

BEACON WELCOMES

Paul Liu, JD, MD

Gynecologic Oncologist



Spring 2017

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QUARTERLY

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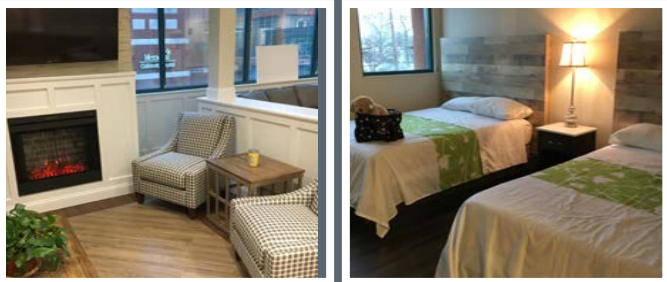
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The new Ronald McDonald House opened in February in the Skyway Building across from Memorial Hospital. The 15,000-square-foot facility spans two floors and includes 20 private bedrooms, a large kitchen and pantry, cozy gathering spaces, laundry facilities and more.



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Physician Quarterly

is published by Beacon Health System to connect and educate physicians and health care professionals in support of clinical integration, graceful patient transitions and improved quality and safety.

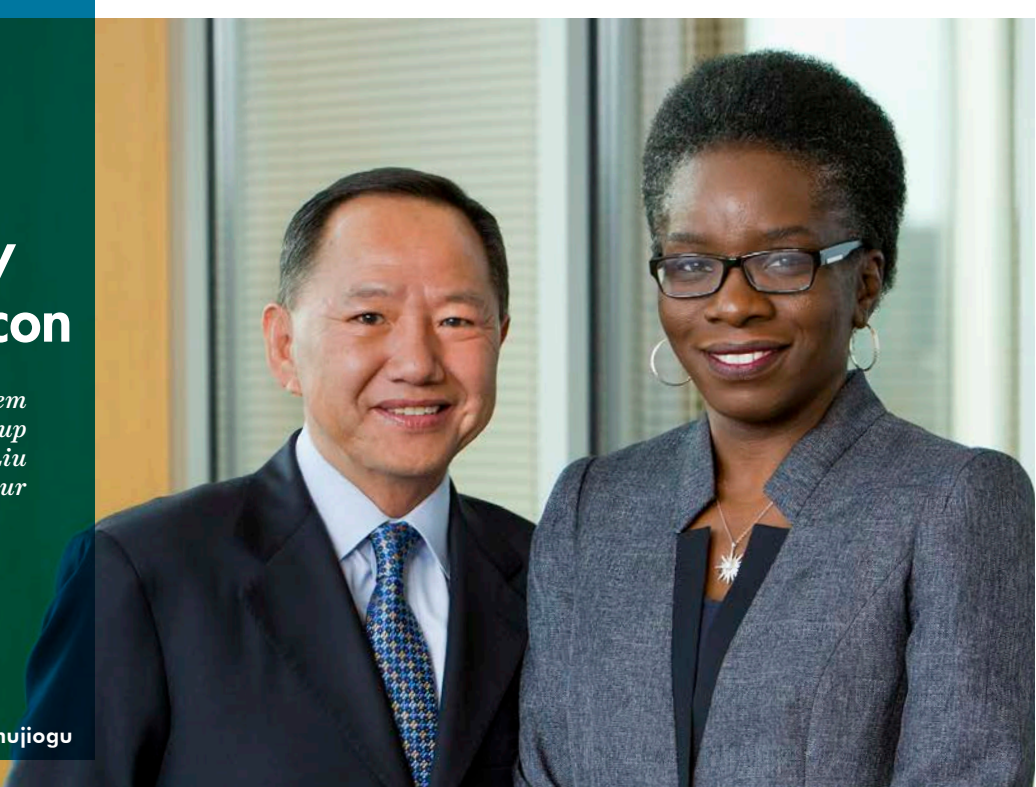
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Do you have a story idea? Contact us at
Lbailey2@BeaconHealthSystem.org or
call 574.647.3008.

Physician Spotlight: Gynecologic Oncology Team Expands at Beacon

In late February, Paul Liu, JD, MD, joined Nonyem Onujiogu, MD, in practice at Beacon Medical Group Gynecologic Oncology. The addition of Dr. Liu enhances a team approach for helping women in our community facing a diagnosis of cancer.

Dr. Liu (L) and Dr. Onujiogu



Making a Path

Dr. Liu’s path to becoming a doctor wasn’t exactly a straight one — or an easy one, for that matter.

His parents left China to escape Communist rule under Mao Tse-tung. Their journey to reach America took 15 years, a circuitous route that took them to Taiwan — where Dr. Liu was born — and Brazil.

But once on American soil, being a teenager who didn’t know any English or the American culture put him at a steep disadvantage.

“So, I go to high school. We’re poor. Living in Brooklyn. I’m in fights every day, mugged just about every day. I see the kids coming, and I just take out a dollar and give it to them. ‘Here, you don’t have to beat me up today.’”

These experiences, however, only strengthened his character.

“I had an inner drive to always be the best that I could be,” Dr. Liu explains. Bolstered by his parents’ belief in the power and importance of education, he worked hard. He changed his route to school to avoid getting mugged. And keeping a good sense of humor didn’t hurt him, either.

“My girlfriend in high school was Merriam. Merriam-Webster,” he quips.

His determination and fortitude paid off: After graduating from high school, he was accepted at Cornell University. Then, still wanting to accomplish more, he earned a JD from Rutgers University School of Law.

From Lawyer to Doctor

Dr. Liu became a trial attorney. It didn’t take long, however, for him to realize that spending his time on corporate litigation left him feeling empty.

“So, at some point during my four-year tenure as an attorney, I decided that I could accomplish more good and make the world a better place in a slightly different capacity.”

He enrolled in medical school at the Chicago Medical School. He completed his residency at Columbia University/Presbyterian Medical Center followed by a Galloway fellowship at Memorial Sloan Kettering and the University of Pennsylvania Medical Center.

“As a medical student, I had the honor to do a rotation at Memorial Sloan Kettering in Manhattan. I was fortunate to have had wonderful mentors in the specialty of gynecologic oncology who directed me in that particular field,” he explains. “Today, 22 years later and after almost 5,000 operations, I feel that I have done some good.”

Before joining Beacon, Dr. Liu most recently served as director of gynecologic oncology at Nassau University Medical Center in New York. Extensively published in his field and a trailblazer in gene therapy research for advanced stage ovarian cancer, Dr. Liu also enjoys teaching medical students.

“As a physician, I believe that I have two missions,” Dr. Liu explains. “One mission is as a healer and one mission is as a teacher.”

Best Practices

Working alongside Dr. Onujiogu, Dr. Liu describes their partnership as one in which they see eye-to-eye: “Our singular mission is to provide gynecological oncology services with the highest quality and the highest level of compassion.”

His commitment to his patients is palpable as he describes asking God to always guide his care. He gives patients his personal cell phone number, knowing that doing so can provide comfort to them. Empowering patients through clear communication is a hallmark of Dr. Liu’s care.

“They know what’s going on and it gives them a sense of power, that they are in control,” he explains. “Oftentimes when people get sick, they get frustrated and anxious because they’ve lost control of the situation. This has a vicious, negative impact on their state of mind. If they are depressed, that impacts negatively on their immune system. The immune system needs to be strong to help fend off the cancer cells.”

Individualized Care - Always

In 2006, in the first case of its kind in the United States, Dr. Liu assisted a patient with epithelial ovarian cancer achieve motherhood following cancer treatment. The groundbreaking case, featured by the Discovery Channel and *Good Housekeeping* magazine, epitomizes Dr. Liu’s holistic and individualized approach to patient care.

The patient had a large mass in her pelvis suspected to be ovarian cancer. Before performing surgery, Dr. Liu presented her with two scenarios: The cancer was advanced stage, requiring the removal of all visible cancer on the reproductive organs and all likelihood of achieving pregnancy. Or, the cancer was limited, allowing for Dr. Liu to keep some of her reproductive organs intact and the discussion about the goal of motherhood open.

Fortunately, the patient’s situation was the latter scenario; Dr. Liu was able to preserve her uterus and one of her ovaries. However, the cancer was an aggressive type that required chemotherapy. Because the chemotherapy had the potential of rendering her infertile, the patient opted to have some eggs retrieved and fertilized prior to the start of the six-month treatment. The embryos remained frozen for two years as Dr. Liu monitored the woman’s condition. After the surveillance period, two of the embryos implanted and the woman carried the twins to term. Following a C-section delivery, Dr. Liu performed a hysterectomy and removed the remaining ovary.

“Today, the mother is doing well and the twins — a boy and a girl — are 11 years old,” says Dr. Liu.

“I always intend to provide the highest quality of care to my patients,” he adds. “And if it requires strategies and treatment plans that are outside of the box, we will always consider them.”

“My goal at Beacon Health System is to continue the culture of delivering the highest quality of care possible with love, compassion and hope.”

Paul C. Liu, JD, MD Gynecologic Oncology

Beacon Medical Group Gynecologic Oncology
Memorial Regional Cancer Center

Office

100 Navarre Place, Suite 4470
South Bend, Indiana
574.647.4230

Board-certified

Obstetrics & Gynecology

Education

Undergraduate: Cornell University
Law School: Rutgers University School of Law
Medical School: University of Health Sciences
Chicago Medical School
Residency: Columbia University/Presbyterian Medical Center
Fellowships: Memorial Sloan Kettering and the
University of Pennsylvania Medical Center

Languages spoken

English, Chinese, Portuguese and Spanish

BETTER TOGETHER



MAYO CLINIC

CareNetwork Member

eConsult reassures Beacon patient

“Whenever we can tell a patient who was initially diagnosed with cancer that they do not have cancer, it is amazing.”

— Javed Malik, DO



Jackie DeNova and Dr. Malik

Beacon Health System’s membership in the Mayo Clinic Care Network strengthens how our physicians provide some of the most advanced care in the nation, right here in Michiana.

Access to Mayo Clinic resources complement the expertise of our physicians. This shared knowledge and collaboration gives patients additional peace of mind and can help them avoid unnecessary travel and inconvenience.

Between May and December 2016, Beacon Health System’s collaboration with Mayo Clinic through the Mayo Clinic Care Network included the use of eConsults. Each eConsult request is scheduled with a Mayo specialist and contains a specific question and a request for a review of relevant patient records, including imaging studies and laboratory tests. This review and response are offered at no additional cost to the patient and become part of the patient’s EMR. While Beacon can streamline a referral to Mayo Clinic if the health care team determines it will be helpful, resources like eConsults help keep more care close to home.

Specialty	eConsults	Referrals	Total Number of Patients
Oncology	42	1	43
Neurology	30	2	32
Radiation Oncology	17		17
Rheumatology	15	1	16
Cardiovascular Diseases	12		12
Hematology	9		9
Dermatology	6	1	7
Neurosurgery	6		6
Infectious Diseases	5		5
Orthopedics	4	1	5
Pulmonary Medicine	4	1	5
Gastro & Hepatology	3	1	4
Otorhinolaryngology	4		4
Urology	4		4
Vascular Surgery	4		4
Radiology	3		3
Nephrology & Hypertension	2		2
Spine Center	2		2
Allergy		1	1
General Internal Medicine	1		1
Gynecologic Surgery	1		1
Gynecologic	1		1
Medical Genetics	1		1
Ophthalmology	1		1
Pediatrics	1		1
Total	178	9	187

Accessing Mayo Clinic Care Network Resources

Visit Beacon Health System’s intranet home page or Cerner for more information and quick links to Mayo Clinic Care Network resources. You can also contact:

Alicia Dombkowski, director, Clinical Research
ADombkowski@BeaconHealthSystem.org
574.286.9994

Victoria Moon, Beacon Health eConsult coordinator
VMoon@BeaconHealthSystem.org
574.647.7370

Beacon Medical Group Physicians

All Beacon Medical Group physicians have access to the following services provided as part of the Mayo Clinic Care Network: AskMayoExpert, Grand Rounds, Health Care Consulting, Patient Education and eTumor Boards.

All BMG specialists have access to eConsults.

Contracted Physicians

All physicians who have a contract with Beacon Health System have access to AskMayoExpert, Grand Rounds, Health Care Consulting, Patient Education and eTumor Boards.

All specialists who have a contract with Beacon Health System have access to eConsults.

Non-Employed Non-Contracted Credentialed Physicians

Non-employed non-contracted physicians who are credentialed at either Elkhart General Hospital or Memorial Hospital have access to the following services while caring for patients who are admitted to Elkhart General Hospital or Memorial Hospital: AskMayoExpert, Grand Rounds and Patient Education.

Non-employed non-contracted credentialed specialty physicians have access to eConsults based upon the following criteria:

- The case is shared with a BMG provider.
- BMG does not have an employed physician in that specialty.

If BMG has an employed physician in that specialty the patient will need to be referred to the BMG specialist for the eConsult.

- The BMG specialist’s medical director can waive the need for the second opinion and grant the non-employed non-contracted credentialed physician access to eConsults on a case-by-case basis.

Elkhart native Jackie DeNova Vite remembers the first time she suffered a collapsed lung.

As a 17-year-old Elkhart athlete playing forward for the Concord High School girls’ soccer team, she collided with another player going for the ball during a game and she took a hard fall to the ground.

When Jackie sat down on the school bus afterward, she felt a sharp pain on her right side.

She found herself having to inhale deeply to breathe, but she didn’t think anything was wrong. That is, until practice the following week when her coach told her she needed to see a doctor.

“I couldn’t catch my breath, so he convinced me to get it checked out,” she said.

Tests and X-rays determined Jackie had pneumothorax, or a collapsed right lung.

Following treatment, Jackie didn’t experience any problems again until mid-October.

She woke up one morning and felt a familiar sharp chest pain on her right side and some shortness of breath. Only this time, there hadn’t been a traumatic event preceding it.

“Nothing had happened. But when I would bend down, I literally felt my lung just slap my ribs,” she said. “I couldn’t believe it, but it happened before and I knew how it felt, so I went to the doctor.”

Jackie underwent a series of tests that led to a potential diagnosis of spindle-cell neoplasm, a slow-growing malignant tumor found in connective tissue. She was referred to Memorial Regional Cancer Center.

“I was in shock,” said Jackie, who is now 21.

Because of its uniqueness, the case was brought to **Dr. Javed Malik**, Beacon Medical Group oncologist, and to the multidisciplinary tumor board. This

local board brings numerous specialists – pathologists, interventional and diagnostic radiologists, and medical and radiation oncologists – around the table to weigh in on complex cases.

“Hers was a very unusual case, since spindle cell is a rare type of lung malignancy,” Dr. Malik said.

Less than one percent of all lung malignancies turn out to be spindle cell.

“It was especially unusual to see this type of condition for a 21-year-old who had no real predisposing history,” he added.

After discussing the case, the tumor board decided to request a second opinion from specialists at Mayo Clinic.

As a member of the Mayo Clinic Care Network, Beacon physicians can consult with Mayo Clinic specialists on tough cases – keeping patients close to home for their care.

“We’ve had great success with eConsults for other patients, especially very unusual or complicated cases like hers,” Dr. Malik said. “Based on statistics alone, it was very unusual, so it warranted a second opinion from Mayo Clinic.”

Mayo Clinic’s review of Jackie’s records confirmed that Jackie had suffered more of a thromboembolic event, which could be a blood clotting disorder and something benign, Dr. Malik said.

Jackie did not have spindle-cell neoplasm.

She did not have cancer.

“Whenever we can tell a patient who was initially diagnosed with cancer that they do not have cancer, it is amazing. Especially for her, being such a young patient, not to have to deal with this,” Dr. Malik said.

“We rely on everybody’s specialties, but sometimes with unusual cases it’s difficult to make a 100 percent concrete decision

on a diagnosis, especially with ambiguous cases. Sometimes you need another specialist to look at a case,” he added.

Jackie will have more testing with the pulmonologist.

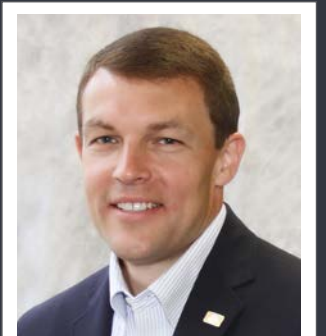
“We are looking at other avenues of what else could have been an underlying cause. But there is no evidence of cancer,” Dr. Malik said.

Jackie still suffers some neurogenic pain on her right side. And without a doubt, she looks forward to the day she finds out what caused her lung to collapse not once, but twice.

But now she feels peace of mind.

“I don’t have cancer,” she said. “That’s a big-time relief.”

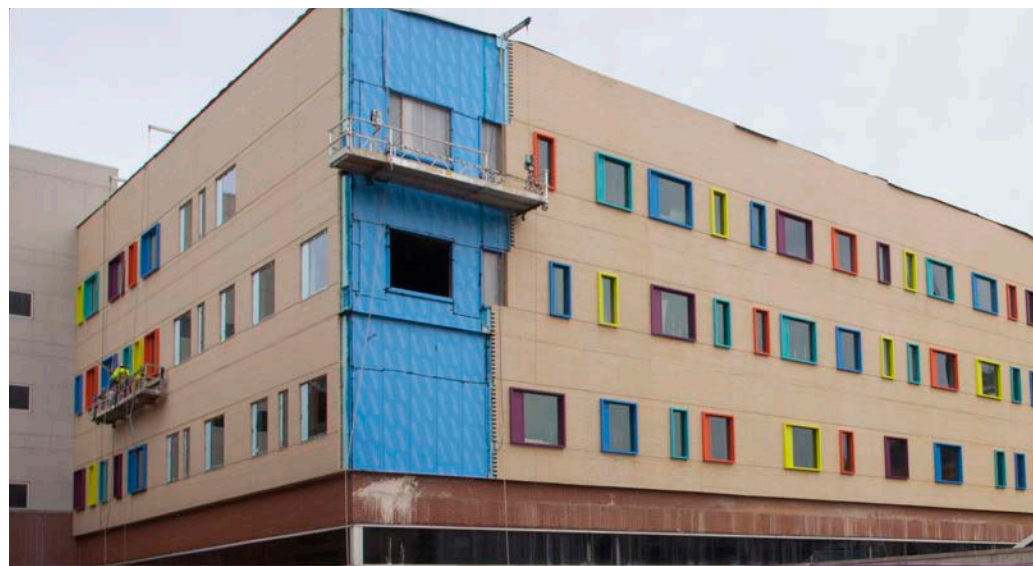
Dale Patterson, MD, to lead Beacon efforts with MCCN



Dr. Dale Patterson, has assumed the role of executive and physician leader for Beacon’s membership in the Mayo Clinic Care Network (MCCN). In this role, Dr. Patterson is responsible for guiding, advising and promoting the MCCN relationship among the medical staff members of Beacon Health System.

Beacon Children's Hospital set to open

New hospital designed for 21st century pediatric medicine



In May, Beacon Children's Hospital will open, welcoming families and providing children with exceptional medical care and advanced technology in the most comfortable environment possible.

"Every inch of the new facility was carefully thought through by our staff," says Kreg Gruber, Chief Operating Officer of Beacon Health System. "With patients and families at the center of all we do, each new space was designed to provide the safest and most comfortable environment, which provides the best possible service to families and children."

The \$47 million, 100,000-square-foot expansion project includes an investment of nearly \$12 million from generous benefactors from around our region. Beacon Health Foundation continues to encourage and thank the community for ongoing, much-needed support.

Pediatric specialists, subspecialists and clinical staff will care for infants, children, adolescents and teens, representing families from 15 counties in northern Indiana and southwestern Michigan. Beacon Children's also receives patient transfers from 31 referring hospitals and medical centers.

"Most people don't realize just how important these services are until they need this level of care themselves," adds Gruber. "All you have to do is talk to one of the children or families who have received this life-saving and life-changing care and you'll understand how much our entire region benefits from having a world-class children's hospital right here in our community."

The new facility will support Beacon's teams in providing coordinated and connected care for our patients and their families.

- Beacon Children's Hospital is one of the first hospitals in the country to offer Newborn Intensive Care Unit rooms in which babies born as early as 22 weeks of gestation and their moms can receive care together in one room immediately after delivery and throughout their hospital stay.
- Every pediatric room is private and spacious for families to remain with their child during their stay. This is now the standard of care in the top children's hospitals in the country because private rooms translate into shorter hospital stays, lower costs and less stress for children and families.
- Each patient room at Beacon Children's Hospital is specially designed to adapt to the child's changing condition. Rather than transferring rooms, patients remain in the same room with the same care team throughout their stay.
- Former patients and families helped design and plan playrooms, teen hideout, family lounge and gathering areas, which provide a comforting respite away from the clinical spaces.



Beacon Children's Hospital open house opportunities

Monday, May 1
7 a.m. to 7 p.m.

Tuesday, May 2
10 a.m. to 2 p.m.

Giving opportunities

Online gifts may be made at
[BeaconHealthSystem.org/
Foundation/Give-Now](http://BeaconHealthSystem.org/Foundation/Give-Now)

For more information about additional giving opportunities, please contact:

Beacon Health Foundation
574.524.GIVE
GIVE@BeaconHealthSystem.org



TAKING THE LEAP

Workflow model bends time for more hands-on patient care

Submitted by **Michelle Howe, MD**
Beacon Medical Group Elkhart East
Member, Beacon Medical Group Physician Governance Council



Dr. Howe (L) and Megan Stults

If you happen to be in one of our Beacon Medical Group (BMG) primary care offices you might notice some differences in the workflow. The person who rooms you may also be in the room as the provider is examining you. That is because that office has implemented our Beacon Leapfrog program.

BMG leaders first heard about "leapfrog" in Seattle, Washington, during a Group Practice Improvement Network (GPIN) conference. It was a workflow design in which two rooming staff "leapfrog" the room turnover.

Since there is no "leapfrog" training facility or "box" program, we designed our own. With the help of Megan Stults, LPN, I have designed a program and we have trained staff. Over time, we have modified some of the material based on feedback we have received, but the overall tenor is the same as described during the Seattle conference.

Some may think that this is a scribe program, but there are major differences: Scribes do not room patients, cannot place orders, send prescriptions, or place referrals on behalf of the physician.

The cornerstone to our Leapfrog program is what we term a chart preparation. It asks that the staff become more involved with the patient who is coming in for his or her appointment. Staff members have a chance to review what quality or health maintenance items that the patient may need and pull records from recent hospitalizations to improve efficiency during the visit.

With the description alone, one can imagine that providers have the opportunity to return to what they were trained to do - care for the patient, listen to the patient, look at the patient. They can ask questions while touching the patient, not feeling the anxiety of having to get back on those computer keys to order the prescription they just discussed. Patients enjoy the "face-to-face" time with their providers. In addition, patients have a feedback loop closed by having the rooming staff give them

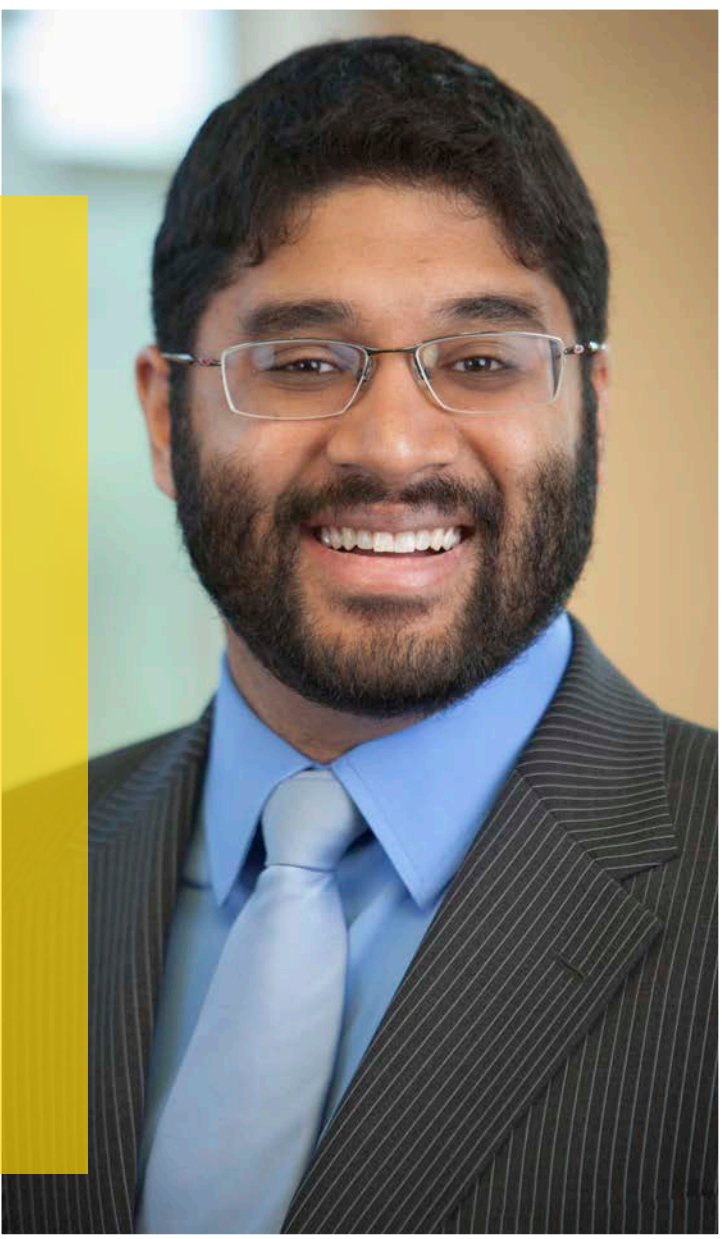
Here's how it works:

The first staff member rooms a patient, lets the provider know the patient is ready, then stays in the room with the provider in order to transcribe the visit. After the visit, the physician leaves to go to the next room.

While the physician is in the second room, the first rooming staff member completes the dictated orders, schedules the follow-up, and gives the education to the patient as previously directed by the provider. Ideally, this all happens prior to the patient leaving the office.

their appointments, confirm the instructions from the provider, and hand them the list of their new medications. The rooming staff feels a new sense of being an integral part of the health care team. I had one staff member who developed a health maintenance report that she hands out to patients coming in for physicals. Currently, we have about 50 percent of our Beacon Medical Group primary

care offices using this program and anticipate that the rest will be trained as soon as staffing is adequate. To date we have been measuring the success of the program by seeing an increase in patient satisfaction, wellness visits, coding accuracy and efficiency.



SPECIALTY SPOTLIGHT:

Relief from Chronic Back and Neck Pain

“It’s great to see people who thought they couldn’t be fixed or couldn’t be helped doing better.

- Abhishek Das, MD

”

Facet Joint Ablation Improves Function and Comfort

To relieve chronic back and neck pain so people can work, function, and stay off opioids is a driving goal for Beacon Medical Group pain management specialist Abhishek Das, MD. He is diagnosing facet joint pain with medial nerve branch blocks and subsequently performing radiofrequency ablation (RFA) — rhizotomy — along the facet joints of vertebrae to provide patients with longer lasting pain relief.

RFA results have been excellent for patients who have failed other treatments, reports Dr. Das, who is fellowship trained and board certified in pain management.

Candidates for Facet Joint RFA

Most candidates for facet joint RFA are age 50 or older and have arthritis of the joints along the lumbar or cervical spine. They’ve typically tried and failed conservative treatments such as heat, nonsteroidal anti-inflammatory medications, and physical therapy. Many are on opioids and have had pain for many years.

Indications for RFA include:

- Axial low back pain (80 to 90 percent of cases)
- Axial neck pain
- Cervicogenic headaches, which can result from whiplash or other traumatic injuries
- Sacroiliac joint pain without prolonged relief from intra-articular steroid injections

This procedure is usually covered by insurance companies if patients have failed conservative management.

How It Works

The diagnostic process begins during the physical examination as extension and rotation of the spine will typically reproduce patients’ pain. Next, Dr. Das will perform diagnostic blocks using fluoroscopy to confirm the diagnosis of spondylosis/facet arthropathy in a procedure room.

“The nerve block relieves pain for about four to six hours but helps us decide who will benefit from a more long-term solution with ablation,” Dr. Das explains.

“I inject a local anesthetic along the small medial nerve branches that supply a specific facet joint. Each specific joint is supplied by two nerve branches. The most commonly affected joints of the low back are L5-S1 as these are at the base of the spine,” Dr. Das says. For neck pain, it is a similar process, but along the cervical spine.

If the patient experiences significant pain relief immediately following the first diagnostic block, Dr. Das will repeat the diagnostic block a second time to increase the diagnostic accuracy of the pain’s etiology.

Once confirmed, he performs a 45-minute RFA procedure by inserting probes under fluoroscopy along the appropriate medial nerve branches for specific facet joints. Once the probes are in place, he performs both sensory and motor testing to ensure that the probes are not too close to the spinal nerves as these supply the strength and sensation to their extremities. After administering

a local anesthetic, Dr. Das then utilizes radiofrequency, which heats the tip of the probe to ablate the nerves in order to interrupt pain signal transmission to the brain. The procedure preserves normal sensation and muscle strength of the extremities.

If the patient is experiencing pain along both sides of their spine, then the procedure can be repeated on the opposite side.

Most patients feel some relief within a couple of days, and it typically takes four to six weeks to experience the maximum benefit.

Pain relief usually lasts one to two years, which is how long it takes for the nerves to grow back and another ablation is needed. Dr. Das says the procedure can be performed multiple times on the same patient.

Results

RFA significantly relieves pain for about 95 percent of his patients, Dr. Das says.

“It’s great to see people who thought they couldn’t be fixed or couldn’t be helped doing better,” Dr. Das comments. Many of his patients have stopped taking opioids, and some no longer use a cane.

He continues, “There’s no recovery time or physical restrictions after RFA. We encourage patients to do a home exercise program five days a week to strengthen core and back muscles in an effort to prolong the positive effects of the procedures.”



95% of patients experienced significant relief

REFERRALS

Dr. Das recently joined Beacon Medical Group and is partners with pain management specialist Ben Baccus, MD, at a new practice location: Beacon Medical Group Specialties Mishawaka, 5324 Lincolnway East, Mishawaka, IN 46544. To make a referral to either physician, please call 574.256.9032 or fax 574.256.9049.

In addition, Dr. Das is also seeing patients at North Central Neurosurgery in South Bend, 100 Navarre Place, Suite 6600, South Bend, IN 46601.

To make a referral for this location, please call 574.647.8800 or fax 574.232.2064. For more information about the practice’s services and areas of expertise, visit BeaconHealthSystem.org/Beacon-Medical-Group.

SHAPING THE FUTURE OF MEDICINE

Clinical research studies abound at Beacon Medical Group

Submitted by **Janice Popovich, MBA**
Clinical Research Office Supervisor
Beacon Medical Group Clinical Research

Clinical research is the impetus for all medical advances including new drugs, surgical procedures, devices and add-on care for established medical treatments. Beacon Medical Group's involvement in clinical trials by its physicians and staff connects our local community with global research efforts. Beacon Medical Group currently has two enrolling and three upcoming research studies.

ENROLLING RESEARCH STUDIES

- The CARTO® trial, a Multi-Center Registry of Low Fluoroscopy Atrial Fibrillation Ablation Using Electroanatomic Mapping, is being conducted by **Raman Mitra, MD**. The purpose of the study is to assess the ability to reduce or eliminate exposure to radiation and its attendant risk to patients and staff.
- The second actively enrolling trial is the Transcranial Magnetic Stimulation (TMS) study under the oversight of **Ahmed Elmaadawi, MD**, and **Jagadeesh Reddy, MD, MPH, FAAP**. The TMS study is investigating a non-drug therapy for patients between the ages of 12 to 21. This treatment is currently FDA-approved for adults.

Physicians conducting clinical research trials at Beacon Medical Group are assisted by our two experienced research nurses: **Toni Riehm, RN**, and **Deborah Borkowski, RN**. If you have questions about the above studies, you may contact the physicians directly or you may contact **Toni Riehm** at 574.647.6584 or **Deborah Borkowski** at 574.647.1593.

UPCOMING RESEARCH STUDIES

Three new clinical trials will open soon to enrollment.

- The Heart Failure Optimization Study is being conducted by **John Kobayashi, MD**, as principal investigator, and **Szabolcs Szabo, MD**, **Vinod Chauhan, MD**, and **Daniel Tom, FNP-BC**, as sub-investigators. This prospective observational study is of newly diagnosed heart failure (HF) patients to test the hypothesis that additional ejection fraction (EF) recovery occurs between 90 and 180 days as guideline-directed medical therapy is achieved. The pre-study registry phase begins with patients at the start of wearable cardioverter defibrillator (WCD) use. Those patients eligible for the study will enter the study at day 90. During this time, information will be gathered on improvement of EF with medical therapy, WCD use, sudden cardiac arrest event rates and outcomes with this select group thought to be at high risk for sudden cardiac death.
- The Pfizer SOAR study is under the direction of **Mary Ann Domingo, MD**, as principal investigator and **Natalie Sessions, DO**, as sub-investigator. The study objective is to compare the efficacy of tofacitinib MR 11 mg monotherapy to tofacitinib MR 11 mg with continued methotrexate use.
- The Amgen SEAM study is also under the direction of **Dr. Domingo** as principal investigator with **Dr. Sessions** as the sub-investigator. The objective is to evaluate the efficacy of etanercept monotherapy compared to methotrexate monotherapy on maintenance of remission in subjects with rheumatoid arthritis who were on etanercept plus methotrexate therapy.

INTRODUCING



BEACON™

PHYSICIAN LEADERSHIP ACADEMY

Beacon Academy provides career leadership development and Innovation curriculum opportunities for Beacon Health System associates as well as partner organizations throughout our community.

This year, Beacon Academy is introducing a development curriculum aimed toward physician leaders across the system. The Beacon Physician Leadership Academy provides physicians with the opportunity to enhance and develop their leadership skills through a curriculum designed specifically for the unique roles of our physician leaders who serve Beacon as department, committee and practice leaders. The curriculum is applicable to physicians currently serving in leadership roles, as well as those whose development path will likely position them for leadership roles in the future.

Participants and Structure

Cohort groups, meeting in 10 successive sessions held monthly for two hours at Pfeil Innovation Center and Elkhart General Hospital, began in March and run through December. There is minimal time investment needed between sessions.

Aligned to Beacon Academy's development model of Lead Yourself, Lead Others, and Lead the Organization, the curriculum utilizes assessments, facilitator-led training, and group-based learning to provide participants better understanding of their unique leadership characteristics and style, how to leverage their strengths and development opportunities to effectively lead and empower others, and develop system-level thinking.

Curriculum Design and Course Outline

The Physician Leadership Academy is a grouped collection of courses that are offered in succession and not as individual courses.

Getting Enrolled

If you'd like to reserve a spot in a future cohort, simply email **Patty Tomaszewski** at ptomaszewski@BeaconHealthSystem.org.

For community physicians, partners and organizations

Beacon Academy staff can facilitate curricula to groups either on-site at Pfeil Innovation Center or at your location. For more information about how Beacon Academy can tailor curricula specific to you or your organization's needs, contact **Patty Tomaszewski** at 574.647.7901 or PTomaszewski@BeaconHealthSystem.org.

Continuing Education

Beacon Academy is exploring the possibility for physicians to receive CME credits for course participation. Additional information will be forthcoming as details are received.

Additional Information

Have specific questions? For additional information on the Physician Leadership Academy, contact **Chad Hartzell**, at CHartzell@BeaconHealthSystem.org.

Beacon Academy Online offers flexible, convenient learning

Beacon Medical Group physicians may choose from among more than 40 self-directed, on-demand, online learning modules through Beacon Academy Online. Find Beacon Academy Online in NetLearning on the Beacon intranet to review descriptions, preview and launch these interactive and engaging courses.



“As we continue to expand the curriculum offerings for Beacon Academy, it is important to provide personal and professional development relevant to all Beacon associates. Our physicians often play a leadership role as medical directors, committee leaders and in community organizations. The expansion to include the Physician Leadership Academy curriculum provides a great opportunity to enhance and develop their leadership competencies.”

- Chad Hartzell, executive director, Talent & Organizational Development, Beacon Health System

BEACON *Bulletin*

KUDOS

Tom Cassady Jr., Indiana Division President of The Horton Group, was appointed to the Indiana Hospital Association's Board of Directors. A 30-year veteran of the insurance industry, Cassady has served on numerous community boards and is currently on the Beacon Health System Board of Directors. He has served as chair of the boards of Memorial Hospital, Memorial Health Foundation, Holy Cross Village at Notre Dame and the United Way of St. Joseph County.

Dermatologic Surgery, the journal of the American Society for Dermatologic Surgery, published an article in its February 2017 issue co-authored by Beacon Medical Group dermatologist **Luiz Pantalena, MD, PhD**, and **Jeremy Bordeaux, MD, MPH, FAAD**, of the Department of Dermatology, University Hospitals Case Medical Center, Case Western University in Cleveland. "Reconstruction of a Multi-Subunit Defect on the Lip, Nose, and Cheek" details the reconstructive care for a patient following three stages of Mohs micrographic surgery to remove a basal cell carcinoma.

Cardiothoracic surgeon **Stephen Dickson, MD**, Beacon Medical Group Cardiothoracic Surgery Elkhart, and cardiologist **Troy Weirick, MD**, Beacon Medical Group Advanced Cardiovascular Specialists Riverpointe, participated in a panel discussion during the 2017 Go Red for Women Elkhart County fundraising event for the Michiana Chapter of the American Heart Association in February. The annual event raises awareness about heart disease and stroke among women and provides health screenings and information for attendees.

In March, through the American Board of Psychiatry and Neurology and sponsored by the American Institute for Brain Stimulation, Beacon Medical Group psychiatrist **Ahmed Elmaadawi, MD**, presented his abstract paper, "Left Unilateral Ultrabrief ECT in a Patient with Cerebral Aneurysms and Right Side Stroke" at the Second International Brain Stimulation Conference in Barcelona, Spain. The paper was co-authored with psychiatrist **Suhayl Nasr, MD**, also of Beacon Medical Group, and **Shady Mashaly, MD**.

WELCOME

Susan King joined Beacon Health System as the first president of the newly formed Beacon Health Foundation. King comes to Beacon from Midwest Health Foundation, the parent foundation of four Chicago-area hospitals of Adventist Health System, where she served as president since 2015 while also serving as the executive director of Adventist Hinsdale Hospital Foundation since 2004.



During her tenure at Adventist, King successfully built relationships with board members, community and civic leaders, and philanthropic donors to advance the strategic initiatives of the organization. She has extensive experience in developing transformational fundraising strategies to advance health system priorities and has played an integral role in the success of capital campaigns, major and planned gifts, and the growth of corporate and foundation giving.

King earned a bachelor of arts degree from Tulane University and a master's degree in Museum Studies from San Francisco State University.

Your American Medical Association delegates

You know that the AMA represents you and your interests at the national level. What you may not know is that you have local representatives that represent Indiana at the AMA right in your community. **Brent Mohr, MD**, rheumatologist, and **Thomas Vidic, MD**, neurologist, were recently re-elected at the annual meeting of the Indiana State Medical Association to serve as alternate delegates to the AMA. They will be attending the annual AMA business meeting in Chicago in June. They welcome any questions that you may have related to what the AMA is working on currently, feedback or messages to relay to the organization. Watch for further updates in upcoming issues.

Beacon Medical Group Specialties opens

Beacon Medical Group Specialties Mishawaka has opened in the former Osceola Clinic, located at 5314 Lincolnway E., Mishawaka; phone: **574.256.9032**, fax: **574.256.9049**.

The office currently provides:

- outpatient palliative care services with **Amberly Burger, MD**
- outpatient pain management services with **Abhishek Das, MD**, and **J. Ben Baccus, MD**

Onsite outpatient behavioral health services began on March 29 with the following providers:

- **Eve Dreyfus, MD**, Child and Adolescent Psychiatry
- **Grace Osunnuga, DNP**, Adult Psychiatry

Therapy services are available with the following providers:

- **Paul Shelley, LCSW**
- **Terrance Tanner, LCSW**

To make a referral for outpatient behavioral health services, please call **574.647.8470**.

Save the Date | July 14

Elkhart General Hospital Medical Staff Services Night at the Ballpark

Join your colleagues at Four Winds Field as the South Bend Cubs play the Quad Cities River Bandits. More information will be available closer to game day.

Perinatal and pediatric provider courses

Memorial Hospital offers the following courses open to all health care providers. To register or for more information, contact Jessica Shuppert, Manager, Perinatal & Pediatric Outreach: jshuppert@BeaconHealthSystem.org or call **574.647.1658**.

ACLS OB Provider Course

This course focuses on managing an obstetric code and implements the AHA ACLS guidelines established in 2016. Information is provided via mini presentations focusing on critical points related to specific algorithms, with each case scenario involving a pregnant or newly delivered patient. Participants receive ACLS and AHA certifications upon completion. **Dates:** Oct. 18-19 • Nov. 15-16 **Cost:** \$275 Beacon associates/\$500 non-Beacon associates

High-Risk OB

This is a three-part series; participants may enroll in any part or the entire program. This course focuses on complications with the obstetrical patient during pregnancy and delivery. If interested in offering this course at your facility for a flat fee, please call **574.647.1658**. **Dates:** April 13, 20 and 27 **Cost:** \$75 per day or \$200 for all three sessions

S.T.A.B.L.E.

The S.T.A.B.L.E. Program is a concise, directive tool to help maternal/child health care providers organize the many details and interventions necessary to provide care to a sick and/or premature infant. This mnemonic-based tool focuses on the post-resuscitation care of sick neonates, including physical assessment, problem recognition and patient management. Memorial also

offers the opportunity to teach S.T.A.B.L.E. at your facility for a flat fee. For more information, please call **574.647.1658**. **Dates:** May 23 • Oct. 3 **Cost (does not include textbook):** \$75

PALS Provider Course

This course helps participants to: Recognize and treat the infant and child at risk for cardiopulmonary arrest • Demonstrate the Evaluate – Identify – Intervene systematic approach to assessment and management of a seriously ill infant or child • Demonstrate the cognitive and psychomotor skills necessary for resuscitating and stabilizing the infant or child using effective resuscitative team dynamics **Dates:** April 10-11 • June 12-13 • Aug. 14-15 • Oct. 9-10 **Cost:** \$125 Beacon associates/\$250 non-Beacon associates

PALS Renewal Course

Dates: May 8-9 • July 10-11 • Sept. 11-12 • Nov. 13-14 • Dec. 11-12 **Cost:** \$100 Beacon associates/\$175 non-Beacon associates

Neonatal Resuscitation Program (NRP)

The new, extensively updated Neonatal Resuscitation Program (NRP) represents a shift in approach to the NRP education. We eliminated the slide-and-lecture format, emphasizing instead a hands-on, interactive, simulation-based learning environment. Provider renewal courses are no longer offered per recommendations of the NRP steering committee. Instead, a provider course tailored to the needs of the learner is offered. **Dates:** April 20 • May 18 • Sept. 21 • Oct. 26 • Nov. 30 **Time:** 8 a.m. to 5 p.m., 1-hour classes starting on the hour **Cost:** \$75 (Does not include NRP test that must be completed prior to attending the course.)

Schwartz Rounds at Elkhart General Hospital

Watch for announcements for the following Schwartz Rounds topics this year. To learn more, contact Jen Cline, Medical Staff Services Office at Elkhart General, at JCline@BeaconHealthSystem.org or **574.523.3118**.

Futile Care | Opioid Crisis | Caregiver (Physician) Burnout | When Bad Things Happen | Things We Are Thankful For

CONTINUING MEDICAL EDUCATION

Memorial Hospital of South Bend Hospital Auditorium

(unless otherwise noted)

12:10 to 1:10 p.m.
Lunch available at 11:30 a.m.
Registration is not required. Call **574.647.7381** with questions.

April 12

Emily Meier, MD

Pediatric Hematologist and Director of Sickle Cell Research, Indiana Hemophilia and Thrombosis Center, Indianapolis

Sickle Cell Disease: Past Successes and Future Direction

May 10

Nicholas Kerr, DO

BMG Palliative Medicine

Palliative Care & Oncology: A Long-Term Relationship

May 24

Jason Fromm, MD

Florida Clinical Practice Association, Inc., Gainesville, Florida

Current Concepts in Physician Assistant Education



See p. 11 for more education opportunities

BEACON HEALTH SYSTEM

Welcomes New Docs

(October – December 2016)

DIAGNOSTIC RADIOLOGY

Stephen Kim, MD

FAMILY MEDICINE

Brigitte Selio, MD

EMERGENCY MEDICINE

George Cancel, MD

HOSPITAL MEDICINE

Bolanle Adepoju, MD

Nana Korsah, MD

Adnan Yousuf, MD

INFECTIOUS DISEASE MEDICINE

Joseph Pulvirenti, MD

Vanessa Sarda, MD

PATHOLOGY

Qin Chang, MD

PEDIATRIC CARDIOLOGY

Julio Morera, MD

PULMONARY & CRITICAL CARE

MEDICINE

Daria Lee, MD

Elkhart Fitness Facility Announced

In February, Beacon Health System and four community partners announced timelines for the construction and opening of a \$65 million medical fitness, aquatics and community complex in downtown Elkhart.

The project is a collaboration among Beacon, the Community Foundation of Elkhart County, Elkhart Community Schools, the Regional Cities Initiative and the City of Elkhart.

Beacon will operate the 170,000-square-foot center, which is expected to open in early 2019. The center will be home to the region's third Beacon Health and Fitness location, offering programs such as sports medicine, orthopedics and physical therapy.

The complex will contain a 66-meter by 25-meter competition swimming pool with an attached diving well and multiple platforms and boards, fitness pool, full medical fitness center, gymnasium, suspended running track and racquetball courts. Organizers anticipate the aquatics center attracting and hosting amateur swimming championships as well as regional and state high school competitions.

To learn more, visit ElkhartCenter.com.

DESTINATION LEARNING

Destination learning trips offer the opportunity to earn continuing medical education credits toward the AMA Physician's Recognition Award as well as the chance to enjoy fascinating locales and camaraderie among colleagues.

2016 SCUBA Topics Recap: In November, the Elkhart General Hospital SCUBA Topics 20th anniversary trip to Anthony's Key Resort in Roatan, Honduras, hosted 25 practitioners and spouses. Participants earned up to 25.25 Category 1 CME credits as they listened to fellow practitioners present on such varied topics as burnout prevention, Zika, hand injuries and more.

Plan now for the 2017 SCUBA Topics Trip: This year's trip will be November 4–11 at Osprey Beach Hotel in Grand Turk. To reserve your space or to learn more, contact Jen Cline, Medical Staff Services Office at Elkhart General, at JCline@BeaconHealthSystem.org or 574.523.3118.

2017 Beacon Health System Winter Symposium Recap: Held January 11–14, at Park City Mountain Resort in Utah, this year's event drew 38 participants (practitioners, spouses and some children) from Beacon Health System, Goshen Health and Saint Joseph Health System. Participants earned up to 13 Category 1 CME credits for attendance at presentations on topics that included TAVR, MACRA and opioid management. The highlight of the trip was a sleigh ride up the mountain to Lookout Cabin for dinner.

Plan now for the 2018 Winter Symposium: Plans are being made now for the 2018 trip. To reserve your space or to learn more, contact Jen Cline, Medical Staff Services Office at Elkhart General, at JCline@BeaconHealthSystem.org or 574.523.3118.



A DocWalk IN THE PARK

When Robert Riley, MD, encourages his patients to exercise, he's not asking them to do anything he wouldn't do. As a long-distance hiker, he's climbed mountains and walked to the bottom of the Grand Canyon — and back out.

Dr. Riley, who is associate director for the Memorial Hospital Family Medicine Residency Program, and a friend from the St. Joseph County Health Department were working on the county's Reducing Obesity Coalition when they hit upon an idea they called DocWalks, modeled after a community walking program led by a doctor in Columbus, Ohio.

DocWalks invites anyone in the community to join Dr. Riley each Wednesday, at 5:30 p.m., at Howard Park in downtown South Bend for a 3.1-mile walk. This year's walks are scheduled to begin on April 12.

Dr. Riley arrives early each week to mark the course, which winds through six different parks. "I wanted most people to be able to do the course in about an hour. If you do the whole thing, it's a beautiful loop."

He marks every quarter mile with chalk so people can choose their own distance. Dr. Riley gives a mini health talk at the start, leads the walkers, then circles back to finish up with the last walkers.



Robert Riley, MD

A Community Project

Now in its third year, DocWalks is sponsored by the St. Joseph County Health Department, through the Reducing Obesity Coalition, with support from South Bend Parks & Recreation Department and Memorial Hospital.

It draws people from all over the city, including Weight Watchers® members, cardiac rehabilitation participants, families, individuals, other doctors and even the mayor.

Robin Vida, MPH, CHES, St. Joseph County Health Department's director of Health Education, has brought her husband and one-year-old a few times.

"The route is so gorgeous that it makes the walk easier," Vida says. "I also like the people I've met."

"I love Dr. Riley's enthusiasm," she continues. "The cool thing is that health care is joining forces with a not-for-profit agency to give people a new love for where they live — while they're taking care of their health."

The weekly walks begin each spring and stop only when the days become too short and the weather turns cold.

As many as 27 people have participated on a given week. "I know everybody's name and get to know about their lives," Dr. Riley says.

"I'd be pleased if a lot more people want to come."

Learn More

For more information, call **574.245.6749** or search **@docwalksjc** on Facebook

"The cool thing is that the health care is joining forces with a not-for-profit agency to give people a new love for where they live - while they're taking care of their health."

- Robin Vida, MPH, CHES
St. Joseph County Health Dept.
director of Health Education

"





Earlier this year, Beacon Health System invited our community to let our area physicians know just how much they are appreciated. Here are just some of their great responses.

To: Burton Boron, MD, Gastroenterology

"I am forever thankful that Dr. Boron has so much knowledge and has taken the time to make sure our family always has the best of care."

To: Melissa Cain, MD, Family Medicine

"Thanks, Dr. C, for taking the extra time to care for all of me... body, mind and soul. Even on the busiest of days! You're the best!"

To: Freeman Farrow, MD, Family Medicine

"Thank you for having compassion and taking care of my elderly mother!"

To: Christopher Hall, MD, Family Medicine

"Thank you for your professional manner and physician's heart. We are so grateful to be able to have a physician like you and your team at Cleveland Road."

To: Walter Halloran, MD, FACS, Cardiothoracic Surgery

"Dr. Halloran did quadruple bypass emergency surgery on me and saved my life. He has always been kind and encouraging every time I have seen him. He is a tremendous doctor and a kind person."

To: Jeffrey Howe, MD, Family Medicine

"He is the most caring Doctor I've ever known. If only he could be cloned to have more people be able to experience this kind of medical care. God bless Dr. Jeff Howe!"

To: Daniel Kinney, MD, Pediatrics

"You always take your time with everyone, and are willing to answer every question we have. I moved to Plymouth, but I chose not to switch pediatricians because I love how awesome you are with my kiddos! Thank you for everything you do!"

To: Linda Mansfield, MD, Sports Medicine

"Thank you for going above and beyond every day — it shows in how much athletes, parents, and the community respect and value you."

To: Keyna Martinez, MD, Family Medicine

"Thank you for being kind, insightful, genuinely interested and so knowledgeable! I appreciate your integrity and interest. You get 5 stars from this very happy patient!"

To: Raman Mitra, MD, Cardiology/Electrophysiology

"I've been blessed to have you as my doctor for 18 years. Thank you for everything from the bottom of my heart!"

To: Venkata Musunuru, MD, Anesthesiology

"Thank you for taking such great care of me during surgery. I know anesthesiologists may not get the glory...but you certainly deserve the spotlight."

To: Thomas Reid III, MD, PhD, FACP, Hematology-Medical Oncology

"Thank you for your genius, your kindness, your compassion and your ability to explain the most complex things in a simple, meaningful way!"

To: Ngan Van, MD, Internal Medicine

"You always take the time to listen and truly care. Both my mom and I are very lucky to have such a caring doctor taking care of us."

To: Troy Weirick, MD, Cardiology/Interventional Cardiology

"Thank you for the excellent care you've provided to my mom these past few years. Your quick diagnosis and continued care saved her life — you have given us years of valuable time."

To: Donald Zimmer, MD, Emergency Medicine

"Dr. Zimmer provided my mother with excellent emergency room care. He was compassionate and professional. Outstanding! Thank you."