



UF HEALTH SHANDS INTERNAL NEWSLETTER

VOL. 11 NO. 4 | OCTOBER 2015

NEWS & NOTES

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On the cover: Madel Sotomayor, UF Health Congenital Heart Center administrative director, led a free Zumba class attended by dozens of employees.

Read News&Notes online at news-notes.UFHealth.org.

Please put News&Notes back in the rack!
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UF HEALTH | PEOPLE

See yourself in the big picture

Guest columnist: Kim Rose

One of the most important and influential life choices we make is where to work. The majority of us spend at least 40 hours a week at our job. Remember showing up for your first week here? I remember feeling excited and very overwhelmed. And that was many years ago! Our organization keeps growing and is more complex than ever.

I know first-hand that UF Health has a lot to offer employees. We can develop skills, learn, grow and stay challenged for as long as we wish. Many of us have not only established a great career and strong professional relationships, but we've also grown personally and made lifelong friends here. We've chosen a dynamic place where we can contribute and make a difference.

I'm on the UF Health Communications team. Our goal is to inform and engage people in understanding the important work taking place at UF Health. We love telling UF Health's stories. We never tire of sharing patients' testimonials of their life-changing experiences. We're inspired to tell how faculty and staff are working together to provide the best possible care. We're proud to reveal the incredible experts who are moving medicine forward.

But what about the bigger picture? Explaining the structure of UF Health and all its components is daunting. So when we were asked to create a welcome video for new hires, to answer the question, "What is UF Health?" — we had our work cut out for us!

This month, we're proud to share the result. The video will be shown to new faculty, staff, residents and volunteers during orientation and training. It outlines UF Health's vision and strategic priorities. It highlights our patient care, education, research and community health missions. It features our hospitals, outpatient programs, health science colleges and research institutes.

The welcome video spotlights the people at the heart of UF Health — which is made up of more than 22,000 faculty, staff, residents and volunteers, as well as our students. It includes a message from **David S. Guzick, M.D., Ph.D.**, UF senior vice president for health affairs and UF Health president. There are also three professional actors who serve as hosts. We produced it in-house: The scriptwriting, images, animation and editing were done by UF Health Communications teams. We especially thank Creative Services for making the script come to life!

You can view the video on the Bridge, under "Education," then "Faculty/Staff Development."

We hope the messages resonate with you and make you feel proud to be a part of the UF Health family.

Thank you!

Kim Rose
Director
Strategic Communications
UF Health Communications

Q&A with the CEO — Ed Jimenez



Megan Bush, UF Health Fitness and Wellness Center exercise specialist, coaches Ed Jimenez during his early-morning workouts.

We caught up with our UF Health Shands CEO **Ed Jimenez** and asked him about several things happening at UF Health this fall. If you have a question for him, email taylt@shands.ufl.edu and we'll consider it for an upcoming edition of News&Notes.

Benefits open enrollment is here. What makes our employee benefits so competitive?

First, if you work here and are covered under the GatorCare health insurance plan, you have access to outstanding medical care. You don't have to worry that your doctors might need someone out of our system, and the Gator Advantage program offers assistance in accessing appointments. Second, our benefits are excellent. I would bet that our benefits package — medical, dental, life and

disability, paid time off and retirement savings plans/programs — is much more robust than what many other employers can offer locally.

Why should employees take the time to learn about benefits during open enrollment?

Open enrollment gives everyone the chance to make decisions and figure out what their needs are individually and for their families. We've created a lot of ways for people to get the most out of open enrollment. If you'd like assistance, you can go to a Benefits Fair and have someone help you. If you'd rather do it on your own, you can go online and use those resources at your own convenience.

Turn to page 12 to learn more about open enrollment.

How do our wellness offerings complement our benefits?

When you think about our benefits you also have to consider our promotion of wellness. We truly want our staff to feel healthier. Whether it's the water drinking challenge, the flu vaccine, the annual wellness events or the many other wellness classes and GatorCare resources — we are constantly thinking about how to create access points for our employees to focus on their health. The UF Health Fitness and Wellness Center is a great example. This offers great access and convenience, and you can join for a very low rate.

Turn to page 4 to learn more about our Wellness Event results.

Why are fitness and wellness important to you?

My mom had her first heart attack when she was 40. Ultimately, she passed away from all the years of heart disease weighing on her. She also had diabetes. My dad had Parkinson's. So my family history tells me I should do whatever I can to proactively stay in shape. Playing with my kids and being active with my family inspires me to stay focused on my fitness.

Turn to page 7 to learn more about some of our wellness offerings.

What else would you like employees to know as we move through the fall?

There are some important events in our local community in the fall and it's important that we continue to play a major role. We just finished the American Heart Association Heart Walk and we've got the American Cancer Society's Making Strides breast cancer walk, the United Way campaign, The Sebastian Ferrero Foundation's annual fundraising event, Noche de Gala, and many others coming up. I encourage everyone to participate in these types of events.



UF HEALTH | SERVICE

A SNAPSHOT OF OUR WELLNESS

RESULTS FROM THE ANNUAL UF-UF HEALTH WELLNESS EVENT
SHOW HOW HEALTHY WE ARE

For the fourth consecutive year UF Health and UF teamed up to host our Wellness Event series in April. The monthlong initiative at various UF Health facilities throughout Gainesville encouraged employees to make simple, positive changes to improve their health and wellness.

Wellness staffers provided free biometric screenings and assessed 3,434 benefits-eligible faculty and staff across UF Health — an increase of more than 450 participants over last year. Participants reviewed their results during a one-on-one meeting with a wellness expert, enjoyed a complimentary boxed lunch from SweetBerries eatery and were entered to win a variety of prizes. Additional incentives were available for tobacco-free participants and those who received their flu vaccination.

Thanks to our employees' willingness to participate, each year we can assess the general wellness of employees at UF Health, report our findings and offer resources to improve the health of our workforce. In this edition of News&Notes, we will showcase the positive changes in the overall health of our staff, examine our top risk areas and highlight some of the options available to help every staff member lead a healthy, active life.

WELLNESS SCORE

78



“Our overall UF Health wellness score remained the same this year and we’ll continue to pursue our goal of 80 or higher. We were pleased that many participants reported positive lifestyle changes since last year’s event and we encourage everyone to join us on our wellness journey to reach our goal.”

—DENISE HUGGINS
UF HEALTH SHANDS HUMAN RESOURCES BENEFITS MANAGER



Participation in the Wellness Event has increased by 27% over the past two years.



**SOME OF OUR GREATEST RISK AREAS
OF 3,434 FACULTY AND STAFF SURVEYED:**

WEIGHT 70%

NUTRITION 65%

DIABETES 64%

**BLOOD
PRESSURE 52%**

THE PERCENTAGES ABOVE ARE BASED ON THE NUMBER OF PEOPLE WHO SCORED
BORDERLINE OR HIGH RISK IN EACH AREA

75% of Wellness Survey participants have ideal blood sugar levels.





A WEALTH OF WELLNESS SUCCESS

DIVERSE WELLNESS PROGRAMS PROMOTE POSITIVE BEHAVIOR CHANGES



Taking the inaugural GatorCare Wellness Water Challenge first-place certificate was the H.O.M.E (Hydrating Our Minds Every day) Team. With 13 employees from UF Health Shands IT Services, the H.O.M.E. Team drank 3,627 gallons of water during the four-week challenge! Runners up were Thirsty to the Bone (second place), with team members from the UF Health Shands Hospital Radiology department, and Aquaholics Anonymous (third place), with team members from various departments at UF Health Springhill. These top three teams received insulated tumblers for their aqueous efforts.

“I enjoyed the creativity from the teams — from team names to strategies that helped them drink more water,” said **Holly Davis**, a GatorCare health educator who also helped with the challenge. “Everyone really got into it!”

Stay up-to-date on upcoming challenges and wellness programs by visiting GatorCare.org/Wellness. You can also sign up to receive emails — visit the GatorCare.org home page and enter your information under the “Wellness” logo.

Water Challenge

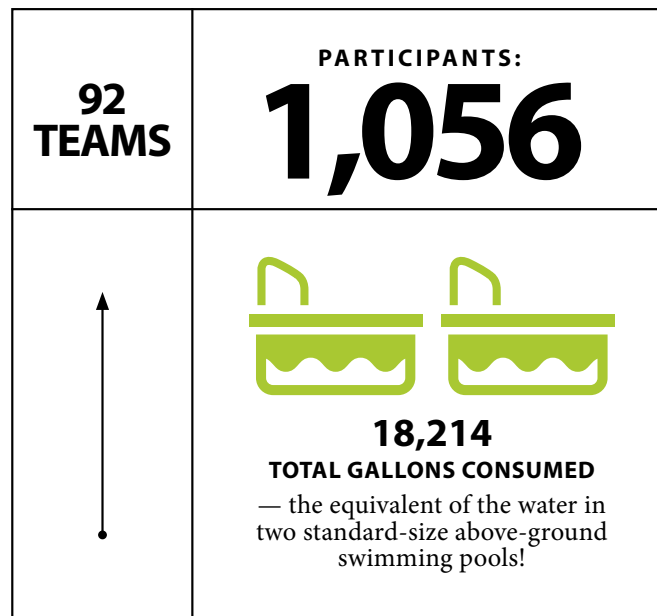
It’s tough to make drinking water thrilling — it’s a colorless, tasteless liquid that’s generally uninteresting. But for four weeks this summer, more than 1,000 faculty and staff at UF and UF Health eagerly sipped H²O in hopes of placing first in the GatorCare Wellness Water Challenge.

The four-week water challenge launched in July. Participation surged as teams were formed and captains nominated. On behalf of their creatively named teams, contestants tracked their water intake using charts provided by GatorCare, and captains compiled the results. Every week, the team rankings were shared with participants, along with motivational information and fun facts about the benefits of staying hydrated.

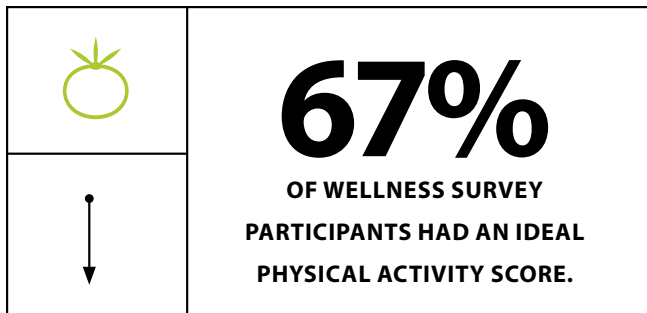
“My favorite part of the challenge was communicating with the teams, seeing the camaraderie and hearing the stories from participants about how the challenge changed their hydration habits,” said **Caleigh Bean**, a GatorCare health educator who managed the challenge.

Participants were enthusiastic, and many observed positive health changes as a result of drinking more water. Some noted that they consumed fewer sweetened beverages like sweet tea and soda, while others lost weight or saw their complexion improve.

Our bodies are made up of 45 percent to 70 percent water, which is why consistent hydration is essential. Regular water intake helps the body regulate its core temperature, convert food into energy and support essential functions.

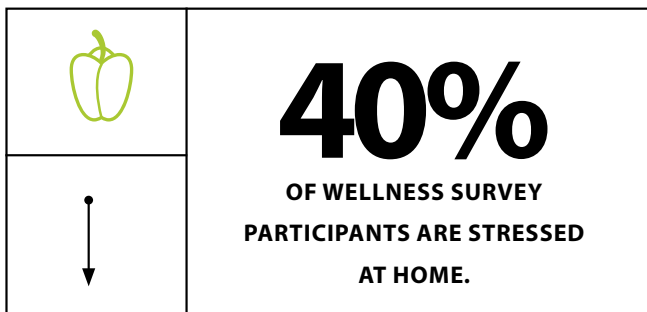


96% of Wellness Survey participants have ideal vehicle safety habits.



Couch to 5K

The Get up and Go! Couch to 5K initiative, a program of the UF-UF Health Wellness Committee and GatorCare, started at the beginning of 2015 to help employees' New Year's resolutions stick. Nearly 100 faculty and staff from 85 UF and UF Health Shands departments participated. Participants received free pedometers and training guides, recommended apps and an invitation to join a Facebook community. About half of the participants had never run a 5K before. Couch to 5K was such a great success that it earned third-place honors from the National Wellness Challenge, sponsored by the National Consortium for Building Healthy Academic Communities, and will return later this fall.



Financial Wellness

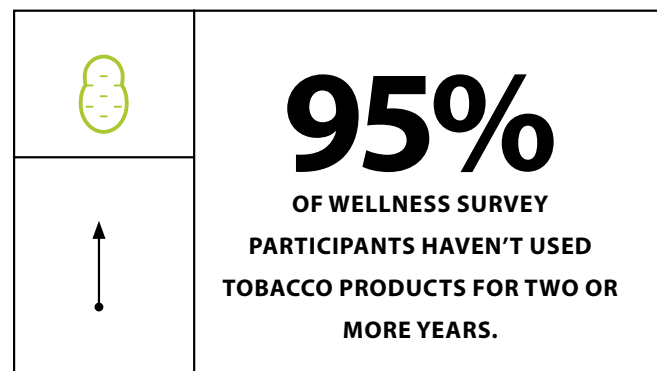
The UF-UF Health Wellness Committee recently hosted nine financial wellness classes for staff. Topics included managing debt, maximizing Social Security and planning confidently for retirement success. Between 10 and 20 employees attended each class. The most popular topic was Social Security.

"These financial wellness classes were an absolute success," said Tonya Wilson, the Lincoln Financial Group senior retirement consultant who taught many of the sessions.

Attendees were asked to complete an evaluation at the end of each class. The most frequent response to, "What will you tell someone who asks you about this class?" was — "Attend it!"

Tobacco Cessation

GatorCare, along with the Area Health Education Center, or AHEC, will hold a free six-week tobacco cessation class for all faculty and staff at UF and UF Health and their families. The class addresses the use of all forms of tobacco, including cigarettes, smokeless tobacco and electronic cigarettes. AHEC will provide four weeks of free nicotine patches, gum and/or lozenges (while supplies last and if medically appropriate). Interested employees and family members should call 352-733-9202 for more information about class times and locations. Visit bridge.UFHealth.org/tobacco-contraband-free to learn about how you can help us maintain a safe, healthy, clean and welcoming environment for everyone who seeks care or works at UF Health.



Zumba

It's no surprise that combining catchy music, a fun workout and friends has resulted in an incredibly popular program for employees. Because of increasing demand, two Zumba classes are now offered to all faculty and staff at UF and UF Health. One is free and takes place Wednesdays from 5:10 p.m. to 5:55 p.m. at the UF Cancer and Genetics Research Complex, Room 451. About 60 employees attend every week to dance alongside their friends and instructor **Madel Sotomayor**, UF Health Congenital Heart Center administrative director. Another class started this fall and is held Tuesdays from 5:15 p.m. to 6:15 p.m. in the UF Norman Hall Terrace, Room G400. The first Tuesday class costs \$1 and each additional class costs \$5.



91% of Wellness Survey participants are not at risk for alcohol use.




QUARTERLY SPOTLIGHTS MAKE WELLNESS FUN


PROGRAM HAS BEEN A CROWD-PLEASER

For each quarter of 2015, the UF and UF Health Shands Wellness Committee and GatorCare have focused together on a different wellness topic or “Quarterly Spotlight.” Employee feedback has guided the choice of topics.


To learn about the Fourth-Quarter Spotlight, visit GatorCare.org/wellness/quarterly-spotlights and look for information in Shands News and emails.

	<p>FIRST-QUARTER SPOTLIGHT JANUARY-MARCH</p>	<p><i>Get up and go!</i></p>
<p>40% OF WELLNESS SURVEY PARTICIPANTS HAD A HIGH-RISK BODY MASS INDEX SCORE.</p>		

Every year, millions of Americans vow to lose weight. Unfortunately, we don't set ourselves up for success. We don't take advantage of helpful resources, we don't set smart goals and we give up before March rolls around. This quarterly spotlight focused on tools for increasing physical activity and losing or maintaining weight.

	<p>SECOND-QUARTER SPOTLIGHT APRIL-JUNE</p>	<p><i>Stress Less and Thrive</i></p>
<p>62% OF PARTICIPANTS ARE STRESSED AT WORK.</p>		

There are small things we can do each day to stress less and thrive more. This quarterly spotlight included a Strive to Thrive challenge, encouraging employees to make small tweaks each day for five weeks and offering resources for financial health, caregiving and shift work.

	<p>THIRD-QUARTER SPOTLIGHT JULY-SEPTEMBER</p>	<p><i>Healthy@Home Well@Work</i></p>
<p>36% OF PARTICIPANTS HAD IDEAL NUTRITION LEVELS.</p>		

Creating healthy habits is challenging, but research shows that embarking on the journey can be much more successful, and fun, when you've got a buddy. This quarterly spotlight focused on using social networks to create and maintain healthy behaviors. Healthy@Home provided resources to foster a healthy home and find support from friends and family, while Well@Work offered outlets to connect with co-workers to make the workplace a supportive environment.



87% of Wellness Survey participants received an annual wellness exam.

UF HEALTH | PEOPLE

NEW HIRE BRINGS DECADES OF HEALTH CARE EXPERIENCE TO GATORCARE TEAM

MEDICAL DIRECTOR WILL PROVIDE CLINICAL LEADERSHIP, DEVELOP NEW PROGRAMS

With more than 40 years of experience in health care, **Jill Sumfest, M.D., M.S., FACS**, GatorCare medical director, has worked on the practice side with patients and in managed care with insurance companies. Now, Sumfest is ready for a new challenge — the employer side of the health care equation. In her new position she is responsible for providing clinical leadership and helping develop new programs that will improve the health outcomes of GatorCare members.

“With her background in managed care, Dr. Sumfest brings experience and knowledge about what other groups are implementing throughout the state,” said **Mary Alice Albritton**, GatorCare director. “She has jumped right in supporting current initiatives, building relationships with physicians and leaders throughout the organization, and exploring available services to leverage opportunities with the resources we have available.”

We asked Sumfest several questions, including how she stays healthy and what’s on the horizon for GatorCare.

WHAT ARE YOUR MAIN FOCUS AREAS IN THE COMING YEARS FOR GATORCARE AND WELLNESS?

I’m focusing on designing new and exciting ways to engage GatorCare members and help them make better choices to improve their health.

HOW DO GATORCARE’S WELLNESS RESOURCES COMPARE TO THOSE AT OTHER ORGANIZATIONS?

I was amazed at how much GatorCare has accomplished over the past two years — the energy of the team is contagious.

WHAT WELLNESS ACTIVITIES CAN WE LOOK FORWARD TO THIS FALL?

We plan to focus on nutrition, prediabetes and diabetes. We will roll out a nutrition challenge, activities to help you stay healthy during the holiday season and more.

WHAT IS YOUR FAVORITE HEALTHY SNACK OR RECIPE?

Almonds and fresh fruit.



YOUR GROUP JUST WRAPPED UP THE HEALTH@HOME, WELL@WORK INITIATIVE. HOW DO YOU STAY WELL AT WORK?

I take the stairs instead of the elevator, park far away from the stairs in the parking garage, pack a lunch and track my steps with a FitBit. I periodically get up from my desk to stretch and take a quick walk to increase my energy level.

FOR MORE INFORMATION ON GATORCARE AND ITS WELLNESS PROGRAMS, VISIT GATORCARE.ORG.

88% of female Wellness Survey participants received a Pap test in the past three years.



Lifting the weight of lymphedema

Team offers relief for patients following breast cancer surgery

More than 50 percent of the human body is water. Essential to life, water is the cellular lubrication that keeps our hearts pumping, joints bending and skin glowing. Yet too much water trapped in our tissues — which occurs in patients suffering from lymphedema, a condition caused by surgery or other injury — can be a burden that impairs activity and causes pain and infection.

According to the National Cancer Institute, 80 percent of lymphedema patients experience onset within three years of breast cancer surgery, especially when the lymph nodes under the arm have been damaged by radiation or surgery. The condition is incurable, and for years the only treatment available was physical therapy and compression of the affected limb.

UF Health patient Joy Hedstrom underwent surgery in 2006 for stage 3 breast cancer which involved a left-breast mastectomy and removal of 19 lymph nodes. She suffered from lymphedema for years after the surgery.

“My lymphedema was almost immediate after surgery and it was bad,” she said. “My arm was heavy and tight and I had infections. I had very little strength and couldn’t lift anything. I withdrew from family and friends.”

Thanks to a microsurgical technique called vascularized lymph node transfer, or VLNT, now offered at UF Health, the flow of lymphatic fluid can be restored to bring relief to patients. After years of suffering, Hedstrom had the procedure done last year.

“She was our first transplant patient, our pioneer,” said **Derly Muñoz, M.T.C., C.L.T., ATRIC**, UF Health Rehab Oncology physical therapist.

Muñoz said it’s great to be able to see her improve not only physically, but also emotionally as a result of the transplant.

“There is no pain and there’s no daily struggle to take care of my arm,” Hedstrom said. “I’ve been able to walk away from all of that and just have a normal life.”

Dhruv Singhal, M.D., UF College of Medicine plastic surgeon, performed Hedstrom’s VLNT procedure and explained the condition of lymphedema.

“I compare the lymphatic system to a railway moving commuters to and from work,” he said. “The trains move on a complex grid just under the skin, transporting extracellular fluid rich with carbohydrates and proteins, which cells need for food, to the furthest reaches of the body’s tissues.”

On the return trip, the lymphatic “trains” pick up other “commuters,” he said, such as cellular debris and waste, which are transported to drop-off points at the “city center,” for excretion, mostly through the kidneys.



(Left) Dhruv Singhal, M.D., UF College of Medicine plastic surgeon, performed Joy Hedstrom’s vascularized lymph node transfer procedure.



(Right) UF Health patient Joy Hedstrom.

“Lymphedema happens when there has been a derailment of the lymphatic train caused by surgery or trauma and the commuters get stranded,” Singhal said.

Using VLNT, Singhal and his team harvest two or three lymph nodes from the patient’s groin, leaving sufficient surrounding tissue in place to assure healthy blood flow. The nodes are transplanted into the affected arm, usually at a location furthest from the heart, like the wrist. If the transplant and breast cancer surgery occur simultaneously, the nodes will be implanted under the arm.

Singhal said that fluorescent dye injected into the tissues surrounding the transplanted nodes at the time of surgery demonstrates that the nodes are moving fluid properly almost immediately after implantation.

More than a year after her VLNT surgery, Hedstrom no longer needs physical therapy or compression.

“I can do anything I want to do now,” she said. “My grandson is 4 months old — he’s my first grandchild and I love holding him.” **N&N**



80% of female Wellness Survey participants over 40 received a mammogram in the past two years.

Oct. 31: Flu vaccination or surgical masks required

What to know as the flu deadline approaches

Faculty and staff who haven't received a flu vaccination by Oct. 31 will be required to wear a surgical/procedural mask in UF Health Shands, UF Health Physicians and other patient care areas during flu season, through March 31. Here are some frequently asked questions and answers about our policies and processes.

Can I get a free flu vaccination at UF Health?

Yes, and please make sure you have your ID badge. The following staff can visit UF Health Shands Occupational Health Services (UF Health Shands Hospital, Room 1004) or attend one of OHS' vaccination events to receive a free flu shot.

- UF Health Shands employees and volunteers
- UF Health Physicians employees
- UF College of Medicine faculty physicians, residents and fellows
- Credentialed ARNPs
- Credentialed physician assistants
- Credentialed medical staff

All other UF Health Science Center faculty, staff and students can receive a no-cost flu shot at a flu vaccination event hosted by the UF Student Health Care Center. Flu vaccination schedules are available on Flu Central at bridge.UFHealth.org/flu.

How can I show that I received my vaccination?

When you receive your vaccination at UF Health, you'll be provided with a sticker to display on your ID badge. If you received your flu shot elsewhere, submit proof of vaccination to OHS to get your sticker.

If I opt out of the flu vaccination, where will I have to wear a mask?

If you choose to opt out of flu vaccination, please visit Flu Central on the Bridge for details about the declination process. You will be required to wear a mask in UF Health Shands and UF Health Physicians patient care areas, including:

- Admissions and registration areas
- Examination and procedure rooms
- Inpatient units
- Open care areas such as holding/waiting areas and post-anesthesia care units
- Patient waiting areas
- Outpatient practices and programs
- Off-site home care settings

Why is flu vaccination so important?

Most outbreaks of influenza in health care facilities are due to non-vaccinated staff. Annual flu vaccination is the primary way health workers can protect ourselves, our patients and the community. Nationally, mandatory vaccination and masking policies have been shown to increase health care workers' vaccination rates to greater than 95 percent. **N&N**



GET YOUR VACCINE BY HALLOWEEN!

ADDITIONAL QUESTIONS?

Visit Flu Central at bridge.UFHealth.org/flu for:

- More answers to FAQs
- A flu vaccination event calendar
- Vaccination locations
- Policies
- Resources

95% of UF Health Shands employees received their flu vaccination last flu season.



Get informed for open enrollment

Nov. 2-19: Select your benefits for 2016

Benefits open enrollment for UF Health Shands employees begins Nov. 2 and closes on Nov. 19. Take time to use the tools our Human Resources department provides to ensure you are enrolled in the benefits that best satisfy the health needs of you and your family.

“Benefits are a significant part of employees’ total compensation,” said **Denise Huggins**, UF Health Shands Human Resources benefits manager. “Open enrollment only happens once a year, and it’s important to review what’s available and what you and your family will need for the next 12 months.”

Look for the HR benefits newsletter — it outlines changes to this year’s benefit plans and guides you through the enrollment process. It will be mailed to your home the week of Oct. 19.

Resources will be posted on the Bridge under “Employee Services” and “HR Gainesville – Shands” to help you assess options and make selections online.

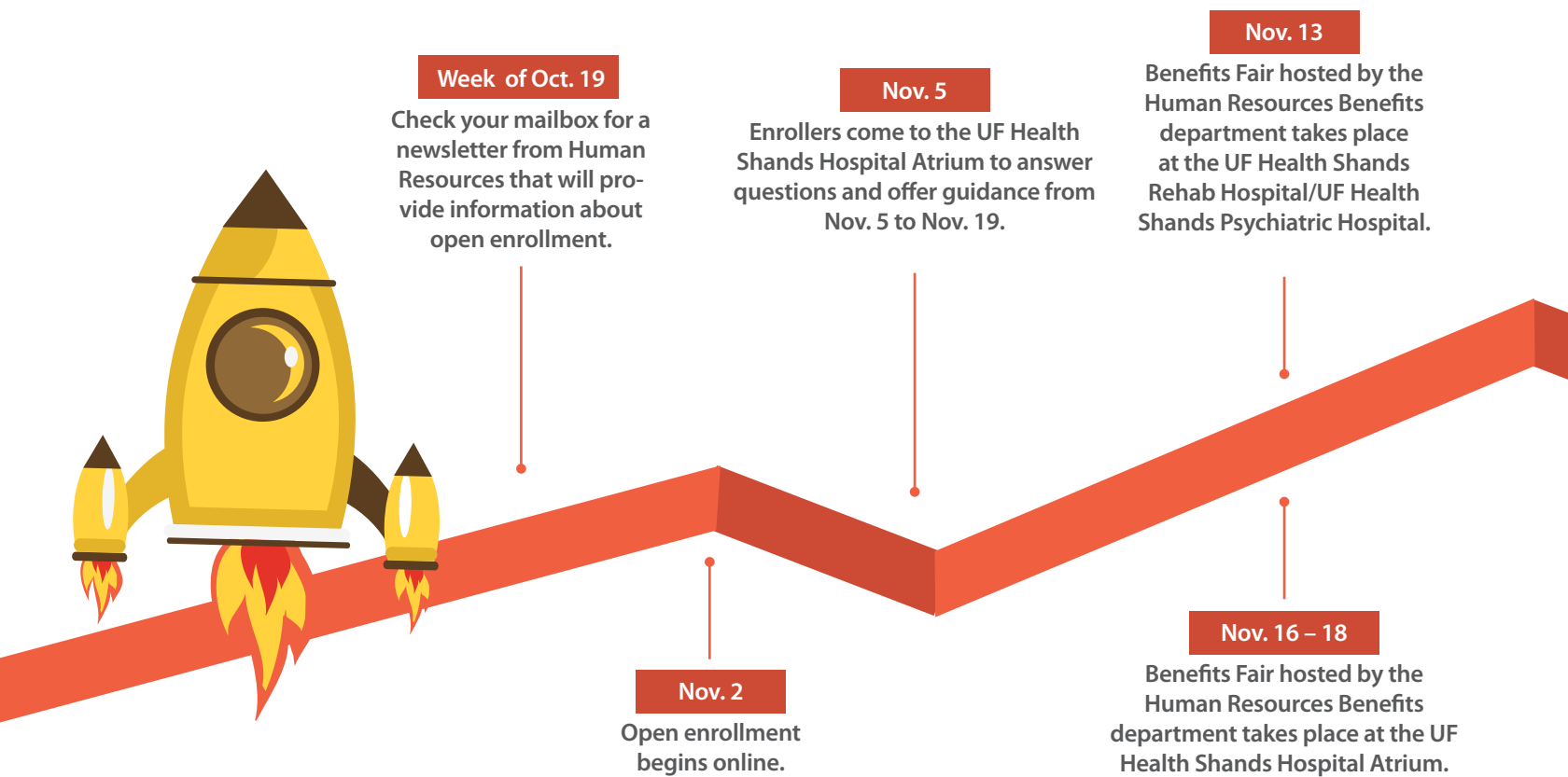
For employees who prefer one-on-one guidance, enrollers will be in the UF Health Shands Hospital Atrium from Nov. 5 to 19 to assist employees in person.

The UF Health Shands Human Resources Benefits department will host a Benefits Fair on Nov. 13 at the UF Health Shands Rehab Hospital/UF Health Shands Psychiatric Hospital and Nov. 16-18 in the UF Health Shands Hospital Atrium.

These opportunities give employees a chance to speak with vendor representatives about different benefit plans.

“We are proud to once again offer a wide array of benefits to our staff and will offer multiple opportunities for them to either discuss one-on-one, or read in print or online about what their options are to be sure they make informed choices,” said **Janet Christie**, UF Health Shands Human Resources senior vice president.

Clinical staff with hectic schedules often find it difficult to leave the unit to speak to enrollers. Managers can arrange



for enrollers to come to their units during the open enrollment period by emailing davidt@elan-group.com.

“I usually set up question-and-answer sessions for staff to talk directly with our benefits folks,” said **Helen Welsh, M.S.N., R.N., NE-BC**, UF Health Shands Cancer Hospital Adult Oncology Unit 8 East nurse manager. “We are very fortunate at UF Health Shands to have excellent benefits. But sometimes the options or changes may seem complex, and I believe it is important for staff to understand their options and maximize their benefits.”

One change to look out for this year relates to health insurance qualification. The Affordable Care Act employer-shared responsibility provisions are now active and may

positively impact more of our employees. Non-benefits-eligible employees who worked an average of 30 hours per week over the prior 12 months may now be eligible for full-time health insurance.

Enrollment will reopen Nov. 30-Dec. 4 so staff can check selections and confirm that enrollment requests are correct.

Stay informed! Check your home mailbox and read Shands News and upcoming email announcements. **N&N**

DID YOU KNOW?

If you are an employee classified as .50 FTE (full-time equivalency) or greater you are eligible to participate in benefits annual open enrollment.

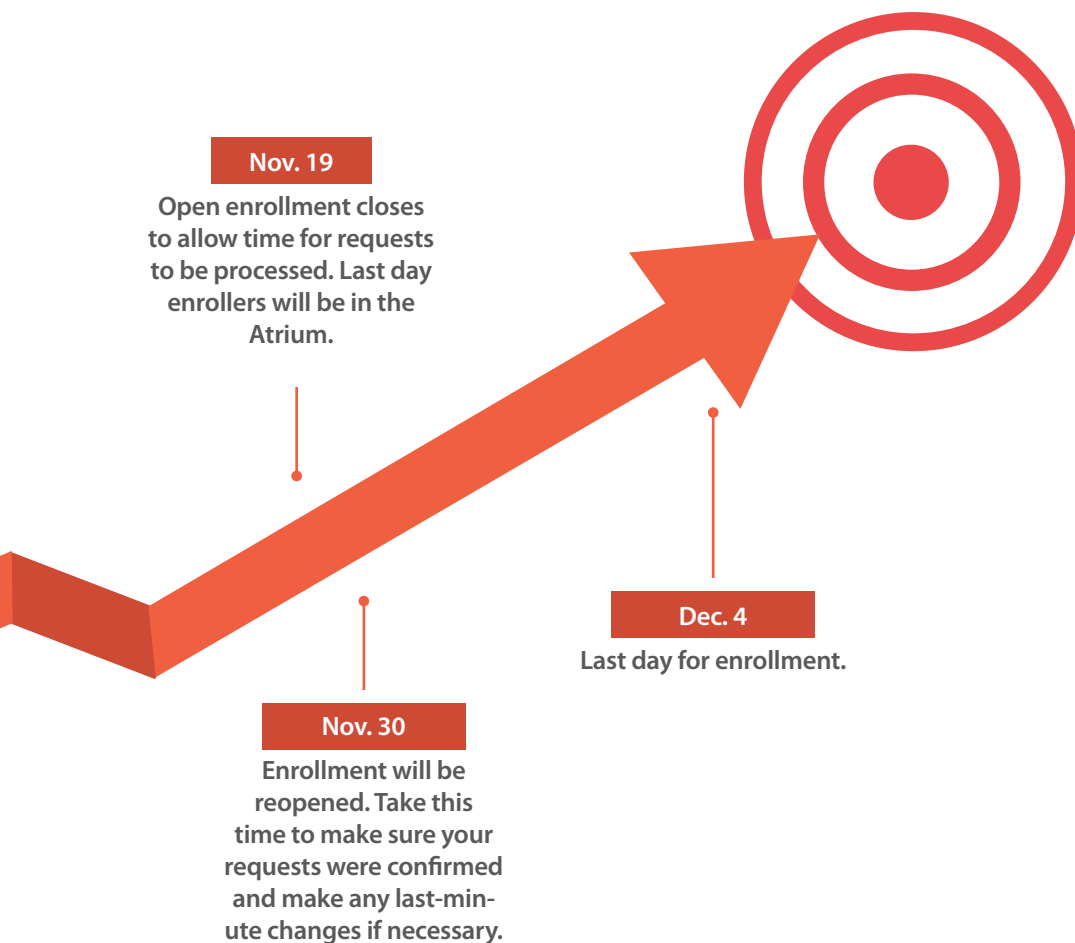
The following flexible spending programs do NOT roll over from year to year, and HR requires that you re-enroll each year:

- Health care reimbursement account
- Dependent care reimbursement account

UF Health Shands provides eligible employees with the following benefits at no cost:

- Short-term and long-term disability
- Employer-paid group life insurance
- Paid time off
- Employee Assistance Program
- Retirement savings

As a percent of pay, the value of your UF Health Shands benefits is on average 28 percent.



UF faculty and staff: UF open enrollment is Oct. 19-Nov. 6. For information, visit hr.ufl.edu and search “Benefits Open Enrollment.”

Lab Notes: What's happening at UF Health?

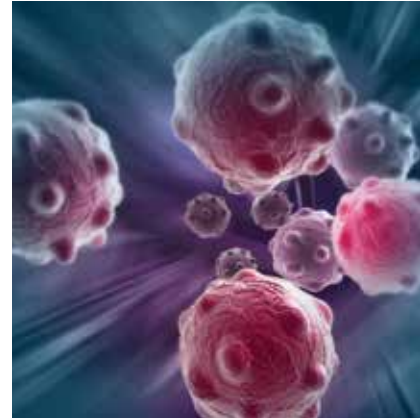
Check out some recent research developments at UF Health



- Conditions such as cholera and malaria pose serious public health threats to Haiti's population, and numerous programs have been put in place to help combat them. However, these public health efforts typically operate in disease-specific silos, potentially losing out on benefits that could be yielded from targeting multiple health threats at once. To determine whether integrating public health efforts would be a more efficient, effective and less costly way to eradicate these diseases in Haiti, researchers from the UF Emerging Pathogens Institute are preparing to launch pilot studies with funding from the Bill and Melinda Gates Foundation Grand Challenges Explorations program. The Gates-funded project is being led by scholar Kevin Bardosh, Ph.D., and **Glenn Morris, M.D., Ph.D.**, EPI director. UF researchers have been involved with efforts to help Haiti for years, with a more profound focus there since the 2010 earthquake that devastated much of the region and paved the way for a cholera outbreak and other public health crises. In 2011, UF opened the UF Public Health Laboratory in Gressier, Haiti.



- A new UF Health study shows that grip strength measures could help identify diabetes and high blood pressure in adults who have healthy weight obesity, also known as normal weight obesity or "skinny fat." The condition is characterized as having a body mass index within the normal range, but a high proportion of fat to lean muscle, typically more than 25 percent body fat in males and 35 percent in females. These individuals may be less likely to get regular screenings for diabetes and hypertension because they aren't considered overweight or obese by BMI measures alone, said **Arch G. Mainous III, Ph.D.**, UF College of Public Health and Health Professions department of health services research, management and policy chair, and the lead author of the study. People with healthy weight obesity are four times more likely than people with lower body fat to develop metabolic syndrome, which includes increased blood pressure, high blood sugar and abnormal cholesterol levels, according to a separate study by Mayo Clinic researchers. As many as 30 million Americans have healthy weight obesity and many don't know it.



- The rapid spread of the common and deadly brain tumor glioblastoma has been slowed down significantly in a mouse model by cutting off the way some cancer cells communicate, according to a team of researchers that includes UF Health faculty. The technique improved the survival time for patients with glioblastoma by 50 percent when tested in a mouse model, said **Loic P. Deleyrolle, Ph.D.**, a UF College of Medicine neurosurgery research assistant professor. Researchers focused on disrupting the cell-to-cell communication that allows cancer stem cells to spread. To do that, they targeted a channel that cancer cells use to transfer molecules. By cutting off their communications pathway, the deadly cells stay in check, Deleyrolle said. Glioblastoma is the most common brain tumor in adults and there is no effective long-term treatment.



69% of Wellness Survey participants have ideal total cholesterol levels.

UF HEALTH | GROWTH

EXPANDED HAILE PLANTATION FACILITY WELCOMES PATIENTS



The family medicine practice features:

- 24 exam rooms, nearly double the number of exam rooms from the previous location
- 10,987 square feet of building space
- Additional UF College of Medicine family medicine physicians to serve our patients

Visit blueprints.UFHealth.org to keep up with news about building moves, renovations and construction efforts.

In July, family medicine patients on the southwest side of Gainesville welcomed UF Health Family Medicine – Haile Plantation to its new home. Relocating from its former location in the Haile Village Center, the new facility is located at 2846 SW 87th Way.



UF HEALTH | SERVICE

FACILITIES WORK ORDER SYSTEM WILL PROVIDE IMPROVED SERVICE

As we continue to improve our physical facilities, we’re working behind the scenes to upgrade technological tools. UF Health Shands Facilities is introducing a new work order system to help us better maintain our “environment of care” — the term used to describe the health care workplace.

The current work order system, using CHRIS, is being replaced by a tool called Mainspring in early October.

Mainspring offers several benefits:

• Digital work order requests

Facilities Maintenance staff will be equipped with iPads for added efficiency, including a faster response time and ability to handle more requests. When employees complete a

work order request, automatic escalations and alerts to facilities staff ensure the request gets passed along to the right person. Employees can track work orders online to check the status in real-time and review open requests.

• Better customer service

All requests will be monitored through a centralized data program. This means our maintenance teams can track work order requests in real-time from input to completion. Additionally, employees will automatically receive a receipt after submitting a work order request.

• Smart auto-complete forms

No matter which computer an employee uses to submit a work order

request, their information will automatically be filled in on the form based on the computer’s location.

UF Health Shands staff will continue to enter work order requests by visiting the UF Health Bridge. Hover over “Employee Services” and click the orange “Work Order Request” button on the right-hand menu.

For questions related to this upgraded service, visit UFHealth.org/shands-facilities or call the Enterprise Building Operations Center at 352-265-2273.

14% of Wellness Survey participants are at risk for depression.



No Two Alike — Corey’s story

Patient featured in new brand campaign underwent life-changing surgery



Corey and his wife, Raina, encourage their daughter, Aila, to pet their horse.

Become a UF Health brand ambassador by visiting bridge.UFHealth.org/no-two-alike to learn more about the campaign:

- Watch the commercials
- See behind-the-scenes photos
- Find answers to FAQs

Also, visit NoTwoAlike.org, our public website, to learn more about the patients and care providers featured in the campaign. Please share this resource with patients, friends and family!

Corey Hammond’s seizures came in 30-second flashes, sending a rushing feeling through his brain as if his blood were pounding in his veins. Hammond, a UF student at the time, didn’t realize he was experiencing seizures.

A result of a scooter accident a few years earlier, when he was a junior in high school, the seizures worsened over time despite medications prescribed by doctors in his hometown of Melbourne, Florida.

One afternoon years later on a surfing trip with friends, Hammond suffered the worst of these attacks, a grand mal seizure.

“The medication wasn’t working,” said Raina Hammond, Corey’s wife. “I was having to call 9-1-1 a lot. We felt like we were at a crossroads. We had to do something different.”

Corey — now 36 and a stay-at-home dad to 5-year-old daughter Aila — sought treatment at UF Health. Our team of epilepsy experts recommended surgery as

a way to not only control the seizures, but also hopefully to reduce the medications Corey would need over time.

“Typically, after a patient has taken two to three medications and nothing is working, we start thinking about surgery for control,” said Jean Cibula, M.D., the UF College of Medicine neurologist who treated Corey. “We want to help patients get control of their seizures so they can live their lives.”

Prior to surgery, Debra Livingston, M.S.N., ARNP, B.C., a UF Health Shands Epilepsy Surgery Program nurse practitioner, worked with Corey and his family to determine his candidacy for surgery. The team maps out the part of the brain responsible for the seizures. In Corey’s case, initial tests weren’t clear, so physicians took the extra step of implanting electrodes deeper into his brain to ensure they obtained a precise picture of the problem area.

The testing revealed that Corey’s seizures stemmed from the temporal lobe. In May 2013, Steven N. Roper, M.D., UF College of Medicine neurosurgeon and UF Comprehensive Epilepsy Program surgical director, carefully removed a problematic segment.

Two years have passed since Corey’s surgery — and since his last seizure. Livingston now sees Corey with a sense of freedom and peace of mind. “It’s priceless,” she said.

Although the recovery process is slow, Corey can now drive and is back to doing things he loves, like caring for his daughter, cooking and tending to the animals on his family’s farm. Sometimes he has trouble multitasking and finding words, but if the trade-off is being seizure-free, he says the side effects are well worth it.

“It’s like a marathon, a long journey,” he said. “I am glad to be on the other side.” **N&N**



72% of Wellness Survey participants over 50 have undergone a colonoscopy.

UF HEALTH | PEOPLE

LIVELY CELEBRATION HONORED HISPANIC HERITAGE MONTH



Members of a Colombian dance troupe performed traditional dances during our Hispanic Heritage Celebration.

In September, UF Health Shands Diversity Ambassadors held an event full of dancing, music and celebration of culture in honor of Hispanic Heritage Month. This fun-filled event in the UF Health Shands Hospital Atrium included a Zumba demonstration led by **Madel Sotomayor**, UF Health Congenital Heart Center administrative director, and performances from a Venezuelan music and dance group and a Colombian dance troupe.

Did you miss the event? Get T-shirts and promotional decals from UF Health Shands Employee Relations to celebrate our diversity. Visit the Employee Relations office at G-170 on the ground floor of UF Health Shands Hospital (north campus).

Celebrate diversity in the workplace. Contact UF Health Shands Employee Relations at 265-0495 to find out how to become a Diversity Ambassador.

UF HEALTH | PEOPLE

HOPE FROM ASHES



Photo courtesy of The Gainesville Sun.

Despite his home being burnt down by a fire, **Colin Williams**, a UF Health Shands Facilities Development HVAC mechanic, smiled as he talked about his supportive UF Health Shands family.

“I don’t know if I can ever repay everyone for everything they did for me and my family, but I’m going to try my best,” Williams said.

Around 4:30 a.m. on July 30, Williams heard a noise outside his bedroom that didn’t sound right. He walked to the back of the house and found it engulfed in flames. He immediately got his wife, 16-year-old son and two dogs out of the house safely.

“We are very lucky people,” Williams said.

Following the fire, Williams called **John (J.W.) Willingham**, UF

Health Shands Facilities Development Maintenance director, to tell him why he wouldn’t make it to work. Willingham was ready to lend a hand.

“I threw on some clothes, grabbed clothes to give to Colin’s boy, and headed over there with my sons,” Willingham said.

He spent the day helping Williams however he could.

“I know he would have done the same for me,” Willingham said.

Fellow UF Health Shands Facilities Development employees helped jumpstart fundraising efforts, which led to numerous donations to the Williams family.

Williams extended eternal gratitude to team members **David (Gerry) Hunter**, HVAC mechanic; **Joanne Kneal**, business coordinator; and **Mike Graziano**, maintenance facility operations supervisor. They, and many others, helped spread the word about Williams’ home to generate support.

“I don’t want anyone to be left out,” he said. “I’m a part of a great group here. It was very touching receiving all the help and support, and we are so very grateful. I can’t say it enough.”

Read more stories like this on the UF Health Bridge — check out the “Empathy Corner” feature on the home page.



Colin Williams

70% of Wellness Survey participants have optimal triglyceride levels.



Golden Gatorade

Revolutionary drink celebrates 50th anniversary



Robert Cade, M.D. (seated), is pictured with his research fellows (from left) Dana Shires, M.D., James Free, M.D., and Alejandro de Quesada, M.D. Aside from being a thirst quencher and launching the sports beverage industry, Gatorade also has another important use — drenching coaches after wins at football games.

The iconic beverage Gatorade can be found on nearly every sport's sideline, from pee-wee to professional. Now a multibillion-dollar industry and a beacon of the storied, innovative research performed at UF, Gatorade first got its start in labs at the UF College of Medicine.

Led by **J. Robert Cade, M.D.**, UF College of Medicine kidney disease specialist, a team of researchers explored why football players were getting sick during practice or play. They

discovered players were losing valuable nutrients in the Florida heat and needed a way to replenish them.

Cade and his team introduced Gatorade to the Florida football team in 1965. That season's team went on to finish the season 7-4, then improved their record the following season to 9-2 and won the Orange Bowl for the first time in school history. **N&N**

Gatorade facts*

- When first developed, it was said that no one liked the taste of the original drink. Cade's wife, Mary, suggested mixing lemon juice into a batch to make it taste better. The research group squeezed so many lemons they developed what Cade called "lemon squeezers' cramp."
- The "Gatorade dunk" tradition started when NFL New York Giants player Jim Burt poured a Gatorade-filled cooler on the head of his coach, Bill Parcells, in 1985.
- Gatorade has funded more than \$250 million in other research projects at UF.

**Sources: Gatorade.com; the memoirs of Dr. J. Robert Cade; Sports Illustrated, July 2-9, 2001; American Sports: A History of Icons, Idols and Ideas; The New York Times*



63% of male Wellness Survey participants regularly conduct a testicular self-exam.

Uniting for each other, our community

Annual UF Health Shands United Way Campaign runs through Oct. 16

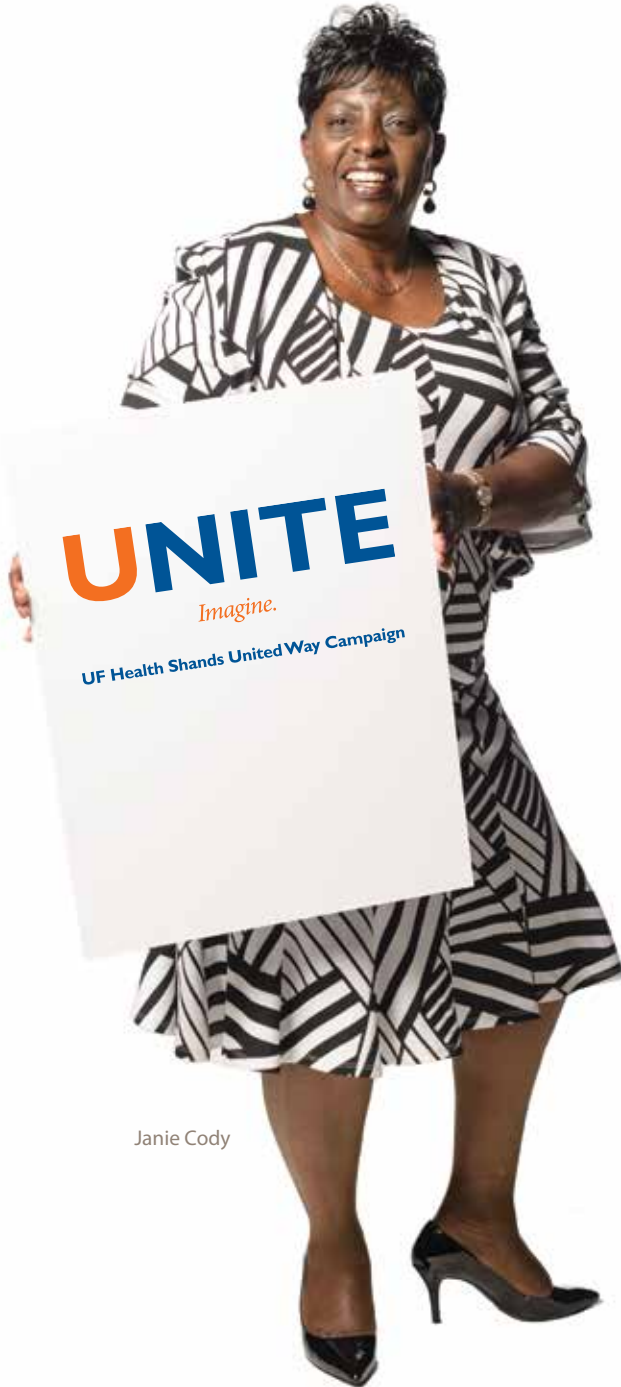
When Janie Cody, UF Health Medical Plaza Contact Center supervisor, stood to speak at the United Way leadership reception last fall, a hush fell over the room. Cody, a longtime UF Health Shands employee, has participated in the United Way campaign for much of her career.

Her story was personal — focused on how the United Way has helped her in her time of need.

“I was a young, divorced mother of three new to the city and in need of child care,” she said. “Through the United Way I was able to receive the care I needed at a reduced rate — a hand up, not a hand out.”

She continued sharing examples of how the United Way assisted other family members at different times of need for different circumstances.

“If it were not for the United Way and the agencies they support, those needs wouldn’t have been met,” she said. “So I pledge to give back.” **N&N**



Janie Cody

The UF Health Shands United Way Campaign benefits the United Way of North Central Florida. Through missions of health, education and income, the United Way uses funds to support programs in our own community, like ElderCare of Alachua County, Seal&Smile and Catholic Charities’ Weekend Backpack Program.

For two special weeks in October, UF Health Shands employees UNITE for United Way. Last year, nearly 1,500 employees participated in the campaign, raising more than \$300,000 for our community.



UNITE with us!

Visit the UF Health Bridge and enter “United Way” in the search bar to find the campaign portal link and log in with your UF Health Shands username and Employee ID number. You’ll find campaign resources, detailed donor information and incentives for this year’s campaign.

33% of Wellness Survey participants are at risk for physical inactivity.





UF HEALTH SHANDS CHILDREN'S HOSPITAL

NOCHE DE GALA'S "KALEIDOSCOPE" TO BENEFIT NICU

This year, Noche de Gala, The Sebastian Ferrero Foundation's annual fundraising event, is focused on benefiting our smallest patients. Proceeds from this night of live music, dancing, entertainment and auctions on Oct. 24 will benefit our children's hospital, with a specific focus on the expansion of our Neonatal ICU — the first place many babies call home. The event will be held at Besilu Stables in Micanopy, a 675-acre farm that is home to Besilu Collection. This year's theme is Kaleidoscope and **David S. Guzick, M.D., Ph.D.**, UF senior vice president for health affairs and UF Health president, and his wife **Donna Giles, Ph.D.**, UF College of Medicine psychiatry research professor, will serve as event chairs. For more information, visit nochedegala.org.



UF HEALTH | PEOPLE

HELP FINISH THE FIGHT AGAINST BREAST CANCER

The American Cancer Society Making Strides Against Breast Cancer walk will be held Saturday, Oct. 24 in downtown Gainesville to unite the community with a shared determination to finish the fight against breast cancer. Registration for this noncompetitive, inspirational event begins at 7:30 a.m. and the walk is set to start at 9 a.m. Dollars raised enable the ACS to fund groundbreaking breast cancer research; provide free, comprehensive information and support to those touched by the disease; and help people take steps to reduce their breast cancer risk or find it early when it's most treatable. To learn more about the Making Strides Against Breast Cancer event or to join a UF Health team, visit makingstrideswalk.org/gainesvillefl or contact Jessica Clayton at 352-240-5058 or jessica.clayton@cancer.org.

UF HEALTH | QUALITY

A QUALITY PUBLICATION

Our priority is to provide every patient with the best possible care. But have you ever wondered exactly what steps we take to ensure Quality is Job 1? If you're not a clinical care provider, you may not be aware of the breadth of UF Health's quality-related activities.

Add The Q Report to your UF Health reading list to stay informed of quality advances and efforts happening throughout our health care system.

The Q Report is a quarterly newsletter of the UF Health Sebastian Ferrero Office of

Clinical Quality and Patient Safety, featuring the latest news about quality and improving the patient experience in our UF Health Gainesville-based programs. We also highlight faculty and staff who advance critical programs that help us provide better service to everyone who seeks care at our facilities.

Read the publication online at QReport.Health.ufl.edu or pick up a copy!

For more frequent quality updates, visit the Bridge home page and check out the "FYI: Announcements — Quality" section

and Leadership Status Updates from **Randy Harmatz, M.B.A.**, UF Health senior vice president and chief quality officer.

