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Six medical specialties among nation's best in U.S. News & World Report's annual rankings.

PAGE 8: A CLOSER LOOK AT OUR NEW HOSPITALS

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Annual Employee Engagement Survey shows our employees are more engaged at work.



EMERGENCY EXPERTS

Pediatric E.R. team provides quality care for our young patients.

ON THE COVER:

(Front, from left) Kathleen Lacapruccia, R.N., CPEN.; Megan Hamilton, R.N., B.S.N.; Janet Lacapruccia, R.N.; (Back, from left) Paul Tucker, EMT-P; Lynn Drury, B.S.N., R.N., CPEN, RRT-NPS; Marquis Akeem Richards, admissions specialist; and Cristina Zeretzke-Bien, M.D., FAAP, FAAEM, FACEP; are members of the UF Health Shands Pediatric E.R. team.

Ed Jimenez
UF Health Shands
Chief Executive Officer

Kimberly Rose
Director
Strategic Communications

Todd Taylor
Communications Coordinator
News+Notes Editor

Madelyn Hyder
Creative Services Coordinator
News+Notes Designer

Produced by UF Health
Communications

Email taylt@shands.ufl.edu or call 352-265-0373 to contribute to future issues of News+Notes.

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FSC LOGO

UF HEALTH | HOSPITALITY+SERVICE

STAY BALANCED AND BEAT BURNOUT

Learn simple techniques for your mind

BY KIM ROSE, GUEST COLUMNIST

Whether you provide hands-on patient care or support other programs and services, a career in health care can be rewarding beyond measure. It can also be mentally and emotionally challenging. Especially for faculty and staff who treat patients. And being at a leading academic health center, we all aspire to the highest standards in every area, striving for ideal outcomes. It's intellectually exciting, but this perfectionist mindset makes staff burnout a real risk. Staying balanced is key.

"Our own skill, awareness and practice of self-care is the most powerful foundation to help us affect others positively," said **Tammy Bernard, M.Ed., E-RYT**, a 20-year yoga therapy, meditation and mindfulness practitioner with the UF Health Integrative Medicine Program.

Self-awareness isn't selfish: The solution is to live in a more self-aware state, she says. This isn't selfish self-absorption. Understanding and meeting your own physical, mental, emotional and spiritual needs supports your overall health so you can be an even better resource for the people around you. She recommends mindfulness, which is about being aware of the present moment and tuning in to your physical sensations and thoughts.

Take a mindful moment: A simple method of mindfulness-based stress reduction is to make time for "mindful moments." Stop for just a few minutes and connect with your breath, which is simply paying attention to the sensation of breathing. It's a centering practice that forces you to slow down and be present. It's especially helpful when you're in a stressful environment or situation — ideally when you recognize tension triggers and before you feel anxiety.

Self-understanding helps build psychological resilience to stressors. Bernard teaches techniques to nurses and care providers in our hospitals, and she and Integrated Medicine Program colleagues offer classes for faculty, staff, patients and the public. Bernard says the more we stop and breathe, release muscular tension and calm our mind, "the more we build the neuro pathways to support ourselves with new healthy practices."

Start your practice: Join me in a more balanced approach to stress management and self-awareness! Commit to just five minutes a day of mindful breathing. As you simply connect with your breath, let your attention sweep through your body, noticing any tension and letting it go each time you exhale. Notice negative thoughts and rather than fight them, try to let go each time you exhale. Try it when you walk from place to place at work, or when you exercise. Make gratitude a practice: Regularly stop to acknowledge the good in your day.

Mindfulness is a great complement to practices you may have, such as prayer or yoga. To learn more, visit UFHealth.org and search "Integrative Medicine," or search "GatorCare and Wellness" on the Bridge. Find a class by visiting HR on the Bridge, under "Employee Services."

I hope this awareness about mindfulness helps you stress less and enjoy more!

Kim Rose
Director, Strategic Communications
UF Health Communications

UF HEALTH SHANDS | CARE+QUALITY

Q&A WITH THE CEO – ED JIMENEZ

Curious to know what's on the mind of our UF Health Shands CEO?

We caught up with CEO **Ed Jimenez** and asked him several questions for this edition of News+Notes. See how to submit your question at the bottom of the page!

How have our pediatric services and children's hospital improved over the years?

If you turn back the clock a little more than half a decade, the identity of the children's hospital was hard to find. Over the last six or seven years it's become a space that is immediately recognizable as a children's hospital. We have a grand entrance and design features that are welcoming and meaningful. We have a pediatric emergency room with family-friendly features. And our pediatric care teams have great reputations that attract patients from all over. We've also been able to expand or renovate spaces to grow programs.

A good example is in hematology/oncology — if you saw Units 41 and 42 a decade ago, you know how much they've improved. Five years ago, for inpatients, the UF Health Congenital Heart Center was virtual in nature, with patients receiving care in various areas of the hospital. Now those inpatients receive care in one place in the Pediatric Cardiac ICU. These renovations and expansions allow our faculty and staff to take their programs to the next level.

We continue to hear about mass casualty events in the news – are we prepared for these types of tragedies?

The Level 1 trauma centers in our country are prepared for the unexpected and we're no exception. We've handled our share of these types of events — the multivehicle accident in January 2012 caused by smoke on Interstate 75 was an example that gained national attention. These kinds of incidents themselves are ugly, but invariably you hear about the heroism that occurs among the first responders and caregivers. People who work in these settings aren't surprised by these feats. Our emergency response leaders continue to assess and test our systems with drill exercises so we stay prepared. If another incident happens, we'll be ready, figure out how to get through it and perform really well.



UF Health Shands CEO Ed Jimenez recently visited with members of the UF Health Shands Children's Hospital Medical/Surgical Unit 45 team.

Why do you think our employee engagement scores keep improving?

I don't focus much on our score and that may surprise people. I'm more interested in how many people take the annual UF Health Shands Employee Engagement Survey — and this year we again exceeded 80 percent participation. Think about how many surveys you get a week, whether it's after you get an oil change or shop at a store. When I get these emails, I usually press delete. Yet, the vast majority of our employees take our survey. I think so many people take it because they aren't afraid to speak their minds, and they know we're going to listen and do something with the data. They know it's confidential and they can share freely to help us improve the workplace. These open lines of communication make us a stronger organization and, I believe, lead to higher engagement scores. ■

WANT TO SUBMIT A QUESTION?

Email taylt@shands.ufl.edu and we'll consider it for an upcoming edition.

UF HEALTH SHANDS CHILDREN'S HOSPITAL | CARE+QUALITY

EMERGENCY EXPERTS

Pediatric E.R. team provides quality care for children and families

BY LAUREN GAJDA • PHOTOS BY MINDY MILLER



The UF Health Shands Pediatric E.R. provides families with a convenient, one-stop children's health center for emergency care. The Pediatric E.R. is open 24/7 for patients 17 and under and the team can treat up to 30,000 pediatric emergencies per year. Children arriving at our Pediatric E.R. are either brought in by a friend or family

member or arrive by ambulance. Patients receive care from UF Health Shands nurses and clinical staff and UF College of Medicine pediatric emergency medicine physicians. These experts have access to providers in more than 20 pediatric specialties at UF Health Shands Children's Hospital. No matter the challenge, this multidisciplinary team goes the extra mile.

What can patients and families expect at the Pediatric E.R.?

Our Pediatric E.R. is designed to put families at ease and to support the high-quality, safe care provided by our faculty and staff. Here are some of its features:

- A separate entrance to welcome children and families
- Complimentary valet parking and a nearby parking garage for fast access
- A kid-friendly, nautical-themed design with colorful artwork and furniture, including fish tanks, porthole windows and walls painted to simulate waves
- Thirteen private treatment rooms
- Two resuscitation rooms
- One conscious-sedation room for casting broken bones and stitching wounds
- A private room for radiology imaging
- The latest equipment and technology designed specifically for pediatric patients

HERE'S A LOOK AT A CHILD'S JOURNEY FROM A UF HEALTH SHANDSCAIR AMBULANCE TO OUR PEDIATRIC E.R.

Breathing difficulties due to asthma and/or allergies is one of the most common reasons patients come to our Pediatric E.R. Here are the steps taken by our Pediatric E.R. faculty and staff to care for these patients.



1 PATIENT ARRIVAL

Justin Clavier, EMT-P, paramedic, and Rachelle Gosselin, C.C.T., critical care tech

If a patient is having trouble breathing, his or her family may call 911 and EMS will transport the child to the Pediatric E.R. for care.



2 CHECK-IN

Stannon McCreary, admissions specialist

At the registration desk, an admissions specialist works with a family member to register the patient.



3 TRIAGE

Kevin Hencken, E.M.T., Santa Fe College paramedic student, and Megan Hamilton, B.S.N., R.N., nurse

Staff assesses the patient's condition and measures all vital signs to determine acuity and next steps in care.



4 ROOM ASSIGNMENT

Heather Guynn, R.N., CPEN, nurse

The team assigns the patient to a room where a nurse further evaluates his or her condition.



5 EVALUATION

Alicia Bach, M.D., UF College of Medicine pediatric resident; Benjamin Barton, M.D., UF College of Medicine emergency medicine resident; and Tricia Swan, M.D., UF College of Medicine attending physician

A pediatric resident, emergency medicine resident and attending physician evaluate the patient. In this example, they diagnose the patient with asthma.



6 TREATMENT PLAN

Amanda Schwieterman, R.T., respiratory therapist

A respiratory therapist provides a nebulizer, teaches the patient and his or her family how to use the breathing treatment device and discusses medication dosage.



7 REFERRAL

Starla Eubanks, M.S.N., R.N., nurse

If hospital admission is not necessary, the care team will discharge the patient and provide a referral to a UF Health pulmonologist for follow-up care. If admission is required, UF pediatric hospitalists, faculty and staff will provide expert care to patients with severe asthma conditions.

UF HEALTH | CARE+QUALITY

A LIFELINE FOR CADEN

Care teams help patient with hemophilia overcome obstacles

BY LAUREN GAJDA

Like most 4-year-olds, Caden Buth is a happy boy with boundless energy. But a hemophilia A diagnosis at 4 weeks old led to many bumps in the road that have, at times, kept him from the activities he loves. The blood clotting disorder causes people to bleed longer than others, sometimes from even a minor cut.

“The doctors diagnosed Caden with the disease after he had a circumcision,” said Christina Buth, Caden’s mom. “We were really lucky that the physician on call during the circumcision was **Tung Wynn, M.D.**, a UF College of Medicine pediatric hematologist. He has been treating Caden ever since, and we could not be more grateful.”

The first course of treatment for Caden was factor replacement therapy — an infusion of the low or missing clotting Factor VIII concentrates to prevent or control bleeding. Unfortunately, Caden’s body began producing neutralizing antibodies, or inhibitors, to the factor infusions, making treatment ineffective.

“Inhibitors are one of the most serious complications that a hemophilia patient can face,” Wynn said. “They can make the treatment of hemophilia very challenging when we can no longer use most widely available factor replacement therapies.”

Caden’s disorder has caused bleeding from various parts of his body, including his knee, mouth and ribs. He will soon begin taking rapamycin to suppress his immune system and reduce his inhibitors. Then, Buth hopes her son can begin immune tolerance treatment to eliminate his inhibitors for good.

“I know it doesn’t sound like it, but we consider ourselves very lucky,” Christina said. “Caden does not bleed as much as someone with severe hemophilia A should, especially someone who is not responding to treatment. Caden continues to be a fun-loving boy, and we fight for him every day.”

Ann Dove, R.N., UF Health Shands Children’s Hospital’s hemophilia nurse coordinator, has been involved with Caden’s case from the beginning. She says he’s a great kid from a supportive family that helps him understand what he’s going through.

“Caden’s parents are not only advocates for their son but for the entire hemophilia community,” Dove said. “I think



Caden is aware and knowledgeable that he has to have factor replacement therapy and our care teams are trying to get him healthy enough for that by using rapamycin and then immune tolerance treatment to eliminate his inhibitors. Our goal is also to inform him about his own disease process so he can grow into an adult and live a normal life.”

Wynn added, “Caden and his family embody the many challenges that we are faced with in the treatment of hemophilia and the hurdles we try to overcome to assure that his childhood is as normal as any other child’s. It is a gift to be able to see Caden run, dance and play.”

UF HEALTH SHANDS | CARE+QUALITY

CHILDREN'S HOSPITAL RANKED IN SIX SPECIALTIES

Two UF Health medical specialties ranked best in Florida in annual U.S. News rankings

BY DOUG BENNETT

The UF Health Shands Children’s Hospital ranks among the nation’s best pediatric hospitals in six medical specialties, according to the Best Children’s Hospitals rankings released in June by U.S. News & World Report.

UF Health’s pediatric cardiology and heart surgery program earned a historically high ranking, moving up three places to 21st in the country. Five other UF Health pediatric specialties remained among the nation’s elite programs in the 2017-18 rankings: diabetes and endocrinology (23rd), pulmonology (33rd), cancer (46th), neonatology (48th) and neurology and neurosurgery (49th). The cancer and cardiology and heart surgery programs are also the highest-ranked among children’s hospitals in Florida.

“It’s fantastic to see that we are viewed as a national leader in so many programs. It’s especially gratifying to have our cardiology and heart surgery program, which has been recognized by other organizations as one of the nation’s best, continue to rise and flourish,” said **Scott Rivkees, M.D.**, UF College of Medicine department of pediatrics chair and UF Health Shands Children’s Hospital physician-in-chief.

Rivkees attributes the cardiology and heart surgery program’s higher ranking to its overall excellence in every aspect of cardiac care as well as its continued successes with heart transplants. UF Health Shands Children’s Hospital is one of the busiest pediatric heart transplant centers in the U.S., he said.

“When families in Florida are looking for a place to have their child’s complex cardiac conditions treated, these rankings are affirmation that they should look to UF Health,” Rivkees said.

Mark Bleiweis, M.D., UF College of Medicine pediatric and congenital cardiovascular surgery chief, said it is extremely pleasing to have the pediatric cardiology and heart surgery program recognized yet again for its commitment to excellent care.

“Our team includes some of the country’s leading specialists and researchers, and they pride themselves on bringing the most innovative treatments and latest findings to patients,” Bleiweis said. “Their hard work, dedication and expertise are what continue to make UF Health Shands Children’s Hospital one of the nation’s top locations for pediatric heart patients.”

The rankings in six pediatric specialties are a reflection of improvements in patient outcomes that have been sustained for several years, according to Rivkees.

“These rankings demonstrate the dedication and determination among our physicians, nurses and staff. Their commitment to excellence is one of many reasons that a growing number of people are choosing UF Health Shands Children’s Hospital when their child needs exceptional medical care,” said **Ed Jimenez**, UF Health Shands CEO.

Also in June, UF Health Shands Hospital received the highest rating from The Society of Thoracic Surgeons for its patient care and outcomes in congenital heart surgery. The distinguished three-star rating puts the hospital among the elite for congenital heart surgery in the U.S. and Canada. The analysis reviewed outcomes and patient care data from January 2014 to December 2016.



UF HEALTH | GROWTH+EXPANSION

A FLOOR-BY-FLOOR VIEW OF OUR NEW HOSPITALS

Take a closer look at our new heart and vascular and neuromedicine hospitals

BY RACHEL RIVERA, KIM ROSE AND TODD TAYLOR • PHOTO BY MINDY MILLER

On Dec. 10, the doors to the UF Health Heart & Vascular and Neuromedicine hospitals will open for patients.

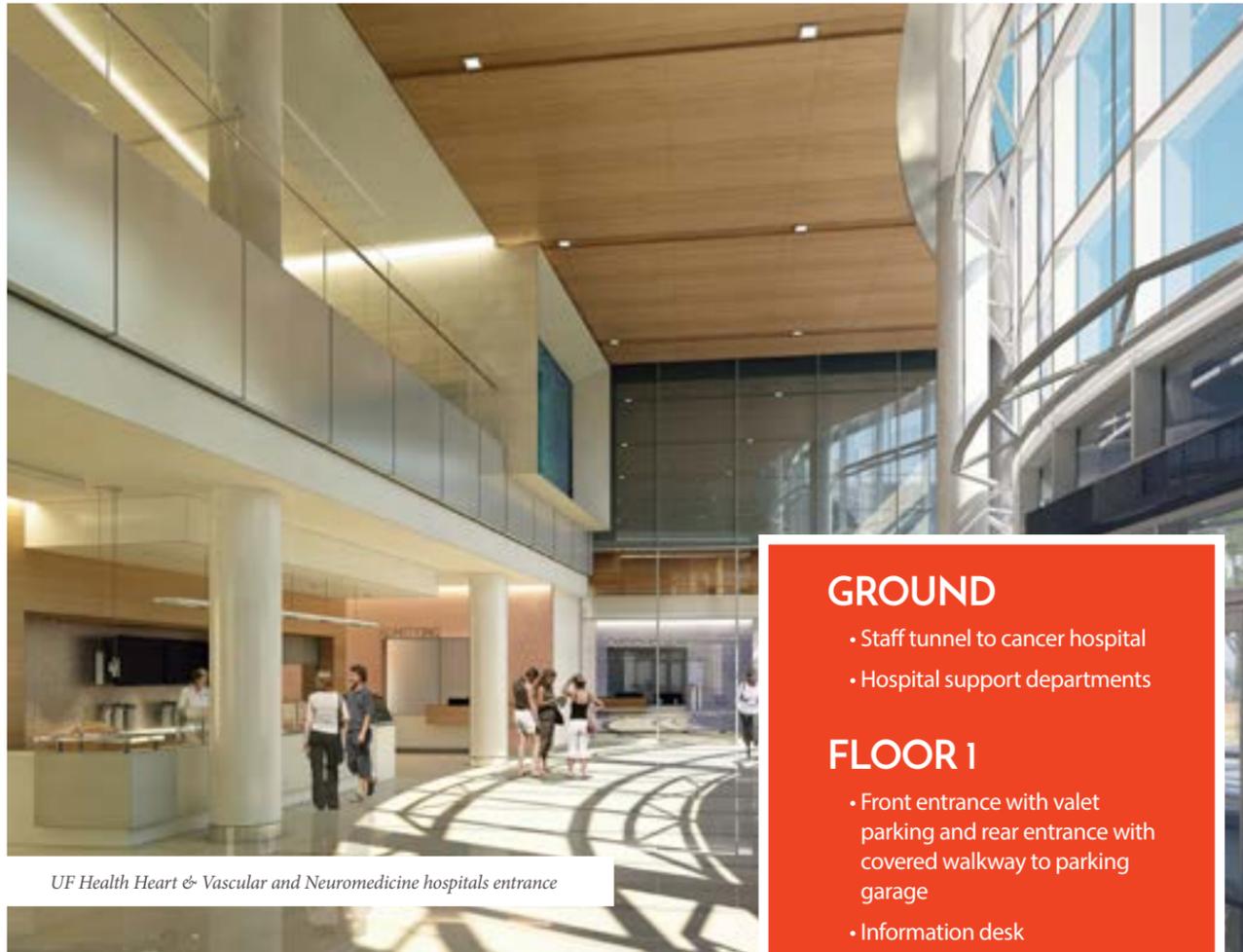
The new hospitals consolidate focused care in one building. This supports UF Health's commitment to clinical quality and safety as Job 1, along with providing hospitality and service for the best possible patient experience.

Patients will have streamlined access to highly specialized, comprehensive outpatient treatment options and inpatient services in one location. They will benefit from outstanding faculty physicians, skilled nurses and clinical experts from many disciplines collaborating in a modern medical facility. The new building is designed to be easily accessible and to meet patients' and staff's unique needs. It will support improved efficiency as well as provide a welcoming and comfortable environment for all.

It's an exciting time as we move medicine forward: These specialty hospitals will allow our physicians, nurses and providers to save and extend more patients' lives, advance UF Health's research and education goals and enable a new phase of robust growth for our health system.

On the following pages, we invite you to "look inside" our new hospitals, with a floor-by-floor overview of these impressive new facilities.





UF Health Heart & Vascular and Neuromedicine hospitals entrance

GROUND

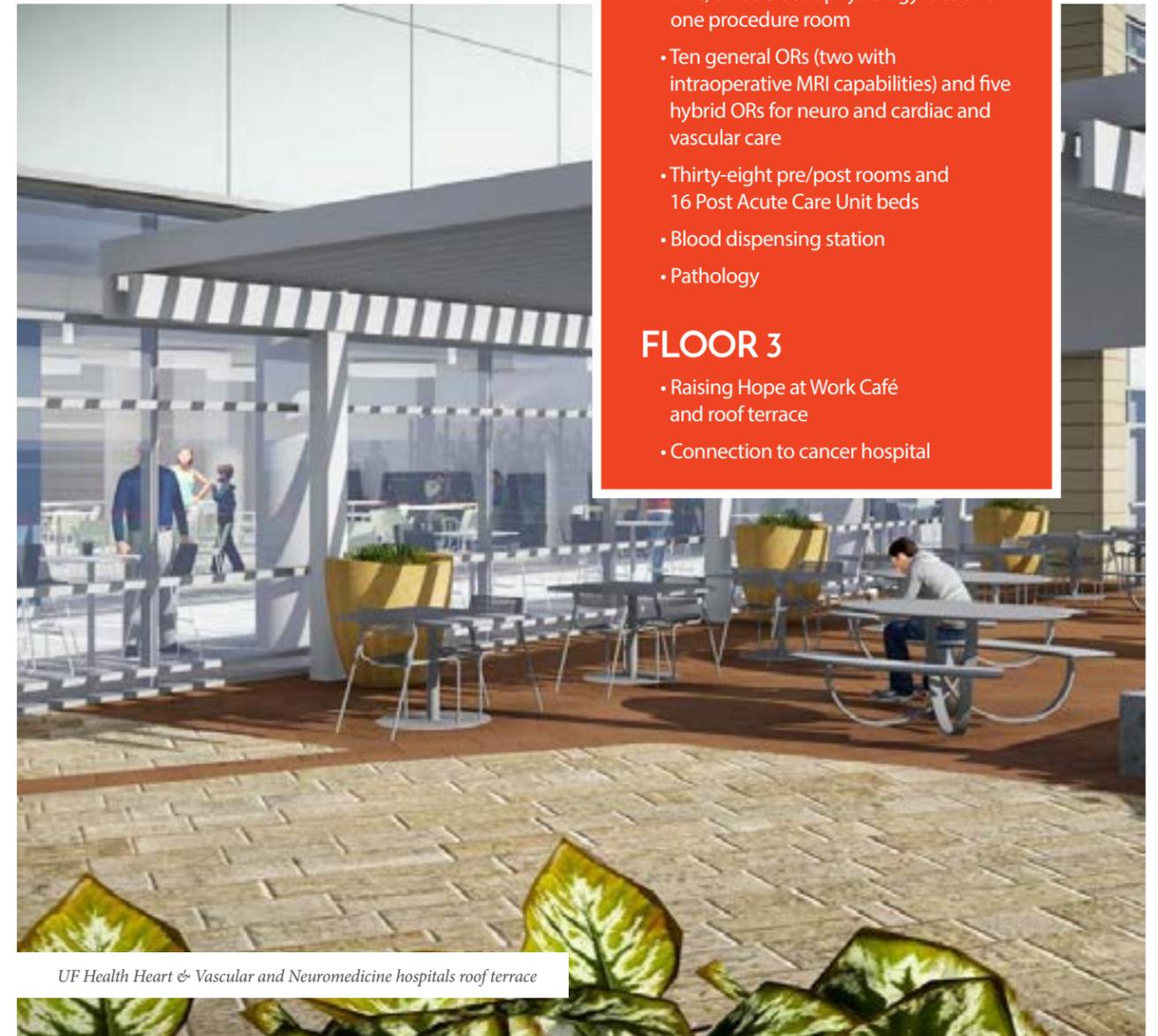
- Staff tunnel to cancer hospital
- Hospital support departments

FLOOR 1

- Front entrance with valet parking and rear entrance with covered walkway to parking garage
- Information desk
- Admissions/check-in
- Gift shop and Opus coffee stand
- Pre-surgery clinic
- Radiology services
- Medical Lab (blood-draw station)
- Neuromedicine and cardiovascular clinics — exam rooms, team rooms and work rooms
- Neurodiagnostics
- Pulmonary functions testing
- Heart station
- Transplant coordinator satellite office

FLOORS GROUND & 1

FLOORS 2 & 3



UF Health Heart & Vascular and Neuromedicine hospitals roof terrace

FLOOR 2

- Connection to cancer hospital (staff access and patient transport only)
- Patient/family waiting area
- Satellite pharmacy
- Sanctuary of Wisdom (for prayer and contemplation)
- Patient and Family Resources
- Cardiovascular services — two cath labs, three electrophysiology labs and one procedure room
- Ten general ORs (two with intraoperative MRI capabilities) and five hybrid ORs for neuro and cardiac and vascular care
- Thirty-eight pre/post rooms and 16 Post Acute Care Unit beds
- Blood dispensing station
- Pathology

FLOOR 3

- Raising Hope at Work Café and roof terrace
- Connection to cancer hospital



UF Health Neuromedicine Hospital medical/surgical patient room

FLOORS 4-5

- Neuro ICU — 48 beds
- Neuro medical/surgical units — 48 beds
- Neuro CT
- Lactation rooms
- Inpatient rehab gym
- Family shower room

**FLOORS
4 & 5**

FLOORS

6 - 8



UF Health Heart & Vascular Hospital Cardiovascular ICU unit

FLOORS 6-8

- Cardiovascular ICU – 72 beds
- Cardiovascular medical/surgical units – 48 beds
- Dialysis bays
- Satellite pharmacy
- Satellite rehab gym
- Blood gas lab
- Family laundry room

UF HEALTH SHANDS | EVENTS+ACTIVITIES

VOTE AND THINK GREEN!

Help select a \$10,000 PepsiCo™ sustainability grant

BY JACKY SCOTT



At UF Health, we're looking for ways to be more environmentally responsible. Our commitment to sustainability practices includes reducing waste and promoting efficient use of resources.

PepsiCo™ is an official partner of UF and shares this commitment. That's why UF Health Shands and PepsiCo™ are collaborating to give our employees an opportunity to Think Green!

For the Think Green! campaign, PepsiCo™ will support our hospital system with a \$10,000 sustainability grant. During the July 10-21 submission period, individuals and teams of up to five UF Health Shands employees submitted ideas to improve the organization in an eco-friendly way. The ideas will be narrowed down to three to five finalists and then Aug. 14-25 you can go online to vote for your favorite.

"This campaign demonstrates our organization's pledge to creating a more sustainable environment as we continue to provide high-quality clinical care to our patients," said **Lara Zamajtuk**, UF Health Shands Operations associate vice president. "We wanted to engage our employees in the process to create a sense of excitement, creativity, teamwork and advocacy with regard to this initiative."

Visit UFHealthThinksGreen.com to learn about the finalist proposals and vote for your favorite idea! You can also search "Pepsi Grant" on the Bridge.

Voting will also be open to the public via UF Health's social media channels, so be sure to check out our official Facebook and Instagram accounts and share with friends.

The winning proposal will be announced the first week in September. An individual winner will receive an Apple Watch and a \$500 gift card. Each member of a winning team will receive an Apple Watch and the \$500 gift card will be equally distributed among team members. Additionally, runner-up individuals and groups will each receive a \$100 Visa gift card! All prizes from PepsiCo™ are treated as taxable income and taxes will be covered. ■



DID YOU KNOW? UF Health has many proactive green practices. Search "Pepsi Grant" on the Bridge to learn more.

UF HEALTH | CARE+QUALITY

CARESPOT URGENT CARE REMINDERS

Learn about UF Health affiliated care and other options around the system

BY TODD TAYLOR

When you need urgent but not emergency care, UF Health offers several resources, including an affiliation with three CareSpot urgent care centers in Gainesville. Urgent care centers are best used to treat non-emergency conditions, including seasonal illnesses, infections, skin irritations, lacerations and sprains.

CareSpot also offers reliable and quality walk-in care for wellness checks, school and sports physicals, lab tests, immunizations, X-rays and travel medicine services.

To minimize wait times and make your appointment, CareSpot offers convenient online scheduling options at carespot.com.

Walk-ins are always welcome.

Please note: The GatorAdvantage benefit of priority scheduling is not available for urgent and emergency care services. Patients requiring immediate care are triaged based on the severity of their condition and treatment needs. The GatorCare co-pay for a CareSpot urgent care visit is up to \$50. A co-pay is typically required for all urgent and emergency care services. Same-day and after-hours care may be billed as a specialty office visit. Please check with your insurance provider for details. ■

GAINESVILLE CARESPOT LOCATIONS

Gainesville Midtown

Monday-Friday, 8 a.m.-8 p.m.
Saturday-Sunday, 8 a.m.-5 p.m.

carespot.com/locations/florida/gainesville-midtown

Gainesville 43rd Street

Monday-Sunday, 8 a.m.-8 p.m.

carespot.com/locations/florida/gainesville-43rd-st

Gainesville Archer Road

Monday-Sunday, 8 a.m.-8 p.m.

carespot.com/locations/florida/gainesville-archer-rd

SAME-DAY OR AFTER-HOURS CARE

Gator Advantage NOW Clinic

Appointments only, hours vary

Provides UF and UF Health faculty and staff easy, on-campus, same-day appointments for a wide range of non-emergency medical issues that require quick attention.

UFHealth.org/gatoradvantage-now-same-day-clinic

UF Health ORTHOCare

Walk-ins and call-ins welcome
Monday-Friday, 8 a.m.-9 p.m.
Saturday, 9 a.m.-5 p.m.
Sunday, 5-9 p.m.

For bone and joint issues, including sprains, strains, minor breaks and X-rays.

UFHealth.org/orthocare-after-hours

UF Health Pediatrics After Hours

Appointments only
Monday-Friday, 5-10 p.m.
Saturday, noon-9 p.m.
Sunday, 8 a.m.-9 p.m.

For patients who receive care from a participating Gainesville pediatrician seeking after-hours care for health problems that don't require an E.R. visit.

UFHealth.org/pediatrics-after-hours

UF Health Primary Care After Hours

Appointments only
Monday-Friday, 6-9 p.m.
Saturday, 10 a.m.-1 p.m.

Offers adult primary care appointments for all UF and UF Health faculty and staff and UF Health Family Medicine, Internal Medicine and Senior Care patients.

UFHealth.org/uf-health-primary-care-after-hours

UF Health Shands Occupational Health Services

Monday-Friday, 7 a.m.-5 p.m.

UF Health Shands employees can visit OHS for occupational illness, injury or exposure, tuberculosis surveillance, immunizations, fitness for duty, return to work and personal health appointments.

bridge.UFHealth.org/shands-occupational-health

UF HEALTH EMERGENCY ROOMS

For conditions that require emergency care, four UF Health locations provide service:

UF Health Shands E.R.

UFHealth.org/emergency-room-trauma-center

UF Health Shands Pediatric E.R.

UFHealth.org/pediatric-emergency-room

UF Health Emergency Center - Kanapaha

UFHealth.org/uf-health-emergency-center-kanapaha

UF Health Shands Emergency Center - Springhill

UFHealth.org/uf-health-shands-emergency-center-springhill

UF HEALTH | CARE+QUALITY

ENGAGEMENT ON THE RISE

Employee engagement score and participation rate reach all-time highs

BY JACKY SCOTT

In March, more than 8,000 employees — the most to date — completed the annual UF Health Shands Employee Engagement Survey.

Our overall engagement score was 4.26 (on a scale of 1 to 5), putting us in the 86th percentile among academic health centers and continuing a trend of rising scores.

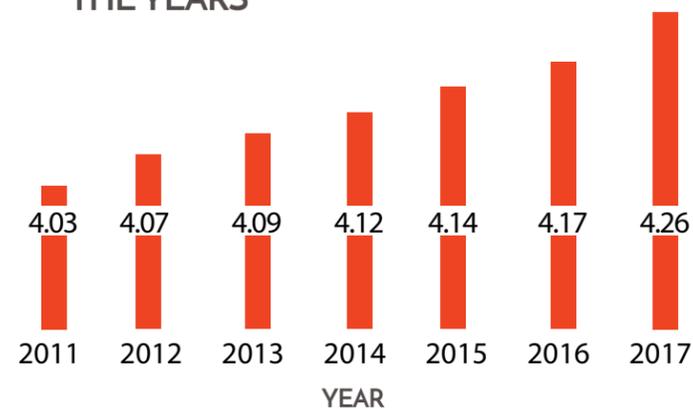
“The improvement in the employee engagement score represents six consecutive years of increases,” said **Greg Hollingshead**, UF Health Shands Human Resource Development director. “Our 86th percentile ranking is a tribute to the hard work of our leadership and staff striving for excellence.”

Additionally, our participation rate rose to 84 percent, an all-time high for the organization. The national participation rate for organizations using our survey administrator, Press Ganey Associates, is 74 percent.

“An engaged and connected culture creates an environment where organizations are best positioned to care for all who walk through its doors,” said David Shinsel, Press Ganey senior engagement adviser. “The sense of pride and care displayed by UF Health team members is visible and energizing. It’s exciting to see an organization strive together to continuously improve year after year.”

Survey participants are UF Health Shands employees and UF staff in UF Health’s core services departments. Managers will continue to discuss results and feedback with staff and set goals to keep improving the work culture. Thank you for taking the survey to make UF Health Shands an even better place to build your career. 📌

UF HEALTH SHANDS EMPLOYEE ENGAGEMENT SCORE THROUGH THE YEARS



UF HEALTH SHANDS | EVENTS+ACTIVITIES

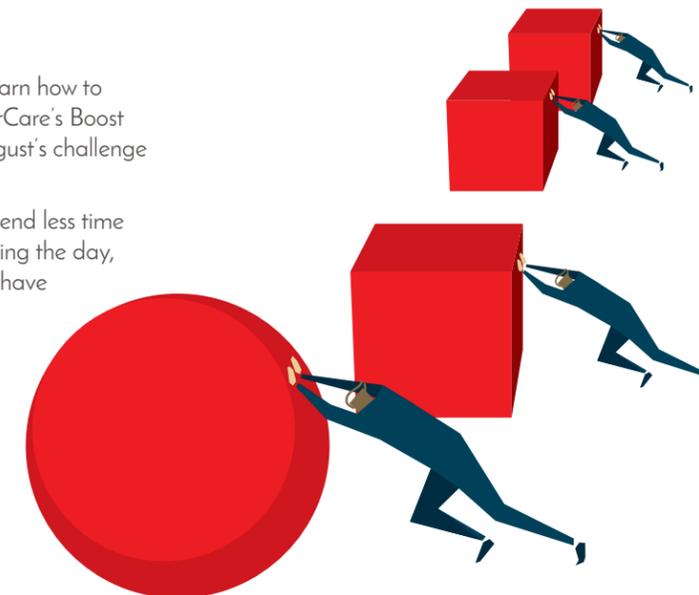
RE-ENERGIZE YOUR WORKDAY

Do you feel like you’re recharging your phone more than yourself? Learn how to re-energize yourself and spend your work breaks efficiently with GatorCare’s Boost program. As a part of the 12 Tweaks to a Healthier You program, August’s challenge provides tips to stay productive and focused throughout the workday.

Rethink the way you work. We tend to work harder and longer and spend less time working on refueling our mind and body. If we neglect our breaks during the day, we are exhausted by the time we get home, which makes it harder to have meaningful interactions with family and friends.

Here are a few tips to keep you focused and motivated all day:

- Don’t skip work breaks.
- Use breaks effectively by choosing activities that leave you feeling renewed, like taking a five-minute walk.
- Incorporate micro breaks – activities that are two minutes or less – throughout your day to refuel more frequently.



Visit GatorCare.org/boost to participate in the 12 Tweaks program or to schedule a presentation for your department to learn how to stay energized and productive throughout the day.

UF HEALTH | GROWTH+EXPANSION

PROMOTING OUR NEW HOSPITALS

We’re just a few months out from opening the UF Health Heart & Vascular and Neuromedicine hospitals. Doors will open on Dec. 10, less than three years after we broke ground for the new facilities.

The hospitals will provide a place for continued growth and an advanced home for the care of patients with complex health conditions.

This spring, UF Health launched a new campaign theme to introduce the community to the new facilities. It focuses on the idea that the new hospitals are “built around” the needs of our patients.

To watch videos about the new hospitals, download facts sheets or scan through photo galleries, visit Blueprints on Bridge (search “Blueprints”) or go to UFHealth.org/builtaround.



UFHealth
UNIVERSITY OF FLORIDA HEALTH
Follow our progress at
UFHealth.org/BuiltAround

UF HEALTH | GROWTH+EXPANSION

COMMUNITY GATHERED FOR SPRINGHILL FACILITY GROUNDBREAKING



In May, UF Health officials broke ground for a multispecialty medical building behind the current Springhill facility off Northwest 39th Avenue.

The new outpatient center will house multiple UF Health Physicians practices and services, including the primary care specialties of internal medicine and family medicine, adult and child psychiatry, allergy, integrative medicine, medical

psychology and pain management. UF Health Shands resources will include a pharmacy and a clinical laboratory, which will move from its current location to serve both Springhill facilities.

The 72,000-square-foot building is slated for completion in August 2018. The internal medicine, family medicine and child psychiatry practices are expected to be the largest occupants of the new building. It will bring together practices that were in leased spaces throughout Gainesville, enabling better continuity of care. UF Health Physicians leaders expect approximately 70,000 patient visits per year in the new building.

The facility is designed and will be constructed according to stringent sustainability standards. Expansive windows will enable natural light into the building and automated blinds will offer shade from the sun. High-efficiency lighting, heating, cooling and insulation systems and low water-use landscaping will reduce the building's environmental footprint and provide a friendly, welcoming atmosphere for patients.

UF HEALTH SHANDS PSYCHIATRIC AND REHAB HOSPITALS | CARE+QUALITY

STAFF HONORS LONGTIME ADMINISTRATOR

In May, UF Health Shands Psychiatric Hospital and UF Health Shands Rehab Hospital staff honored **Marina Cecchini, M.P.A.**, for her 17 years of service as administrator for both hospitals.

During Cecchini's time as administrator for the psychiatric hospital, it expanded from one to three inpatient psychiatry units; and the hospital-based physician health program evolved to offering the full continuum of care at the Florida Recovery Center campus. She also served as a respected advocate for people with behavioral health disorders, representing UF Health at the local, regional and national levels as an adviser to impact health policy and practices in the industry.

In June, Cecchini joined Select Medical's executive team to serve as the rehab hospital's CEO. As part of a shared ownership agreement with UF Health Shands, Select Medical is slated to eventually assume full management and operations of the rehab hospital.

Roxane Harcourt, LCSW, LMFT, is now interim administrator for the psychiatric hospital. Harcourt is also the executive director of the UF Health Florida Recovery Center and a key member of the hospital's leadership team.



Marina Cecchini



Roxane Harcourt

UF HEALTH | CARE+QUALITY

ERIC ROSENBERG NAMED ASSOCIATE CHIEF MEDICAL OFFICER



In May, **Eric Rosenberg, M.D., MSPH, FACP**, joined the hospital leadership team as associate chief medical officer for UF Health Shands.

Rosenberg will report to the chief medical officer in addition to his role as UF College of Medicine chief of general internal medicine. Our chief medical officer physician leaders are resources and catalysts at UF Health Shands. Led by **C. Parker Gibbs, M.D.**, UF Health Shands chief medical officer and UF College of Medicine orthopaedic surgery division chief, they guide us toward our goal of building stronger partnerships between hospital medical staff and clinical teams with collaboration and innovation at the forefront to enhance the patient experience.

Rosenberg's expertise in patient safety and adult inpatient treatment through interprofessional protocols have standardized and improved quality care. He has conducted original research to determine the causes of medical errors and has been an advocate for clinical quality and patient safety training for students in the health sciences.

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ASSOCIATE CMO SHELLEY COLLINS NAMED INTERIM DIRECTOR FOR HOSPITAL QUALITY

In May, **Shelley Wells Collins, M.D.**, was named UF Health Shands interim director of clinical quality. Her role is anticipated to last until the executive team appoints a permanent chief quality officer.

Collins is an associate chief medical officer for UF Health Shands. She joined the CMO team in July 2016 in addition to serving as a UF College of Medicine associate professor of pediatrics and UF Health Shands Children's Hospital inpatient medical director. She serves on the children's hospital Operations Committee, the Family-Centered Care Committee, the Hospital Utilization Review Committee and the Pediatric Patient Safety Advisory Group.

As interim director of clinical quality, Collins will help advance critical quality outcomes for the hospitals and outpatient departments. She will work closely with UF Health Shands executive leaders, nursing and operations teams and with UF College of Medicine clinical faculty. As part of the UF Health Sebastian Ferrero Office of Clinical Quality and Patient Safety, she will collaborate with the staff in clinical risk management, accreditation, patient experience and clinical analytics.



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IT'S TIME FOR BACK-TO-SCHOOL PHYSICALS

As summer winds down and children return to the classroom, it's time for parents to consider their little ones' back-to-school physicals, which are often a school requirement.

Back-to-school physicals are often the only time children see their pediatric providers in a given year. These appointments allow pediatricians to do the following:

- Review vaccination status
- Check growth and development
- Perform vision and hearing screenings
- Perform a complete physical examination
- Screen for diabetes, cholesterol, tuberculosis and anemia
- Review nutrition and physical activity

Additionally, any child who plays sports may be required to have a sports physical, which should be completed at least six weeks prior to the start of the sports season.

To schedule an appointment at one of our UF Health Pediatrics locations (Gerold L. Schiebler CMS Center, Magnolia Parke, Tioga or Tower Square), call 352-265-2222 or visit UFHealth.org/peds.

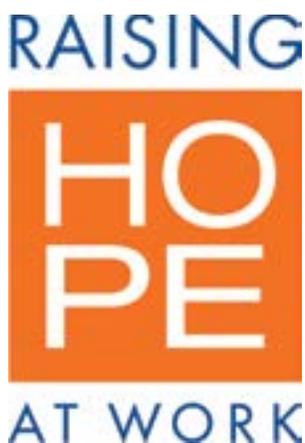


UF HEALTH SHANDS | EVENTS+ACTIVITIES

UNITE FOR A BETTER TOMORROW

Last year, UF Health Shands staff pledged more than \$266,000 to diverse programs, including our own ElderCare of Alachua County, the 2-1-1 Helpline and other services supported by the United Way of North Central Florida. Each dollar helped provide support for families and individuals in our community with life-improving services and resources that many of us take for granted. Please join us again during our 2017 UF Health Shands UNITE campaign Aug. 21 through Sept. 8. Stay tuned for announcements in Shands News, on the Bridge and in emails for more information.

UF HEALTH | FINANCE+FUNDRAISING



PARTICIPATE IN RAISING HOPE AT WORK THROUGH AUG. 18

Have you heard what's new for this year's Raising Hope at Work campaign? Faculty and staff at UF Health can choose to support four different projects. What can your gift do?

UF Health Shands Arts in Medicine: Gifts support a team of professional artists working in the clinical environment. They improve the hospital experience for patients and families by finding peace and meaning through the arts.

Facility improvements for women and children's areas: Gifts will help fund future improvements for UF Health Shands Hospital Labor and Delivery Units.

UF Health patient technology and experience: Gifts support new interactive patient care systems for inpatients that will deliver patient education and entertainment via TVs and tablets, and improve workflows and efficiencies for care teams.

UF College of Medicine Dean's Preeminence Scholarship Fund: Gifts will contribute to scholarships that attract high-caliber students who become the leading physicians of tomorrow.

Learn how to give at RaisingHopeatWork.org.