

## Department of Medicine Earns Top Honors at RUMC's 8th Annual Patient Symposium

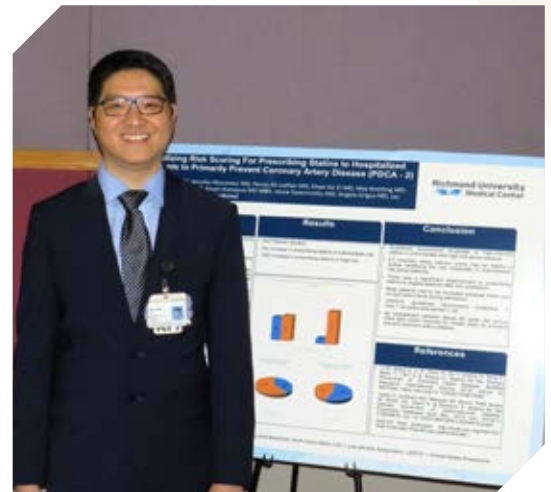


*Patient Symposium Council Structure and Representative Members (l-r): Khushbu Shah, MD; Catherine Buckley, RN, BSN, MSJ, CPHRM; Angela Kerr, MD; Anum Humayun, MD, MBA; and Jessie Saverimuttu, MD, PhD.*

On April 22, projects initiated over the past year at Richmond University Medical Center focusing on increasing patient safety and quality of care were presented at the hospital's 8th annual patient safety and quality improvement symposium. A total of 25 entries were submitted from various departments.

This year's symposium focused on patient-centered care through championing altered protocols with a focus on patient safety during a pandemic. The keynote speaker, Albert Wu, MD, MPH, discussed changing hospital culture. Dr. Wu is a professor and interim chair of Health Policy and management at the Johns Hopkins University Bloomberg School of Public Health. He is also a senior advisor for patient safety to the World Health Organization (WHO)

All of the projects were a testimony to the commitment of the hospital's residents and faculty that despite the COVID-19 pandemic, they continued to not only treat patients, but worked toward continued excellence and improvement in the quality care they provided. A panel of judges selected a project from the Department of Medicine as this year's top entry. The project focused on utilizing risk scoring for prescribing statins to hospitalized patients to primarily prevent coronary artery disease. The authors of this project were William Lim, MD; Jennnifer Musumeci, MD; Parviz-Ali Lotfian, MD; Shwe Sin Ei, MD; May Breitling, MD; Richard Grodman, MD; Jessie Saverimuttu, MD; Anum Humayun, MD, MBA; and Angela Grigos, MD.



*Presenter and author, William Lim, MD, from the winning project team*

According to the winning entry, although statins have shown to be beneficial in the primary prevention of coronary artery disease, data has shown that statins are underutilized amongst eligible patients in clinical practice. The study concluded that there was a significant improvement in prescribing statins to eligible patients over the past year and recommended that hospitalized patients above 40 years old should have their lipid panel checked to initiate statin use in order to help prevent coronary artery disease. Coronary artery disease is the most common cause of heart disease, killing more than 300,000 people per year.

## From the President & CEO, Daniel J. Messina, PhD, FACHE



Each May, we celebrate the dedication and compassion of nurses across our country. While the entire month of May is National Nurses Month, traditionally, May 6 is observed as National Nurses Day and kicks off National Nurses Week, which runs from May 6 to May 12, ending on the birthday of Florence Nightingale, the mother of modern nursing. Nightingale, a celebrated English social reformer and statistician,

became well-known while taking care of wounded soldiers during the Crimean War. She was dubbed “The Lady with the Lamp” because of her habit of making rounds at night.

This year, the American Nurses Association has fittingly decided the theme for this year’s Nurses Month is “You Make A Difference.” Our hospital is blessed to have over 600 nurses who form the clinical backbone of Richmond University Medical Center, following in the footsteps of “The Lady with the Lamp” and who truly do make a difference every day for our patients and their families.

Our nurses represent all walks of life, with ethnic, religious, cultural, and personal diversity as rich as the communities we serve. Whether it is calming a nervous patient or family members, administering medical care, assisting physicians during a procedure, or helping bring a new life into the world, nurses cannot be defined as serving a single function, or purpose. Without our nurses, our hospital does not exist. A building is only as strong as its foundation, and our nurses are the foundation RUMC was built upon. Thanks to their relentless commitment to our patients and to providing the highest quality care possible,

with the full support of the entire RUMC team, our foundation has stood for over 100 years and will do so for many more to come.

Soon all of our nurses will be able to practice in the most modern, state-of-the-art facilities any hospital could provide. In early summer, our new Medical Intensive Care Unit will open, followed quickly by our co-generation power plant going on-line. By the summer, with our new 35,000 sq. ft. Emergency Department opening its doors. Soon after, our new Surgical Department, located above our new Emergency Department, also go into service. Before the year is over, the first phase will be complete in the modernization and renovation of our Richmond County Savings Foundation Mother/Baby Center. Truly industry leading times that all our nurses and everyone at RUMC can get excited about!

So to all of our nurses, there are not enough words to express the gratitude and debt this hospital and our community owe to each and every one of you. It is an honor to walk these halls with each of you. Happy Nurses Month! Thank you for your incredible, unrelenting commitment, dedication, and compassion! And thank you to the entire RUMC Family, **remember the Power of One – You Make A Difference!**

Sincerely,

Daniel J. Messina, PhD, FACHE  
President and Chief Executive Officer

## Patient Satisfaction: A Note of Thanks

Was born here and now my dad is elderly and also uses this hospital. They are the best, they make sure you leave with what you need to be okay when you go home. They care and really use their hearts in their work .

— **Ethan V.**

A massive thank you to the amazing labor and delivery team for doing everything to help make my labor as easy as possible! XOXOXO.

— **Skyler and Penelope**

I had to bring my daughter Megan to our ED after she passed out at school. There are not enough words to express how grateful my wife Suzanne and I are for the tremendous care Megan received the moment she walked through the door. Every nurse and physician who saw her was thorough and spoke with Megan like she was an adult, which she truly appreciated. The great news is that all her tests and ultrasound were normal. She was back in school the next day and feels fine.

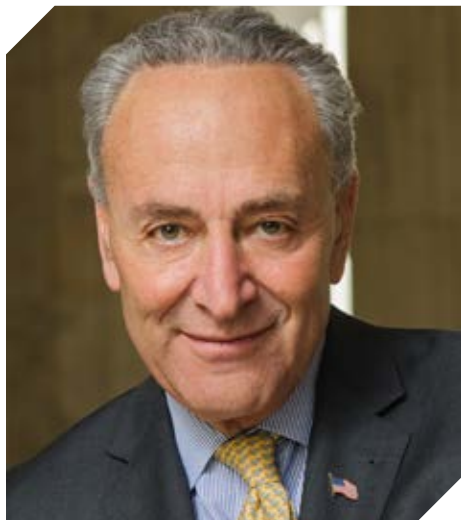
I especially want to mention Dr. Cloty Toro. What an asset to RUMC! Head to toe exam, joked around with Megan and took time make sure Suzanne and I understood everything. She came back many times to update us and reassure us that everything was okay. I can say from firsthand experience, how lucky RUMC is to have her! Also I want to mention Ira who stopped by several times to see if we needed anything including an extra blanket. Another asset we have! There were so many more people that helped us and I apologize for not getting all their names.

Since this incident happened at school, once we knew that Megan was stable and the EMS who came to the school said she was good to travel, there was no doubt in our minds that we wanted Megan checked by her extended family...everyone at RUMC. We trusted everyone here with our daughter’s care and we could not have made a better choice! THANK YOU!!!

— **Alex and Suzanne L.**



# Federal Officials Secure Over \$1.8M for Imaging Technology Enhancements



*U.S. Senate Majority Leader Charles E. Schumer*



*Rep. Nicole Malliotakis*

Thanks to support from U.S. Senate Majority Leader Charles E. Schumer and Rep. Nicole Malliotakis, Richmond University Medical Center (RUMC) will soon be home to one of the most advanced forms of interventional medical technology available in healthcare: biplane imaging. The federal legislators secured over \$1.8 million in federal funds that were included in an appropriations bill recently signed by President Joseph Biden. The new biplane will go into operation in early 2023.

Biplane imaging involves two cameras that rotate on each side of the patient, producing images. As the cameras move around the patient, they produce highly detailed images of blood vessels, soft tissue, and blood flow, all in real-time. This imaging can allow surgeons and

medical staff to identify and treat vascular blockages, aneurysms, malformations and additional abnormalities that could lead to stroke, hemorrhaging, and other neurovascular complications.

"I am so proud to support Richmond University Medical Center in their important work to diagnose and treat potentially life-threatening strokes and hemorrhages," said U.S. Senate Majority Leader Chuck Schumer. "When it comes to neurovascular complications, every second counts, and that's why having cutting-edge diagnostic tools like biplane imaging at RUMC will literally save lives."

The detailed images produced by the biplane can lead to faster diagnosis and better surgical precision. The

combination of pinpoint accuracy provided by the biplane technology and the extensive experience RUMC's neurovascular team has in performing minimally invasive procedures will result in far less scarring, faster recovery times and overall improved patient outcomes.

"We must continue to invest in our health care system to keep up with medical innovation and new technology, which is why I'm proud to have allocated \$1.8 million in this year's federal budget for RUMC to purchase a new biplane system," said Congresswoman Nicole Malliotakis.

According to Pietro Carpentio, MD, RUMC's executive vice president and chief medical officer, stroke is the number 5 cause of death in the United States, killing nearly 140,000 people a year. That equates to one in every 20 deaths. Someone has a stroke every 4 minutes. Nearly 800,000 people in the country have a stroke every year. Projections show that by 2030, stroke prevalence will increase by more than 20 percent.

"Our neurovascular doctors have been able to save lives using single plane imaging equipment, successfully retrieving clots from large blood vessels in the brain and returning patients to their normal lives," Dr. Carpenito said. "RUMC's commitment to ensuring our physicians have the most up-to-date technology and equipment will allow our neurovascular department to continue providing world-class care for the people of Staten Island."

## FDNY Visits RUMC, Tours Capital Projects Underway



On April 1, leadership from the FDNY visited Richmond University Medical Center, getting a first-hand look at the hospital's new Emergency Department, Medical Intensive Care Unit (MICU), surgical suites, and several other capital

improvement projects currently underway.

Richard Salhany, RUMC's chief administrative officer and president of the Richmond Health Network, and many of the hospital's medical department chairs and faculty joined RUMC president and chief executive officer, Daniel J. Messina, PhD, FACHE to provide the tour. RUMC's new MICU, which features an increase in private patient room from 10 to 14, new isolation/negative pressure rooms, and larger visiting space, will open in a few short months. The new state-of-the-art 35,000 sq. ft. Emergency Department will open later this summer, and the hospital's new modernized surgical suites will be in service by end of the year.

Representing the FDNY was Deputy Assistant Chief Paul Miano; Division Chief Luis Basso; Division Chief Martin Braun, Nathan Reisman, MD; Director Harold Wagner; and EMT Nicholas Portera.



# NATIONAL NURSES DAY

MAY 6, 2022

CELEBRATING THE FOUNDATION OF OUR HOSPITAL...OUR DEDICATED NURSES!



**RICHMOND UNIVERSITY MEDICAL CENTER  
SALUTES OUR NURSES AND THEIR RELENTLESS  
COMMITMENT TO PROVIDING THE HIGHEST  
QUALITY CARE AND SERVICE TO OUR  
PATIENTS AND THEIR FAMILIES.**

*"Let us never consider ourselves finished nurses...we must be  
learning all of our lives."*

*— Florence Nightingale*

*"Whether it is calming a nervous patient or  
family members, administering medical care, assisting  
physicians during a procedure, or helping bring a new life  
into the world, nurses cannot be defined as serving a  
single function, or purpose."*

*— Daniel J. Messina, PhD, FACHE*

*President and CEO, Richmond University Medical Center*



## Holiday Baskets Donated to Pediatrics

Holiday baskets were provided to Richmond University Medical Center recently by International United Miss New York 2021-2022, Alexandria Hodnik and International United Miss New Jersey 2021-2022, Madison Scheideler. The baskets were distributed to the hospital's pediatric patients over the holiday weekend in celebration of Easter. The baskets contained coloring books, crayons, small stuffed animals, and additional presents for the children. Both Hodnik and Scheideler collected the items and designed each basket themselves.





# RUMC physician discusses causes and treatment for snoring, a common but disruptive and potentially deceptive condition



Christopher Lisi, MD, RUMC's Chief of Otolaryngology-Head and Neck Surgery

*The causes of snoring are often anatomical in nature and people at higher risk of snoring include those with excess tissue in the back of their throat or an elongated uvula, those with larger tongues that fall into the back of their throat when they sleep, or individuals who have a thicker neck or are obese in general.*

Studies estimate that 45 percent of adults snore occasionally and 25 percent snore regularly, a habit that can disturb their own as well as a partner's sleep. But what exactly is snoring and what underlying health conditions could it be reflecting? Christopher Lisi, MD, chief of otolaryngology-head and neck surgery, answered some of the most common questions about snoring and how it can be treated:

## What is snoring?

**Dr. Lisi:** Snoring occurs as the result of partially blocked nasal or throat passages and interrupted airflow through the upper airway throat passages during sleep. It is typically due to excess or redundant tissue in the back of the throat — usually the uvula or the soft palate (the soft part of the roof of the mouth used for swallowing and speaking) — which vibrates at night and results in the snoring sound. Snoring tends to be more common in men, but shouldn't be ignored in women.

## What causes snoring?

**Dr. Lisi:** The causes of snoring are often anatomical in nature and people at higher risk of snoring include those with excess tissue in the back of their throat or an elongated uvula, those with larger tongues that fall into the back of their throat when they sleep, or individuals who have a thicker neck or are obese in general. Underlying medical conditions that could contribute to snoring include Parkinson's disease or other degenerative muscle diseases that cause individuals to become weak, frail, and lose muscle tone, which allows the tissue to collapse in the back of their throat and nose at night; because tissue loses elasticity and muscle tone diminishes over time, this is a condition that gets worse as we age. At the same time, the consumption of alcohol or the use of sedatives at night can also cause too much muscle relaxation during sleep and result in snoring.

## How do you determine the cause of snoring?

**Dr. Lisi:** The most important first step is to identify whether it is part of underlying sleep apnea, a potentially dangerous and detrimental sleep disorder in which a person experiences pauses in breathing or periods of shallow breathing during sleep. The presence or absence of sleep apnea or another sleep disorder can be determined through a basic sleep study, which can be done at home or in a sleep lab. The majority of people who snore do not have significant sleep apnea, but with the growing rates of obesity in the U.S., sleep apnea is extremely common.

## How is snoring treated if it is caused by sleep apnea?

**Dr. Lisi:** In this situation, the snoring will be addressed by addressing the sleep apnea. In addition to reducing the risk of sleep apnea through general weight loss, one of the most effective treatments for sleep apnea is the use of a CPAP (continuous positive airway pressure) machine. Other treatments include a mandibular advancement device, which is an oral appliance fitted by a dentist or oral surgeon that repositions the jaw and tongue to keep an individual's airway more open at night. Another effective treatment for sleep apnea that

will address snoring involves the use of Inspire, an implanted device that gently stimulates the tongue muscles to keep the tongue out of the throat at night. We are starting to offer the Inspire procedure at Richmond University Medical Center now; it is an alternative to the more-intrusive CPAP for many patients, although CPAP machines remain the gold standard for sleep apnea and are smaller, quieter, more comfortable, and require less maintenance than ever. Finally, for kids, enlarged tonsils often cause sleep apnea and subsequent snoring, so removing their tonsils and/or adenoids can address this.

## How is 'primary snoring' treated?

**Dr. Lisi:** For snoring that is not caused by sleep apnea, also called 'primary snoring,' we suggest that patients avoid the use of sedatives or alcohol at least three hours before bed because they decrease muscle tone and increase the risk of snoring. Some snoring is positional and we advise people prone to snoring to avoid sleeping on their back because it will enable their throat to collapse more easily. Those whose snoring is the result of significant nasal congestion might improve their nighttime nasal breathing by pursuing any procedure that can alleviate congestion in their nose, such as fixing a deviated septum or undergoing a turbinate reduction. Finally, a Somnoplasty procedure helps stiffen tissues of the soft palate to prevent the nighttime vibrations that cause snoring and can often be done right in the office.

## What final advice can you offer regarding treatment for snoring?

**Dr. Lisi:** Snoring is one of the most common complaints that people see a primary care physician or ENT for. The good news is that a range of minimally-invasive and surgical options are available for both snoring and sleep apnea. Talk to your doctor or ENT to do testing for sleep apnea, which can be life threatening, and don't hesitate to reach out to our team of specialists at Richmond University Medical Center's Center for Advanced ENT, Sinus and Voice Care, as we're here to help and will address each patient's individual needs. For more information or to make an appointment, call 718-818-1855.

# The Quality and Patient Safety “Q Corner”

From Joan Gleason Scott, PhD, RN, NEA-BC, CPHQ, CPPS  
Vice President Quality, Infection Prevention, Patient Experience, Language Services



Joan Scott Gleason

The RUMC Patient Safety Council held its 8th Annual Patient Safety and Quality Improvement Symposium on April 22. The event was planned under the direction and leadership efforts of the Council's Co-Chairpersons, Drs. Jessie Saverimuttu, Anum Humayum, and Khushbu Shah. This annual event represents the culmination of the residents' and attendings' scholarly and clinical work, with a focus to improve and sustain patient safety and quality across the specialty practices here at Richmond University Medical Center. The Departments of Internal Medicine, Pediatrics, Podiatry, Obstetrics and Gynecology, Psychiatry, and Radiology submitted poster presentations for this annual event. It is important to recognize these efforts were sustained, despite yet another year that had months where the Covid-19 pandemic surged.

The Patient Safety and Quality Improvement Symposium's guest speaker this year was Dr. Albert W. Wu, MD, MPH. Dr. Wu is a practicing general internist and professor of Health Policy and Management Medicine at the Johns Hopkins University. He is the director of Center for Health Services and Outcomes Research, and the online Masters of Applied Science in Patient Safety and Healthcare Quality, and is editor-in-chief of the

Journal of Patient Safety and Risk Management. As a former senior advisor for the WHO Patient Safety in Geneva, he coined the term, “second victim.” This is a term that applies to the health care providers and workers who are present when medical events occur. He is the co-director of the RISE (Resilience in Stressful Events) peer support program at the Armstrong Institute for Patient Safety.

There were a total of 25 poster presentations that were submitted for the symposium from the participating departments. Each represented the combined efforts of resident and attending physicians, and some included additional healthcare professionals. The focus of all of the presentations was to identify and define measureable patient outcomes, and identify related strategies that contribute to improvement and/or sustainable positive goals for patient care. The residents are also taught methodology from the science of Quality and Patient Safety, and how to apply these methods to the projects, such as the Plan-Do-Study-Act method. These methods were applied and described as an essential element of the posters because of the importance of learning Quality and Patient Safety science.

This annual event illustrates the combined efforts of the leadership of the physicians, clinical, and administrative team at RUMC to continue our journey to High Reliability and our commitment to patient safety and lifelong learning.



## New Hires — Welcome to RUMC!

Jessica Ancona-Neis — *Psych Counselor*  
Natesha Anderson — *Nursing Assistant*  
Michael Balzano — *LMHC*  
Nerene Barrett — *Respiratory Therapist*  
Zachary Bongiovanni — *Transporter*  
Jasmine Bunche — *Building Service Service*  
Danielle Cirmia — *RN*  
Awilda Ellam — *Benefits Specialist*  
Tabatha Foggie — *Central Sterile Tech*  
Olga Haynes — *Finance Assistant*  
Latasha Hewitt — *LMSW*

Karina Hodan — *Central Sterile Tech*  
Anu Jose — *RN*  
Tehmina Junaid — *Manager*  
Jahaira Kalayan — *Director*  
Shontese Lambright — *Nursing Assistant*  
Gaitre Lorick — *VP*  
Marissa Love — *RN*  
Patrick McGinley — *Transporter*  
Michael Munoz — *Plumber*  
Richeisha Nicholson — *Nursing Assistant*  
Michele Palermo — *Clinical LabTech*

Melissa Perez-Martinez — *Director*  
Anna Prince — *RN*  
Michael Roche — *Transporter*  
Marisa Ryan — *LMHC*  
Jovita Santiago Cacalot — *Medical Assistant*  
Sara Scaria — *RN*  
Darren Smith — *Materials Specialist*  
Zuhra Tahiri — *Medical Assistant*  
Jaqueline Veras — *LMHC*  
Xiomara Villacis — *Program Supervisor*  
Simon Ye — *RN*



## May Observances

Please join us in acknowledging the following health-related observances for the month of May:

### Month-Long

American Stroke Awareness Month  
Arthritis Awareness Month  
Better Hearing and Speech Month  
Cystic Fibrosis Awareness Month  
Global Employee Health and Fitness Month  
Healthy Vision Month  
Hepatitis Awareness Month  
Lupus Awareness Month  
Melanoma/Skin Cancer Detection and Prevention Month  
Mental Health Awareness Month  
National Asthma and Allergy Awareness Month  
National Celiac Disease Awareness Month  
National High Blood Pressure Education Month  
National Osteoporosis Awareness and Prevention Month  
National Physical Fitness and Sports Month  
National Teen Pregnancy Prevention Month  
Older Americans Month

### Week-Long Observances

National Physical Education and Sport Week: May 1 to 7  
North American Occupational Safety and Health Week: May 2 to 8  
Children's Mental Health Awareness Week: May 3 to 9  
Food Allergy Awareness Week: May 9 to 15  
National Women's Health Week: May 9 to 15  
National Stuttering Awareness Week: May 10 to 15

### Recognition Days

World Hand Hygiene Day: May 5  
National Nurses Day: May 6  
ME/CFS and Fibromyalgia International Awareness Day: May 12  
HIV Vaccine Awareness Day: May 18  
National Asian and Pacific Islander HIV/AIDS Awareness Day: May 19  
World Arthritis Day: May 20  
World Preeclampsia Day: May 22  
National Senior Health and Fitness Day: May 27  
World No Tobacco Day: May 31

## Employees of the Month

**Congratulations to the Employees of the Month for April 2022!**



**Todd Mullins, Nursing**  
Assistant-Recovery Room

# Richmond University Medical Center

## THE FUTURE OF HEALTHCARE BEGINS IN 2022!

### NEW MEDICAL INTENSIVE CARE UNIT



- ▶ Increasing from 10 to 14 private patient rooms.
- ▶ New isolation/negative pressure rooms.
- ▶ Larger family visiting areas in each room.

Spring 2022

### A NEW, STATE-OF-THE-ART EMERGENCY TRAUMA DEPARTMENT



- ▶ More than doubling in size to 35,000 sq. ft.
- ▶ Expanded emergency trauma unit and triage sections.
- ▶ Specialty areas for pediatrics and urgent care.
- ▶ New ambulance bays and patient drop-off area.

Summer 2022

### NEW SURGICAL DEPARTMENT



- ▶ 10 new advanced and fully equipped operating suites.
- ▶ Increased preoperative and recovery space.

Late Fall 2022

### FULLY RENOVATED RICHMOND COUNTY SAVINGS FOUNDATION MOTHER/BABY CENTER



- ▶ All rooms converted to single occupancy private rooms.
- ▶ Remodeled bathrooms, flooring, windows, and lighting.

Coming 2023

## Our Largest Expansion In Over 100 Years... All To Better Serve You!

355 BARD AVENUE  
STATEN ISLAND, NY 10310  
[RUMCSI.ORG](http://RUMCSI.ORG)

Richmond University  
Medical Center

We Care For You Like Family, Because You Are.

SCAN QR CODE TO LEARN MORE

