists and bioethicists. From epidural injections to chemotherapy to ease pain, the tools available are varied, and palliative care experts access treatments across many disciplines.

But tools are most useful only after understanding how the patient is really doing. "There's only one person who knows their symptoms: the patient," says Blackhall. "We spend a lot of time with them so we can understand the details of how they feel. We might find out that someone who says they feel fine feels fine only if they never get out of their recliner."

They also work to know the patient's goals. "Maybe they want to go kayaking, or maybe they want to go to work – we need to listen so we can understand that their preference would be to choose more pain rather than to be sleeping due to pain medications."

A subset of palliative care is end-of-life care, which may begin with a diagnosis in the hospital, with care continuing into the clinic and home.

Pain is the main symptom managed in the hospital, and families the



Family-centered care is a cornerstone of palliative care. Blackhall often meets with Pyles and his wife Deborah. "Palliative care should not just be for people at the very end of their lives," says Blackhall. "We help people be as functional as possible for as long as they can and have the quality of life that they want."

main unit of care, says Boyle, who helped open the Medical Center's Palliative Care Unit in 1995. Many patients are in their 40s and 50s with children. "Kids tend to get lost in the shuffle and our job is to make sure the whole family understands what is happening," she says. They offer to help parents talk about illness with their children and provide insightful books for adults and kids.



My goal is to communicate caring and to commit acts of caring, and to encourage and reward people for doing so. My patients teach me a lot about how to live.

Jonathan Evans, M.D., MPH,
Associate Professor of Medicine

The UVA Children's Hospital plays an important role in pediatric palliative and end-of-life care, particularly since there are no hospice services in Charlottesville for children. Assistant Professor of Pediatrics and Anesthesia Noreen Crain, M.D., directs UVA's pediatric palliative care program. "In pediatrics, our patient is a key part of a family, with parents and siblings, grandparents and friends. In pediatric palliative care, we have the luxury of looking through photo albums in the ICU [Intensive Care Unit] or coloring with siblings at their kitchen table on a home visit."

"Most of the people I see at home are at close to the end of their lives," says Daniel Becker, M.D., MPH, MFA, a general internist on the faculty who routinely does home visits in Albemarle, Louisa, Fluvanna, Nelson, Augusta and Greene counties. Becker brings residents and students on his calls. "In a hospital, patients wear a gown and they're surrounded by hos-

pital paraphernalia," he says. "When you see patients at home, they're in their bedroom, their living room, their yard, you see their family, their parents, and you have to look around and listen to figure out how sick they are and what the illness means. I don't have to do much teaching, students need to observe how home life affects the illness. It is very revealing."

The physicians also assess what the resources are – are there family or friends who can help with care? They may discover an infection, itching, skin breakdown or digestive issues that can be managed at home. Rather than looking for a symptom's cause, the team simply addresses how to eliminate or diminish symptoms so the patient feels better.

"If you're curing someone of a disease or if someone finds out they have a shorter life ahead of them, the goal is still the same: They should feel life is worth living," says Evans.

Still, says Blackhall, who is hoping to offer a palliative care fellowship in 2008: "There is growing interest in what we do and the clinic is growing all the time." In addition to working with students on palliative care rotations and new oncology and gynecological oncology fellows, the team also does research, investigating cultural diversity and attitudes towards care at the end of life as well as researching cancer-related fatigue.

Boothe, who arrived at the UVA Health System two years ago, has a strong vision for the program's future: to expand the capacity for home and nursing-home visits, and to build a dedicated hospital palliative care unit with beds for patients' families, with family rooms and kitchens. "It would be wonderful to be involved earlier in treatment and provide relief and support to patients and their families," she says.

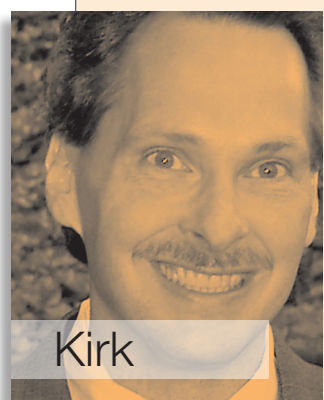
All of it, says Griffith, "comes down to improving quality of life."

Outstanding

Outstanding Contributors Recognized

KIRK BARBIERI

Medical Center Manager, Information Technology, Heart and Vascular Center



Kirk

Barbieri's endorsements speak to his extraordinary level of respect for patients and all of those who participate in their care.

One nominator wrote, "[Steve has] one of the strongest work

ethics ever witnessed in a team member — voluntarily staying overnight when there is a system or power concern, working with care providers in their home if they need assistance with off-site connections, and taking calls at all hours of the day and night."

Another respectful commendation stated, "By virtue of his leadership skills, supportive personality and strong work ethic, he has created an expertise in information management in the Heart Center that has added greatly to our academic and patient care missions ... by becoming the resource for many clinical studies which have led to national and international presentations as well as publications in major professional journals."

SUZANNE BURNS, R.N.

Medical Intensive Care Unit Research Program Director, Professional Nursing Staff Organization Associate Professor, School of Nursing



Suzi

Burns is the recipient of many national awards, including the Distinguished Researcher Award from the American Association of Critical-Care Nurses (AACN), the University of

Virginia School of Nursing's Alumni Excellence in Teaching Award and Leadership Award, AACN's Mentoring Award, and the Society of Critical Care Presidential Citation.

Several of Burns' colleagues speak to her "extensive clinical background that enables her to provide leadership/mentoring in all areas of bedside nursing care." She has a unique ability to meet the individual learner at any experience level, as one notes: "The breadth and depth of her knowledge is, frankly, staggering. ... Upcoming generations of nurses will stand on the shoulders of giants like Suzi."

One Medical Center Manager appreciates Suzi for her strength in the area of clinical leadership shown by her ability to implement evidence-based practice at the bedside. "She was instrumental in implementing a culture of nursing research at UVa by serving as a research mentor to many as well as training expert clinicians to be mentors."

REBA CAMP

Administrative Programs Coordinator, Office of the Vice President and Chief Executive Officer



Reba

Camp's passion for quality and innovative thinking has led to the establishment of many new programs that have improved the environment for hospital staff and the care of patients and visitors. She

has helped develop or champion many initiatives: Dietetic Internship Program, Nutrition Outpatient Program, Annual Hospital Week, Red Dress Day, Signals for Health, Healthy Vending, Holiday Events and the new Career Apparel initiative.

"Reba has served the Medical Center in many capacities over the years, always with grace, humility and dedication," one colleague writes. "This is Reba's *modus operandi*. Whether she is dealing with an issue with food services, planning a new decorating scheme for a waiting room or dealing with parking issues, Reba listens carefully, never judges and pursues mutually beneficial solutions."

Camp's nominators praise her as a strong advocate for patients and their families. She focuses on identifying and

fixing problems with a diplomatic and direct approach, and she has excellent interpersonal skills when called upon to "handle delicate situations and navigate some pretty rough waters. ... She is the glue that holds many of the initiatives in the Medical Center together."

GINA CHRISTOPHER

Medical Center Manager, Radiology Technology Education



Gina

Christopher initiated a new post-graduate school in computerized axial tomography (CT) and magnetic resonance imaging (MRI) technology in order to respond to

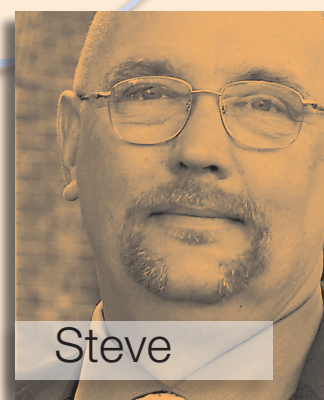
a shortage of these healthcare professions. "She has been overwhelmingly successful and has been singularly responsible for independently taking the programs from concept to reality. She has been able to do this primarily due to her ability to develop relationships across the University and Health System," one nominator wrote. The school has been extremely successful in graduating students well-prepared to pass their professional boards and to serve at the Medical Center.

Another nominator wrote that Christopher has made great contributions to recruitment of staff members for all modalities of radiology as well as students for hospital-based educational programs. "Her professionalism is exemplary. Her representation of UVa is not only professional but warm and friendly. This is the kind of representation that we need to present to our patients and to the outside world."

One of Christopher's physician colleagues writes, "Many of Gina's contributions are in the area of management and supervision. ... Greater efficiency, competence, responsibility, accountability and productivity resulting from Gina's contributions promise significant benefits not only to the wide range of UVa stakeholders, but importantly, to the UVa Health System patients."

STEVE DOBMEIER

Medical Center Manager Blue Ridge Poison Control Center



Steve

Dobmeier's nominations reinforce his commitment to excellence as a manager and to the Blue Ridge Poison Control Center. One nominator wrote, "Steve is very com-

mitted to his employees and works with them constantly to ensure that their needs and career growth opportunities are being met," wrote his administrator. "This is evidenced by the zero staff turnover at the Poison Control Center and by the advancement of all of his staff to certified poison information specialists. Steve has obtained grants to upgrade computer and communications systems in order for staff to be able to provide the best service possible to Poison Control Center customers and disaster preparedness users throughout the state."

Dobmeier wants his staff to know everything that he knows: "With Steve as your boss there's no excuse for not solving the problem because he goes to great lengths to teach everyone how to run the show in his absence," wrote a staff member.

A physician colleague stated, "Steve has championed the role of the Poison Control Center in disaster preparedness. His expertise in this area has been well recognized and he has been integrally involved in the Local Emergency Medicine Planning Committee and the Northwest Regional Hospital Planning Committee. The Blue Ridge Poison Center is a model center in the country for being embedded in the local and regional disaster plans. Besides his work as a manager on the center, Steve has extensively published on a variety of topics."

UVa Pathology: Found in Space

They call themselves UVa's "Department of Space Neuropathology," and, as far as they know, they are the world's only one.

Their research is the brainchild of Neuropathology Fellow Peter Cummings, M.Sc., M.D., who has been obsessed by space since childhood. "Everyone involved in space research is focused on helping people on Earth," says Cummings. "We're all inspired by the things accomplished by the Mercury, Gemini and Apollo projects — things like telemetry, insulin pumps, left ventricular assist devices — even the warming devices for food in the cafeteria. It would be hard to shake a stick in this hospital without hitting something that was born of the space program."

Cummings saw an opportunity to help cancer patients and others when he learned of the National Aeronautics and Space Administration (NASA) Biospecimen Exchange Program, which provides researchers with tissue flown on the Space Shuttle. UVa's project began in June 2006 with tissue preserved in NASA's vault for more than a decade.

Leaving Earth's gravity and radiation fields has an effect on the body. Astronauts are studied during space flights, then followed for life, and animals are also space travelers for research purposes. Research has ranged from muscle studies to help people with muscle-wasting diseases to research on eyes (astronauts have a higher incidence of cataracts than the general population).

Cummings studies rat eyes that were on the Space Shuttle and mouse brains exposed to simulated cosmic radiation at NASA's Brookhaven Space Radiation Laboratory in Upton, N.Y. "Space radiation is very different from the ionizing radiation that surrounds us on Earth," says Cummings. "Cosmic radiation particles are so heavy and travel so fast that they act like bullets, passing through tissue and creating a physical track."

Cummings has discovered scarring and nerve cell injury, which is progressive and continues to occur after radiation exposure. "We are trying to determine how the brain reacts to radiation to discover if and which inflammatory pathways are involved. We may be able to someday better protect brain-tumor patients undergo-

ing radiation therapy from the unwanted effects of radiation.

"If we can show that that radiation does cause inflammation, then maybe just simply giving someone an aspirin can attenuate the damage."

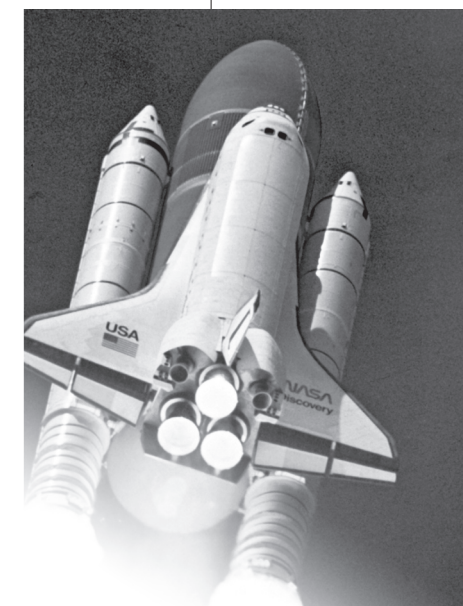
Cummings, whose brain research involves the hippocampus, which controls memory and motor function, is also learning more about how thoughts and memories are formed and how injuries affect them. "We are seeing lesions in our studies that are similar to changes caused by Alzheimer's disease. I am very confident this work will lead to a better understanding of how the brain responds to injury and how these processes are involved in development of Alzheimer's, which could be vital in developing new treatments."

Cummings collaborates with NASA-related projects nationwide. They have presented in two national meetings and produced four abstracts and a manuscript. Cummings has met astronauts Gene Cernan and Wally Schirra, and a diverse group of scientists studying

everything from geology to physics and anatomy. His long-term interests include the possibility of training as a Mission Specialist with NASA, and perhaps serving on a future space shuttle or international space station mission. Pathology

Chairman Dennis Templeton, M.D., Ph.D., said, "We are used to training the best residents and fellows in Pathology and sending them to positions around the country and around the world, but Peter may wind up being the trainee who travels the farthest."

"If we weren't doing this project, this research would not get done," says Cummings, adding that NASA's budget is less than 1 percent of the federal budget, but in the last two years its life sciences funding has been cut 70 percent, resulting in nearly 5,000 graduate students losing funding and labs closing. "I'm lucky because my department provides a very supportive environment to residents who have an interest in research. This is an incredibly exciting time in neuroscience. There's always something new on the horizon to investigate."





Tracy McFadden

Media Production Technician **Tracy McFadden** was the Medical Center's Employee of the Month for April. McFadden is one of the photographers for

LINK and also covers special projects, including the Diversity Fair and Nurse/Hospital Week slide shows. One nominator stated, "Tracy was very instrumental in the success of the Diversity Fair. ... He took an idea from the fair committee and far exceeded our expectations." For last year's Magnet recognition events, McFadden arrived at 4 a.m. to photograph rounds, then worked through the day to capture the celebration at the Medical Center. McFadden was instrumental in bringing the story of nurse Julie Coffman to LINK. Another nominator added, "Tracy is one of the people at UVA Health System who, just seeing him in the hallway, makes me glad to work here."

The MidAtlantic Renal Coalition awarded Associate Professor of Clinical Surgery **Worthington Schenk III, M.D.**, and Vascular Access Clinical Director **Kim Deaver, R.N.**, its Vascular Championship Award at its Spring Network Council meeting. At the same event, **UVA Augusta**

Dialysis and UVA Page Dialysis units received awards for arteriovenous (AV) fistulas – which provide the best access for dialysis patients – greater than 50 percent. Only 14 of 1,300 eligible organizations achieved this benchmark, said Deaver, adding that the Centers for Medicare and Medicaid Services has set a goal of more than 60 percent AV fistulas by 2009.

Frances Darnell, LPN, has been chosen 2007 LPN of the Year. Darnell has served the UVA Medical Center for 36 years, in orthopaedics, neurology and, for the last 11 years, in the Family Medicine Clinic in the Primary Care Center. Jerry Silver, administrator of ambulatory operations said, "LPNs are very important to us and we value you in so many ways. Without you, we couldn't do our jobs in great and good fashion. Everyone nominated here is a winner." Last year's winner, Diana Dudley, LPN, told the group about the hospital experiences that led her to choose an LPN career, including receiving a bed bath in the hospital. "It was so healing. I don't know that it was even the physical part of it – it was that another human being could care for me in that way. I filed that away, that I could do that."

UVA Medical Center Director of Recruitment **Heidi Malez, R.N., BSN**, has come to Charlottesville from Fort Lauderdale, Fla., where she was employment manager at Holy Cross Hospital, a 577-bed Magnet hospital. Malez had served Holy Cross since 1991 and had been director of operations and staffing for its Nursing Services Department. Malez graduated from St. Thomas Medical Center School of Nursing, Akron, Ohio, and earned her BSN at the University of Akron.

The University of Virginia Second Annual Symposium on Race and Society: Focus on Health Disparities will be held on Monday, October 1 and Tuesday, October 2, Jordan Hall Conference Center and Auditorium. The

symposium will focus on a multidisciplinary examination of the problems and potential solutions for key health problems of cancer, diabetes and HIV/AIDS. Attendance is free and all are welcome.

Employee Engagement Survey results are being tabulated. The September issue of LINK will contain an update on the results.

Sharon Fox, clinical research coordinator at the University of Virginia Cancer Center, was the School of Medicine's Employee of the Month for April. Nominators pointed out Fox's dedication and thoroughness, professionalism and leadership and mentoring skills, which display generosity of effort and spirit in work that is both technically and emotionally demanding. "In addition to her work on trials, her willingness to disseminate her extensive knowledge to help other staff and her patience in doing so is unparalleled. ... We are indebted to Sharon for her many, many years of extraordinary service."

Callen Molenda, grants manager in the Department of Neurology, is the School of Medicine's Employee of the Month for May. Her nominations commended her dedication, willingness to assume additional roles and responsibilities, and her effectiveness in all endeavors. She assisted the department through a challenging transitional period. As one nominator wrote, "She has demonstrated an outstanding commitment to the department and has maintained the highest level of excellence in her work. She has maintained great poise and grace during a stressful time. ... The department is greatly indebted to Callen for her many contributions."

The University of Virginia Cancer Center received a Three-Year Approval with Commendation from the Commission on Cancer of the American College of Surgeons (ACPS), effective through 2009. Receiving commendation in

three major areas of cancer care is difficult to achieve for a large teaching hospital, according to the ACOS surveyor who rated UVA. UVA is the only provider in the state to rank among the nation's top 50 cancer centers since 1999.

The Recycle for Sight program collected more than 650 eyeglasses. Thanks to everyone who participated! Your glasses may help people in need at this month's Remote Area Medical (RAM) Clinic.

University Human Resources – the human resources department on the academic side – has a **new online application system, Jobs@UVA**, which is scheduled to go live on July 30. Jobs@UVA (found at virginia.edu) will replace the paper job application the University currently uses. (UVA Medical Center Human Resources is separate and is already Internet-based.) The University's new system will allow job seekers who create an account to maintain their application as active for at least three years. Account holders also can apply to a specific job posting, review their application history and receive e-mail alerts when job categories they select become available.

The University of Virginia Health System's "An AMC's Enhancement to Automated Procurement: Leveraging Supply Chain I.T. through Multidisciplinary Collaboration" was **voted Best Poster at the 2007 University HealthSystem Consortium Performance Excellence Forum**. Attendees chose from among 44 member posters representing process improvements and successful practices in clinical, operational and financial areas. The winning entry showed how UVA's supply chain management collaborated with computing, facilities, clinical engineering, patient and staff safety, nursing, finance and executive leadership to positively affect each area's processes by developing and implementing electronic enhancements to the organization's procurement system.

The Professional Nursing Staff Organization (PNSO) always kicks off Week of the Nurse by naming the recipient of its "It Takes a Team" Award, which recognizes contributions of a department or discipline that was a special, patient-care partner over the last year. **PNSO members selected Chaplaincy Services as the 2007 "It Takes a Team" winner.**



Twins Mia and Zoe Norton are interviewed on NBC-29 WWIR-TV, along with parents Rachel and Patrick, during the 23rd annual UVA Children's Hospital Telethon. The twins are former patients of UVA Children's Hospital. Their dad Patrick Norton, M.D., is an assistant professor in UVA's Department of Radiology. The Telethon, held June 2 and 3, raised \$2,202,719 for programs to support children and families who receive care at UVA Children's Hospital.

Community Service Awards

The UVA Health System Community Service Awards honor staff members who make volunteerism and community service a way of life.

- All faculty and classified full- and part-time staff (Medical Center, School of Medicine, Health Services Foundation, School of Nursing, Health Sciences Library) are eligible. Anyone can nominate.
- Find forms at healthsystem.virginia.edu/internet/outreach/.
- Questions? Contact Community Relations, Outreach & Service at 924-9955.
- Deadline is **July 31**.

Better To Be Safe ...

The University of Virginia Medical Center is committed to providing a safe and healthy environment for staff, patients and visitors. The Medical Center's Safety and Security Program is comprised of

the Safety & Security Subcommittee, which reports to the Quality Council; a Safety Programs Manager; and programs, trainings and assessments. The Safety and Security Program's objectives include providing a safe and secure workplace for employees. All employees have a role to play in helping to achieve a high level of safety and security. With this in mind, we offer these tips to help keep the workplace crime-free:

- Report all crimes to the campus police, no matter how minor they might seem.
- Do not let anyone into the building with your keys or access card after hours. Do not lend your key or card to anyone.
- Do not allow unknown or unexpected service or repair personnel unsupervised access to your office space.
- Challenge any unknown individuals walking through your work area. Try to determine who they are visiting by asking if they need assistance.
- If you find a building door propped open, close it.
- Never leave your reception area unattended or prop open entrance doors.
- Keep purses, wallets and other valuables locked in a cabinet or a drawer. Never leave valuables in, on top of or under your desk.
- Keep petty cash and stamps locked up. Don't keep more petty cash on hand than necessary.
- Lock your door when you leave, even if just for a minute.
- Secure all computer equipment and software. Log off computers and terminals. Maintain a backup file.

Hospital Drive

A Journal of Reflective Practice in Word & Image
University of Virginia School of Medicine

The first issue of *Hospital Drive: A Journal of Reflective Practice in Word & Image*, the University of Virginia School of Medicine's online journal, will be posted this month. *Hospital Drive* was founded to encourage original creative work that examines themes of health, illness and healing. Why is telling stories around medicine important? "The practice of medicine is like swimming in a sea of emotion. We had better respond to those feelings, and writing helps us figure out what affects us," says Daniel Becker, M.D., MPH, MFA, a general internist on the faculty, and founder and editor-in-chief of *Hospital Drive*. Writing is a helpful tool because it slows thinking down, says Becker. It can help our thoughts unfold. As Robert Frost put it, "I write in order to find out the things I did not know I knew." Find *Hospital Drive* at <http://hospitaldrive.med.virginia.edu>. The Scholars' Lab of the University of Virginia Library has also nurtured and hosted *Hospital Drive*.

Advancing healthcare through *clinical trials*

Please call the trial coordinator to enroll confidentially or for additional information.

How clinical trials benefit you

At the University of Virginia Health System, clinical trials are taking place every day, making available the best medical research in a setting where learning, discovery and innovation flourish. And it is our patients – today and in the future – who reap the rewards, whether or not they participate in a trial. Please call the trial coordinator to enroll confidentially or for additional information.

Type 2 Diabetics Needed

Adult volunteers needed to test for markers in urine that can be used to detect early signs of kidney disease: African-Americans or Caucasians with no history of kidney disease (slight or no protein in your urine); no high blood pressure. One study visit of about 30 to 40 minutes. After consenting, vital signs, height, weight, short history and urine specimen collected. Payment: \$50. Principal Investigator: Dr. Ross Isaacs. IRB-HSR #11000. UVa Nephrology, Lori Ratliff, N.P., 924-1572, lbr@virginia.edu.

Pravachol For Patients With Active Crohn's Disease

Volunteers ages 18 to 65 are needed for a study investigating Pravachol as treatment for Crohn's disease. Participants will take Pravachol, one pill per day, for a total of six weeks. Study-related tests and drugs are provided at no charge. Compensation is up to \$60. Principal Investigator: Brian Behm, M.D. IRB-HSR #11453. Internal Medicine/Digestive Health,

Meredith Gross, M.S., 924-2743, mpg8b@virginia.edu.

Do you have Asthma?

Volunteers (ages 18 to 40 years old) are needed for a study about asthma and the common cold. This study is being conducted by physicians in the Asthma and Allergic Diseases Center at the UVa Health System. The ultimate goal of the study is to better understand asthma and the common cold and to improve asthma care. Screening will involve two outpatient visits: screening visit 1 – You will complete a questionnaire and have blood drawn; screening visit 2 will involve a general physical exam, lung function testing to verify your asthma (called a methacholine challenge test), and skin testing to define your allergic sensitivities. Volunteers will be reimbursed \$20 for the first visit and \$30 for the second visit. Based on the results, those who qualify can enroll in a three-week study about asthma and the common cold. Reimbursement for this next study will be \$750. HSR# 12656. Call Holly Carper at 982-3510 or e-mail HTS@virginia.edu.

Healthy Subjects Study-Women

UVa Health System Department of Psychiatry and Neurobehavioral Studies seeks women ages 18 to 44, for a research study. The purpose of the study is to see if a counsel-

ing method is helpful in preventing alcohol-exposed pregnancy. The study involves a one-time meeting with a counselor for two hours and two follow-up sessions to provide information about health behaviors (three and six months after the first session). Participants will be compensated up to \$175 for study completion. IRB-HSR #12794. For more information, please contact: Amy Fansler or Mike Karakashian, 243-0642 or 243-0641, or toll-free at 1-888-UVA-2345.

Adults with insomnia needed

Adults ages 18 to 65 with insomnia are needed to participate in a UVa research study testing the feasibility of using an investigational Internet program to provide treatment for insomnia. The study involves: 1) completing an interview and questionnaires during two in-person meetings at the UVa Medical Center (two to three hours); 2) tracking your sleep patterns daily for 16 weeks (less than five minutes daily); and 3) using the Internet program for eight weeks (one to two hours/week). Participants receive free access to the insomnia program which is delivered via the Internet and a \$100 gift certificate to giftcertificates.com for completing the program. IRB-HSR #12232. UVa Department of Psychiatry and Neurobehavioral Sciences, coordinator: Frances Thorndike, Ph.D., 243-2704, fthorndike@virginia.edu.

Send trial submissions to linktrials@virginia.edu.



To submit ideas or join our mailing list, e-mail linkpub@virginia.edu or FAX 924-2969. LINK is published 12 times a year for the employees, faculty, students, volunteers, donors and patients and families of the University of Virginia Health System. Find archived copies at www.healthsystem.virginia.edu/internet/link. ©2007 by the Rector and Visitors of University of Virginia.

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