

# Montefiore Update

February 16, 2016 KEEPING ASSOCIATES IN THE KNOW

## Pioneering CHAM Study Finds Commonly Used Neonatal Nutrients May Be Harmful

A new study by investigators at the Children's Hospital at Montefiore (CHAM) and Albert Einstein College of Medicine, which was recently published in *The American Journal of Clinical Nutrition*, indicates that premature babies and critically ill full-term infants who receive intravenous parenteral nutrition (PN) supplemented with recommended trace elements during hospitalization are at risk for exposure to dangerous levels of manganese. PN is used by neonatal units to provide essential nourishment to the babies when they are vulnerable to feeding difficulties and nutritional deficiencies. Standard PN solutions include a mixture of zinc, copper, chromium and manganese, which are considered to be essential minerals for normal growth and

development and protect infants from zinc deficiency. However, the combination also exposes them to 100 times the daily manganese that they would absorb if they were receiving a human milk diet.

High exposure to manganese is known to be neurotoxic. Excessive exposure in adults has been shown to result in



psychological and neurological symptoms resembling those of Parkinson's disease. However, little research has been conducted on how large amounts of intravenous manganese can affect the developing brains of newborns. Researchers at CHAM, Vanderbilt University School of Medicine and Nationwide Children's Hospital conducted a first-of-its-kind study to determine whether infants with higher parenteral manganese exposure demonstrated higher levels of manganese accumulation in the brain, compared to infants with lower levels of exposure.

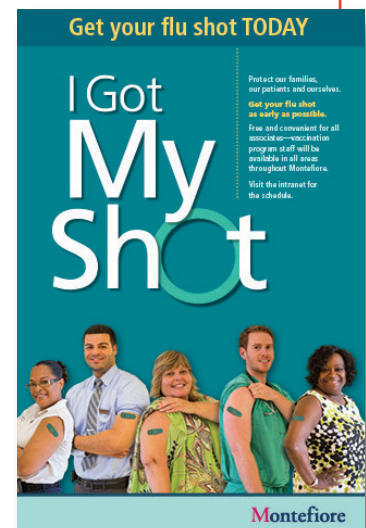
**Judy Aschner, MD**, Physician-in-Chief, Children's Hospital at Montefiore, and Professor and Michael I. Cohen, MD University Chair, Pediatrics, Einstein, and her team of researchers studied 73 infants using MRI imaging to evaluate the effect of manganese on newborns' brains. The results indicated that infants exposed to high levels of manganese in their intravenous diets had excessive accumulation of manganese in the basal ganglia. The consequences of the manganese accumulation have yet to be determined.

"This research challenges a longstanding and widely implemented practice in neonatal units, and suggests the need for a more individualized approach to essential mineral supplementation in infants who need intravenous nutrition," says Dr. Aschner. "We have to always be sure that we are not doing more harm than good."

The researchers believe this study supports the removal of manganese supplements from routine PN solutions and are calling for new guidelines to protect newborns from the effects of manganese over-exposure and potential associated neurotoxicity. The study was funded by the Gerber Foundation, the National Institute of Environmental Health Sciences, and the National Center for Advancing Translational Sciences.

## Flu Declared Prevalent in New York

As of February 11, the New York State Commissioner of Health has officially declared influenza to be prevalent in New York. As was the case during last year's flu season, Montefiore associates who have not yet been immunized will now be required to comply with state regulations and wear masks in areas where they might come into contact with patients, including public areas throughout the hospital. This requirement will remain in effect until the NYS Commissioner of Health lifts the mandate. Vaccinations continue to be available on all campuses. Visit the "Flu Headquarters" section of the Intranet for vaccination locations. For anyone who has not yet received their flu shot, now is the perfect time to get immunized and to encourage your friends and co-workers to do so as well.



## EPIC is live at Einstein, Hutchinson and Westchester Square Campuses

EPIC@Montefiore is now live at the Einstein, Hutchinson and Westchester Square Campuses, as well as all outpatient Radiology and Infusion Centers, with a current tally of 5,755 associates utilizing the system. The Epic Go Live IV command centers, located at the Weiler Lubin gym, as well as the Hutchinson and Westchester Square Campuses, were operational from January 30 to February 12, with resources available 24 hours a day, seven days a week to answer and triage go-live questions.

**EPIC@Montefiore**

## NEWS



### Montefiore Mile Kicks Off Heart Month at Moses Campus

On February 4, the Moses Campus kicked off Heart Month in the 210th Street lobby with comments from Steven M. Safyer, MD, President and CEO, Montefiore Medicine; Peter Semczuk, DDS, MPH, Senior Vice President and Executive Director, Moses Campus, Montefiore; and John D. Fisher, MD, Director, Einstein-Montefiore Arrhythmia Service and Professor, Cardiology, Einstein, among others. They then led a crowd of associates on a walk through the Montefiore Mile, a designated path around the interior of the hospital that stretches a full mile, encouraging associates and patients to walk and be more active.

#### Upcoming Heart Month Events

##### Walk With a Doc

Walk the Montefiore Mile at the Moses Campus with a doctor and ask any questions you may have about heart health.

**Tuesday, February 16 and 23 | 5:30 – 6:30 pm**  
**210th Street Entrance, Moses Campus**

For more information, visit [www.montefiore.org/heartmonth](http://www.montefiore.org/heartmonth)



#### Clinical Trial Spotlight

##### Teenage Girl Health Study

Researchers at Montefiore Medical Center and Albert Einstein College of Medicine are conducting a research study to find better ways to protect teens from HIV and other STIs.

To take part you must be:

- 15-18 years of age
- Not using hormonal birth control or an IUD

Participation will involve one study visit. Reimbursement for time and travel provided.

Call or text **347-835-7842** or email [microbicide@einstein.yu.edu](mailto:microbicide@einstein.yu.edu) to learn more.

### Updated Financial Assistance Policy in Effect

Montefiore has consistently remained at the forefront in establishing leading-edge financial assistance programs for our patients. Montefiore's current program, which includes a multi-lingual information and counseling component, was recently updated in December 2015. These changes are part of our efforts to remain compliant with 501R regulations and our transition to a Single Billing Office.

For more information on the Financial Assistance Program, including all updated policies, brochures, and summaries, please visit the intranet.

## EVENTS

### SoulCycle to Support Cardiac Wellness Program

Join Montefiore for a ride benefiting Montefiore's Cardiac Wellness Program at SoulCycle in Scarsdale. Bikes are \$100 and all money raised will support the Montefiore Cardiac Wellness Program.

**Saturday, February 27 | 1:30 pm**

**SoulCycle**

**7 Popham Road, Scarsdale, New York**

Contact [kwaller@montefiore.org](mailto:kwaller@montefiore.org) or call **718-920-6629** to reserve your seat



### Navigating Clinical Research at Montefiore and Einstein

A one-day symposium on the fundamentals of clinical research operations at Montefiore and Einstein. Speakers include representatives from the OCT, ICTR, IRB, Biostatistics, Compliance, Pharmacy and EPIC, among others, to guide associates through the steps to properly conduct clinical research at the institution.

**Thursday, April 7 | 8:00 am – 5:00 pm**

**Grand Hall, Moses Campus**

Registration opens in March. For more information, contact [jayala@montefiore.org](mailto:jayala@montefiore.org) or call **718-920-8411**

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