

# Montefiore Update

February 29, 2016 KEEPING ASSOCIATES IN THE KNOW

## Montefiore Celebrates Nutrition Month

March is National Nutrition Month, and Montefiore's To Your Health! Program will be celebrating with numerous fun and engaging events and initiatives intended to encourage associates to develop healthier eating habits. Montefiore has a robust nutrition program, comprised of more than 80 Registered Dietitian Nutritionists spread across the Bronx and Westchester in acute and ambulatory care sites. Montefiore dietitians work in nearly every care specialty, including surgery, critical care, bariatric care, endocrinology, pediatrics, cardiology and oncology, to provide nutritional advice that is crucial in managing a wide range of diseases and conditions.

The Associate Wellness Nutrition program falls under the umbrella of Montefiore's To Your Health! Program, which aims to foster a culture of health and wellness among Montefiore associates. "Our mission is recognizing that Montefiore's most valued asset is a healthy, caring and committed workforce, and that in caring for others, we also need to care for ourselves," says Jessica Shapiro, MS, RD, CDN, CDE, Associate Wellness Dietitian, Community and Population Health. Services available to Montefiore Medical Center associates include: confidential one-on-one nutrition counseling, seminars, weight loss support groups, food demos and nutrition challenges. These services are free of charge.

All full-time associates at legacy campuses are eligible for one free private nutrition consultation per 12 month period with an associate wellness dietitian. Appointments are scheduled at the Moses, Einstein, Wakefield and Yonkers locations, with telephonic consults available to associates unable to make an in-person meeting.

The Associate Wellness program has events planned at select campuses, in conjunction with the Clinical Nutrition Department, Office of Community and Population Health, 1199SEIU, and at Montefiore Medical Group locations around the Bronx and Westchester.

In honor of this year's Nutrition Month theme, "Savor the Flavor of Eating Right," Associate Wellness is hosting taste tests to gauge your ability to identify different spices. Stop by to win healthy prizes and fun giveaways.

**Tuesday, March 8 | CMO in Yonkers**

**Thursday, March 17 | 10:00 am – 3:00 pm - Moses Cafeteria**

**Tuesday, March 22 | 10:00 am – 3:00 pm - Wakefield Cafeteria**

**Wednesday, March 23 | 10:00 am – 3:00 pm - Weiler Cafeteria**

**Thursday, March 31 | 10:00 am – 3:00 pm - Moses Cafeteria**



## Are You Culturally Competent?

Cultural Competency Training provided by the Greater New York Hospital Association and the Continuing Care Leadership Coalition (CCLC) is an opportunity for staff to learn and practice cultural sensitivity skills that will be beneficial in their daily work caring for patients. These training sessions are supported by the New York State Department of Health under its Health Workforce Retraining Initiative.

This full-day session focuses on addressing race, ethnicity, religion, language, disability, sexual identity and end-of-life care in a healthcare setting. All associates who interact with patients, including registration and admitting staff, case managers, nurses, community health workers, patient navigators, dietitians, physical and occupational therapists, transporters, pastoral care staff, social workers and others are encouraged to attend. Continuing education units are available for nursing and social workers.

**Friday, March 18 | 9:30 am – 4:30 pm  
Grand Hall, Moses Campus**

Questions regarding the training can be addressed to Enrique Cepeda at [encepeda@montefiore.org](mailto:encepeda@montefiore.org).

To register for this class, please log in to Talent Management.

For technical assistance, contact [LearningNetwork@montefiore.org](mailto:LearningNetwork@montefiore.org) or 718-920-8787.

## Epic Awareness Kickoff at Moses, CHAM and Wakefield

Starting the week of March 7, there will be Epic Awareness tables at the upcoming inpatient go-live campuses at Moses, CHAM and Wakefield.

Associates should take this opportunity to stop by the Epic Awareness table to learn more about the next go-live. There will be informational materials and giveaways. This is a great opportunity considering Montefiore is six weeks away from Epic Super User training for Moses, CHAM and Wakefield campuses.

**EPIC@Montefiore**

## NEWS

### New Study Finds Interruption of Radiation Therapy Increases Risks of Cancer Recurrence

A recent study by investigators at the Montefiore Einstein Center for Cancer Care (MECCC) and the Albert Einstein Cancer Center has found that cancer patients who miss two or more radiation therapy sessions experience worse outcomes than fully compliant patients. The study, published in the *International Journal of Radiation Oncology Biology Physics*, suggests that this noncompliance to scheduled treatments may represent a new behavioral biomarker for identifying high-risk patients who require additional interventions to achieve optimal care outcomes.

The study evaluated 1,227 patients scheduled for courses of external beam radiation therapy for cancers of the head and neck, breast, lung, cervix, uterus or rectum from 2007 to 2012. Of these, 226 were noncompliant, meaning they missed two or more scheduled radiation therapy appointments. Of the noncompliant patients, 16 percent experienced a recurrence in their cancers, versus a 7 percent recurrence rate for compliant patients.

"This study shows that the health of our patients can improve only when a course of treatment is completed in the prescribed period of time," said Madhur Garg, MD, Clinical Director, Radiation Oncology, MECCC, and Professor, Clinical Radiation Oncology, Einstein. "These findings should serve as a wakeup call to physicians, patients and their caregivers about the critical need to adhere to a recommended treatment schedule."

A previously conducted study indicated a link between lower socioeconomic status and noncompliance. An outcome result of this study will be a closer evaluation of intervention opportunities through patient navigator programs, such as transportation and mood disorder management, with the goal of improving care outcomes and close disparities among vulnerable populations.

### Clinical Trial Spotlight

The Autism and Obsessive-Compulsive Spectrum Program at Montefiore and Albert Einstein College of Medicine is dedicated to finding new and improved treatments for children and adults living with autism.

We currently have opportunities for children and adults to take part in clinical trials for autism treatment.

For more information, contact Bonnie Taylor at [spectrum@montefiore.org](mailto:spectrum@montefiore.org) or by phone at 718-920-2909.

## EVENTS

### Stories from the Heart: Writing on Compassion

This workshop allows participants to reflect and write about their own experiences with compassion and caregiving. Participants are invited to write brief pieces, to share with the group or to keep private for themselves.



**Fridays, March 11, 18, 25 | Noon – 1:00 pm**  
**TLC 5, Moses Campus**

Register at [healingarts@montefiore.org](mailto:healingarts@montefiore.org)

### Creative Arts Therapy Grand Rounds: Art, Music, and Dance/Movement Therapies in Acute Psychiatric Care

Led by Nada Khodlova, LCAT, Rinaldo Morelli, LCAT, and Jenna Hartom, LCAT. This presentation will provide an overview of the Creative Arts Therapy program on Wakefield's Adult Inpatient Psychiatric Unit, as well as detailed case studies in three CAT modalities. CEU credit available.

**Wednesday, March 2 | 12:30 – 1:30 pm**  
**TLC 1, Moses Campus**

Register at [healingarts@montefiore.org](mailto:healingarts@montefiore.org)

### Professional Development Seminar

The Corporate Division of Human Resources is offering a four-day Professional Development Seminar available to all associates designed to provide an effective process to help determine career interests and goals. There is no fee for this course. Space is limited.

**Mondays, March 14, 21 | 10:00 am – Noon**  
**Wednesdays, March 16, 23 | 9:00 am – Noon**  
**Location TBD**

For more information, contact Human Resources at 718-920-8440.

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