

MAY
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UConn House Call

REMARKABLE CARE THROUGH RESEARCH AND EDUCATION

UConn's RADIOLOGY DEPARTMENT: FLEXIBILITY, POWER AND PRECISION

In the last few years, health care has seen revolutionary advances in the use of medical imaging to diagnose injuries and serious illnesses such as cancer, coronary artery disease, brain tumors, stroke, and more.

As a university hospital, UConn is among the leaders in providing these leading edge services to the communities we serve.

"Our capabilities allow UConn patients the maximum amount of flexibility in scheduling and a faster turnaround in physicians receiving the results of their tests," says Bipin Jagjivan, M.D., Director of Diagnostic Imaging and Radiology.

The Future Is Here

The UConn Health Center offers some of the most advanced scanning equipment available says Anthony J. Borda, M.B.A., C.H.E., Associate Vice President for Clinical Operations.

"We use the latest in high-speed CT scanners," Borda explains. "We have 16-slice CT scanners, which are especially useful in cardiology testing and body imaging."

In Radiotherapy, powerful linear accelerators and sophisticated computers allow specialists to pinpoint the location of the problem, view the affected areas from multiple angles, and plan treatment options that precisely target the affected area while sparing healthy bone and tissue from disruption.

In addition, patients can now benefit from UConn's open MRI with enhanced imaging capabilities. "The MRI is open on three sides, so it doesn't feel like being put inside a big round donut," Borda says. "In the past, open MRIs only offered low-strength magnets. We offer a Phillips Open MRI scanner with a rating of .6 Tesla. This means the open MRI image has the same excellent resolution as the closed MRI image, and the scan can be done much more quickly."

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Soni Clubb, M.D.

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**UConn
Health
Center**

*Remarkable Care Through
Research and Education*



UConn's open MRI with enhanced imaging capabilities offers excellent resolution and quick results.

Your Schedule Is Our Schedule

Besides the technological advances, UConn has developed practices that vastly improve scheduling for outpatient tests.

"We pride ourselves on our scheduling capabilities," Borda says. "We know our patients lead very busy lives. We make our services available for their convenience."

This means having outpatient testing services available six days a week starting as early as 6:30 a.m. and available as late as 11 p.m. UConn also has emergency services available 24 hours a day for MRI and CT scanning.

The Digital Edge

"Everything is digital in the radiology department," Borda explains. "As soon as the image is taken, it goes into the Picture Archiving and Communicating System (PACS). This system allows a radiologist to read the image anywhere there is computer access moments after the test is over."

As a result, the time required to take a chest X-ray and read it has been changed from hours to an average of ten minutes.

"The patient doesn't see any difference during the test," Borda says. "But the digital technology aspect allows the patient to know the results much faster."

Commitment to New Technology

As proud as they are of their current capabilities, UConn is actively pursuing new technologies.

// Our capabilities allow UConn patients the maximum amount of flexibility in scheduling and a faster turnaround in physicians receiving the results of their tests. //

— Bipin Jagjivan, M.D.

For example, they are developing voice recognition software for radiologists. The radiologist would be able to dictate the report into the voice-recognition device and send it immediately to the attending physician.

"UConn can offer this type of technology and service because we are a university hospital," Borda says. "We are the educators, and we are developing the next generation of radiologists who will be trained in this cutting-edge technology."

To schedule a radiology exam or for more information call 860-679-2784 and select option 1.

HELPING BREAST EVERY STEP OF UConn LAUNCHES NAVIGATORS

Women who are newly diagnosed with breast cancer can receive additional support through a new program at the Carole and Ray Neag Comprehensive Cancer Center. The Navigators Care Program pairs women with breast cancer with trained volunteers who help them "navigate" through the different facets of their care.

"No one should go through breast cancer alone," says Carolyn D. Runowicz, M.D., Director of the Neag Comprehensive Cancer Center, President of the American Cancer Society and a breast cancer survivor. "But in today's world, it's not always possible for family members and friends to be with a patient every step of the way during her care. That's exactly why we've started the Navigators Care Program."

"The Navigator's role is to listen to the patient's concerns, accompany her to appointments, provide her with information about support groups and support services available at the Neag Comprehensive Cancer Center and through the American Cancer Society, and generally provide support," explains Dr. Runowicz.

It is an optional program for women and was designed to complement existing services available through the multidisciplinary breast program, she adds.

HEALTH CARE 10



Douglas D'Andrea, M.D., with a patient.

T CANCER PATIENTS, THE WAY GATORS CARE PROGRAM

Caring Volunteers

For the past year, a group of local volunteers, many of whom are also active with the Auxiliary of the American Cancer Society, have undergone training to become Navigators. They have learned about where, how and when various services are offered for breast cancer patients at the UConn Health Center. They have also become acquainted with the surgeons, oncologists, nurses, nurse practitioners, social worker, nutritionist and others who are part of the breast team.

The Navigators share an “on call” schedule so someone is always available to talk to newly diagnosed patients within 24 to 48 hours.

“Their role is to gently guide women through the system and help them throughout their journey,” adds Nancy Baccaro, A.P.R.N., A.O.C.N., the nurse practitioner on the breast team who works closely with the Navigators. “This is all about giving patients one more person who is out there in the world saying, ‘how are you,’ ‘I care about you,’ and offering to help.”

“The Navigators help to educate and empower women to make choices about their care and ultimately enhance their quality of life,” adds Pauline Miller, L.C.S.W., a social worker who works exclusively with the breast

team. This is a new position funded by the Charlotte Johnson Hollfelder Foundation, which has a long history of helping women with breast cancer. The Foundation was named in memory of Mrs. Hollfelder, a local woman and breast cancer survivor who died of an unrelated cause.



“I’m very excited to be a pioneer in the new Navigators Care program and help provide direction to women during their journey toward recovery.”

—Arleen Wallach, West Hartford
Volunteer Navigator

A Link to Existing Resources

Another important role the Navigators play is to link patients with existing support groups, as well as the many services available through the American Cancer Society. These include Reach to Recovery®, a program that partners breast cancer patients with breast cancer survivors and Look Good, Feel Better®, which provides free,



high quality make-up, wigs and professional advice to women while they are undergoing treatment. The American Cancer Society has an active resource center in the Neag Comprehensive Cancer Center.

“Our goal is to do all we can to minimize the stress women experience when they are going through treatment for breast cancer and help them concentrate on their recovery and overall health,” says Dr. Runowicz.

01: KNOW YOUR CAREGIVERS

During a hospital stay, the typical patient may be helped by as many as sixty people—doctors, nurses, dietitians, transporters, technologists, social workers, pharmacists and more. Knowing who these caregivers are and how they are assisting can allow patients and family members to feel more comfortable and in control during the hospital stay, says Ellen Leone, R.N., M.S.N., Associate Vice President of Operations and Director of Nursing at the UConn Health Center.

“Patients have the right to know who is caring for them,” says Leone. “At the UConn Health Center, every patient room has a board listing the doctors, nurses and nursing assistants caring for each patient. When they

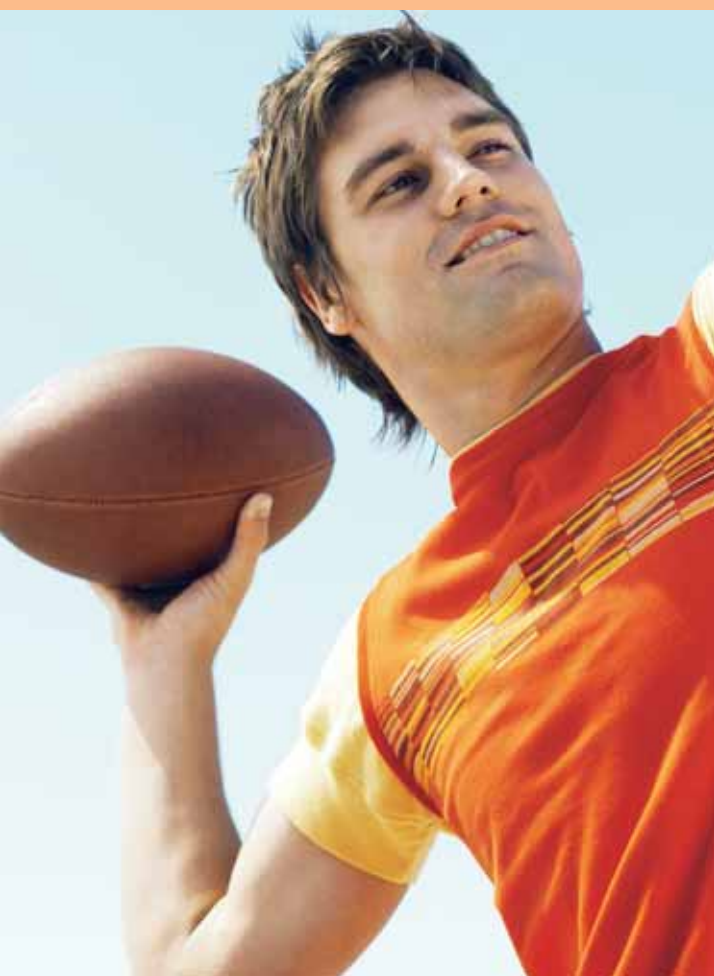
enter a room, staff members should introduce themselves and explain why they are there.”

Patients and family members should feel free to ask questions, Leone adds, especially if they haven’t been expecting a treatment, test, or service.

As a university hospital, UConn has a responsibility to educate, so patients may meet residents, nurses in training, pharmacy students and others. The educational component is a strong part of the reason that university hospitals offer the most current treatments and attract highly educated and motivated specialists. The presence of students is a sign of the highly competent and qualified care patients can expect to receive.

COMMON SHOULDER INJURIES

WHEN TO SEEK HELP FOR COMMON SHOULDER INJURIES



For the last couple of weeks, you have noticed pain and stiffness in your shoulder. You have tried treating it with ice or heat and taken aspirin, but the pain is not going away. Is it time to visit the doctor? Are you going to require surgery?

“How soon you visit a doctor for a shoulder injury depends on the injury,” says Robert Arciero, M.D., an orthopedic surgeon at the UConn Health Center. “Ignoring some injuries can make treatment more difficult.”

According to Dr. Arciero, who is a nationally recognized sports medicine expert and a consultant to the UConn Athletic Program, the most common types of shoulder injuries are instability of the shoulder caused by torn cartilage or ligaments, a partial dislocation of the shoulder, rotator cuff injuries and acromioclavicular AC joint (where the collarbone and shoulder meet) separations.

“Often these injuries are sports related. The shoulder is twisted or injured in a fall,” explains Dr. Arciero. “But these injuries can occur in non-athletes, such as laborers who use repetitive movements with their arms over their heads or

in a person whose rotator cuff is wearing out due to friction or constant stress on the area.”

Dr. Arciero's approach to treatment is to start with administering anti-inflammatories. He might take a closer look with X-rays or MRIs. A patient may go through physical therapy or get a cortisone injection. He says only 20 to 30 percent of patients will require surgery.

If surgery is required, it will likely be minimally-invasive through the use of arthroscopic surgery.

“There has been an explosion of new arthroscopic repair techniques for shoulder injuries,” Dr. Arciero says. “It is a rare time when I have to open a shoulder to repair it these days.”

For more information or to make an appointment with Dr. Arciero, call 860-679-7692.

Visit our sports medicine website at <http://uconnsportsmed.uhc.edu>.

“There has been an explosion of new arthroscopic repair techniques for shoulder injuries.”

—Robert Arciero, M.D.



EXPERT CARE FOR HEALTHY AGING DR. NAGHMEH POOYA JOINS UCONN HEALTH CENTER

Geriatrician **Naghmeah Pooya, M.D.**, is now seeing patients at the University of Connecticut Health Center, where she joins an expert team of board-certified geriatric medicine physicians.

All UConn geriatricians offer comprehensive, personalized care for patients 65 and older, including primary and preventive care, as well as specialized services to manage the unique health concerns of older patients.

Dr. Pooya, of West Hartford, has clinical interests in healthy aging, dementia, mood disorders and sleep disturbances. She is a graduate of Shahid Beheshti University of Medical Sciences in Tehran, Iran, and completed her residency in internal medicine at Easton Hospital in Pennsylvania, which is affiliated with Hahnemann University and Medical College of Pennsylvania.

After three years as a primary care physician in Pennsylvania, Dr. Pooya completed a fellowship in geriatric medicine at the University of Medicine and Dentistry of New Jersey in Newark. She is board certified in both internal medicine and geriatric medicine.



Naghmeah Pooya, M.D.

UPCOMING EVENTS

DISCOVERY SERIES

Always Informative, Always Free.

Tuesday, May 16, 2006, 7 p.m.

The Many Faces of Breast Cancer

- Inspiring personal story
- Clearing the myths of breast cancer
- Lifestyle changes for prevention

Presenters: RuthAnn Lobo
Malini Iyer, M.D.
Lori Wilson, M.D.



Sponsored by the Charlotte Johnson Hollfelder Foundation

For a complete listing of community programs, visit www.uhc.edu. To register for this program, call UConnLink at 800-535-6232.

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