

Montefiore Update

April 14, 2014 KEEPING ASSOCIATES IN THE KNOW

New State-of-the-Art MRIs Expand Montefiore's Imaging Services

Montefiore's Department of Radiology has been continuously expanding and upgrading its Magnetic Resonance Imaging (MRI) equipment in order to provide a better imaging experience for patients.

"We've made a major push to significantly expand our MRI capabilities to improve the MRI experience, as well as to provide more availability and shorter appointments," says E. Stephen Amis, Jr., MD, Chair and Professor, Radiology, Montefiore and Einstein.

As indispensable as MRIs have been in providing radiation-free and highly-detailed imaging, many people cannot use them because they can trigger claustrophobia.

Leading the improvements is the addition of less claustrophobic machines, called wide bore MRIs. "The diameter of the hole is 70 percent larger, so there's a lot more space between you and the walls of the tube," says Judah Burns, MD, Medical Director, Montefiore Advanced Imaging at Gun Hill, Montefiore, and Assistant Professor, Radiology, Einstein. "The new scanners are also shorter, so you don't go in as deep." Patients' heads are situated closer to the tube's entrance, allowing them to see more "free space."

The wide bore MRI is currently being recommended to people who are wait-listed for an open MRI, a machine that's not enclosed on all

sides, but has a poorer image quality and other limitations, compared with traditional MRIs. The wait time for an open MRI is more than two months. "We've had a 95 percent success rate in imaging patients who feel that they need an open MRI, but whom we've recommended trying the wide bore," Dr. Burns says.

Montefiore installed its first wide bore MRI at Montefiore Advanced Imaging at Gun Hill in 2012, and plans to install five more throughout the organization. Of those, one more will be installed at Gun Hill, three at the Moses Campus and one at the Hutchinson Metro Center. In addition, the new MRI suites will be designed to create a more relaxing environment, using ambient lighting, softer tones and sky lighting when possible. "All of these factors help patients tolerate the MRI better," says Dr. Burns.

Montefiore has also invested in three High Field Strength MRIs and plans to install four additional machines system wide. These state-of-the-art MRIs use stronger magnets, which speed imaging time and improve the image's detail.

Montefiore also plans to install an Extremity MRI in the Hutchinson Metro Center. Extremity MRIs, used mainly in orthopaedics, are small imaging machines in which a patient can place an arm or leg while comfortably seated in a chair.

Montefiore Participates in 'No Hitting Zone' Program

April is National Child Abuse Prevention Month, and the J.E. and Z.B. Butler Child Advocacy Center, part of The Children's Hospital at Montefiore (CHAM), is implementing a new campaign to encourage healthy parenting.

The "No Hitting Zone" is a national educational initiative designed to reduce the frequency of aggressive behavior and support positive discipline practices.

Research shows that spanking and other forms of physical discipline can pose serious risks to children. Many studies indicate that physical punishment, including spanking and other means of causing pain, can lead to increased aggression, antisocial behavior, physical injury and mental health problems for children.

According to the American Psychological Association (APA), corporal punishment can instill hostility, rage and a sense of powerlessness without reducing the undesirable behavior. While physical discipline has declined since the 1960s, APA surveys show that two-thirds of Americans still approve of spanking their kids.

Modeled after successful public health campaigns such as "No Smoking" and "Buckle Up," the "No Hitting Zone" program was founded in 2005 by Rainbow Babies & Children's Hospital in Cleveland, Ohio. It is a replicable primary prevention program, says Lynn Hamberg, LMSW, MEd, Acting Director, J.E. and Z.B. Butler Child Advocacy Center, Montefiore, capable of reaching many families in the hospital setting through the outreach of trained healthcare associates and the distribution of educational materials to families.

The "No Hitting Zone" project seeks to reduce the frequency of inappropriate discipline practices in a clinical setting by enabling appropriate staff intervention.

The program also strives to promote positive parenting and discipline practices while raising awareness about child abuse and maltreatment prevention as a public health issue.

The project is currently being piloted by Montefiore Medical Group's Comprehensive Family Care Center, Family Care Center and Comprehensive Health Care Center.

"We look forward to driving this program forward, ensuring a healthy, safe clinical setting for children and their families, and breaking the cycle of violence," Ms. Hamberg says.



As part of Montefiore's Epic "Discovery" kick-off, Montefiore directors, clinicians and managers filed into a packed Cherkasky Auditorium last month to hear about the scope, process and timeline for Epic, Montefiore's new electronic medical record system. Andrew D. Racine, MD, Senior Vice President and Chief Medical Officer, Montefiore, and Executive Director, Montefiore Medical Group, delivered the opening remarks. Dr. Racine emphasized the importance of individual and collective ownership of Epic for its successful implementation at Montefiore. To learn more about Epic, visit the intranet.

Epic

Montefiore Recognized as One of Nation's Top Healthcare Facilities

Becker's Hospital Review, a leading healthcare publication, recently named Montefiore as one of the "100 Great Hospitals in America" for its 2014 list. The magazine stated that Montefiore has demonstrated "an unwavering dedication to the well-being of the Bronx." Further, "The system—the largest employer in the borough—works with community partners at every level, from neighborhood health fairs to the New York City Department of Health and Mental Hygiene." For more information, visit www.beckershospitalreview.com.

Investigators Featured at Esteemed Cardiology Meeting

Montefiore and Einstein investigators recently presented findings from 27 studies at the American College of Cardiology's 63rd Annual Scientific Session, held March 29–31, in Washington, D.C.

Montefiore and Einstein faculty panelists and session moderators included Robert Pass, MD, Director, Pediatric Cardiac Electrophysiology and Pediatric Cardiac Catheterization Laboratory, The Children's Hospital at Montefiore (CHAM), and Associate Professor, Pediatrics, Einstein. He discussed the use of implantable defibrillators in children.

"The robust data from these studies encompass research that could potentially lead to improved mechanisms for treating life-threatening ailments," says Mario J. Garcia, MD, Chief, Division of Cardiology, Montefiore and Einstein, and Co-Director, Montefiore Einstein Center for Heart and Vascular Care. "These data highlight our commitment to conducting research that can impact the way we treat cardiovascular disease."

"Montefiore's goal is to offer patients the most comprehensive and cutting-edge care available," says Robert Michler, MD, Surgeon-in-Chief and Chairman, Surgery and Cardiovascular and Thoracic Surgery, Montefiore, and Professor, Cardiovascular and Thoracic Surgery, Einstein. "This is made possible by a remarkable team of specialists and researchers at Montefiore and Einstein who use knowledge to drive innovation. We are proud to join the cardiology community-at-large in sharing our findings and helping to improve patient care and outcomes."

Montefiore Mount Vernon Stays Cool with New Chillers

Montefiore replaced the air conditioning system at Montefiore Mount Vernon Hospital in early April. The project, costing an estimated \$900,000, included the installation of two new chiller units, along with large piping, new control systems and cooling tower cells. One of the old chiller units, installed in 1994, was no longer working and the other would malfunction under the added stress of doing the job of two.

The new chillers, weighing approximately 18,000 pounds, were hoisted by a crane and placed into a sub-basement mechanical room at the hospital. The investment in infrastructure is important to maintaining Montefiore's high quality of care and prioritizing the importance of the comfort of patients and associates. "I will definitely be able to sleep better at night from June to September, not worrying about the air conditioning at the hospital," says Nicholas D'Addesio, Director of Operations, Montefiore Mount Vernon.



Montefiore Mount Vernon recently installed new chillers.

The State of Hispanic Health

The NIH has released a report on the Hispanic Community Health Study/Study of Latinos (HCHS/SOL), the largest health study of the Hispanic/Latino population in the United States, for which Einstein is a study site. This SOL Data Book highlights health issues needing greater attention.

To request a copy, please contact Sara Gonzalez at sara.gonzalez@einstein.yu.edu.

EVENTS

Jazz at Noon

Wednesday, April 23 | Noon–2:00 pm
Moses Campus, East Garden

Relax to the sounds of The Christine Burlingame Trio while raising awareness of child abuse prevention. Associates from the J.E. and Z.B. Butler Child Advocacy Center, part of The Children's Hospital at Montefiore (CHAM), will present educational literature on child abuse, in conjunction with April's National Child Abuse Prevention Month.

📍 Lynn Hamberg at 718-920-5833 or lyhamber@montefiore.org

Blood Drive

Tuesday, April 29 | Noon–6:00 pm
1825 Eastchester Road, Bus Mobile

Please bring identification with photo or signature.

📍 New York Blood Center at 1-800-688-0900

Latin Flair

Wednesday, May 7 | 5:00–8:00 pm
Moses Campus, West Garden

Experience the richness of Latin culture and cuisine while supporting Montefiore. Tickets are \$30 per person. Supply is limited. Proceeds support the Reassessment and Evaluation After Cancer Treatment (REACT) program at CHAM. To purchase tickets, visit www.montefiore.org/latinflair.

📍 Megan L. Cerezo at 718-920-2959 or mcerezo@montefiore.org

SITES TO SEE

The Montefiore Headache Center | <http://www.montefiore.org/headache-center>

Migraine, tension-type headache, cluster headache—no matter what type, they can be debilitating. The Montefiore Headache Center can help. A leader in the field, the Montefiore Headache Center is the world's first center focused exclusively on the diagnosis and treatment of headache disorders and/or facial pain in adults and adolescents.

Clinical Trials and Research Database | <http://www.montefiore.org/clinicaltrials>

At the heart of Montefiore's pioneering research initiatives is its unique partnership with Albert Einstein College of Medicine. Montefiore researchers are involved in nearly 500 clinical trials and research studies to evaluate the effectiveness and safety of innovative treatments and diagnostics. Our database makes it easy to search for Montefiore studies by either keyword (including researchers' names) or disease/condition.

