

Richmond University Medical Center

SEPTEMBER 2022 • RICHMOND UNIVERSITY MEDICAL CENTER • WWW.RUMCSI.ORG

Richmond University Medical Center Remembers September 11, 2001



Members of the FDNY salute as the colors are lowered to half-staff at Richmond University Medical Center's 9/11 memorial.

Richmond University Medical Center (RUMC) paid tribute to the victims of the attacks on September 11, 2001, with a ceremony in front of the hospital's 9/11 memorial. Hospital staff, NYPD, FDNY, and community leaders participated along with members of the Blue Knights law enforcement motorcycle organization, FDNY motorcycle organization, and Rolling Thunder military veterans motorcycle chapter. The ceremony included tributes, a moment of silence, and reflections from community leaders who shared their thoughts and memories of that day 21 years ago.

"We remember the families, friends, and loved ones who struggle each year on this most difficult of anniversaries," RUMC President and Chief Executive Officer Daniel J. Messina, PhD, FACHE, said. "To let them know they have been and continue to be in our thoughts and in our hearts. We also join with our nation and our city, which pauses each year in reflection so that generations



NYPD Deputy Chief Terrance Hurson thanked Richmond University Medical Center for not forgetting those lost on 9/11/01 and in the following years due to 9/11 related illnesses.



RUMC's AVP, Public Safety and Emergency Services, William Amaniera, shared his memories of 9/11/01. Amaniera was an EMS responder in Lower Manhattan when the towers fell.

will not forget the tragedy of that day and how it changed our country forever. But not a change the perpetrators of that day envisioned. Instead of sowing the seeds of fear, the events of September 11, 2001, sowed the seeds of unity, heroism, patriotism and strength from one coast to the other."

In attendance were NYPD Deputy Chief Terrance Hurson, Congresswoman Nicole Malliotakis, New York State Assembly Member Charles Fall, New York State Assembly Member Michael Reilly, Dr. Timothy Lynch, Interim President of the College of Staten Island, and Carol Bullock, Executive Director of Pride Center of Staten Island, among other local leaders and dignitaries. Also in attendance were many representatives of local military veteran groups and active members of the FDNY, NYPD, and EMS. Around the hospital's memorial were nearly 300 American flags, one for each person lost on September 11, 2001 with ties to Staten Island.

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



This past July, IBM released a report on the impact cyberattacks can have on various industries. The results were eye opening. According to the report, a data breach within a health care system could cost in excess of \$10 million, more than in any other industry. The uptick is partially due to increasingly integrated technology systems. The IBM report collected national data from more than 550 organizations across industries from March 2021 to March 2022. They

analyzed how cybersecurity attacks impact organizations. They determined that breaches within the health care sector have cost healthcare systems \$10.1 million per breach, a nearly 10% increase from 2021 and a 42% increase from 2020. Typically, a health care organization can take more than 10 months to recover from a data breach according to the report.

Here at RUMC and throughout our outpatient facilities we have taken swift and comprehensive actions to help protect our cybersystems and prevent breaches from occurring that may not only severely affect our operations, but also invade the privacy of our patients and staff. Our IT team is also constantly receiving the latest information and speaking with their colleagues at other healthcare facilities on possible cyberattacks and how best to prevent them from penetrating our defenses.

Among the significant investments we have made include programs that monitor and block any unrecognized executable file before they reach our servers, state-of-the-art virus scanning software for all our computers, and the addition of an outside cybersecurity firm who actively monitors login activity and other anomalies throughout our hospital and network, 24/7. Our IT department also recently enabled GEO fencing to block any inbound internet traffic originating outside the United States.

To further strengthen our cyber fortress, the IT department upgraded our firewall with advanced security enhancements and capabilities, including the implementation of multifactor authentication or MFA. This requires every member of our staff to provide an additional layer of authentication before being granted access to our servers and their RUMC generated email.

Cyberattacks are changing every day so we must remain vigilant at all times. Currently cybersecurity material is presented at each new hire orientation, on our screen savers, through monthly educational emails, and recently added to the annual training mandates, which will be coming up shortly. In addition, monthly phishing campaigns, which simulate email phishing, are conducted to ensure staff are not opening suspicious emails and endangering our systems. Even though we have many technical components in place, we must also rely on everyone in our RUMC family to be with us on the frontline of cybersecurity defense and report any suspicious emails to the IT Department. That is key. Remember my closing line each month...remember the power of one, you make a difference!

Special thanks to Joseph Cuozzo, vice president of Information Technology and his team for the extensive efforts they have taken to protect our patients, staff, and hospital community.

And yes...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

Thank you "all" for all your patience and expertise in the delivery of my granddaughter Marissa Grace.

— **Grandma and the Vincenti Family**

I was an antepartum patient at RUMC and I wanted to truly extend my gratitude to your amazing staff for their around-the-clock care. The nurses whom I've had the pleasure of interacting with have been so warm, kind, professional, and reassuring. Going into preterm labor at 26 weeks is a scary experience but your nursing staff has truly put my mind at ease and a smile on my face. Every nurse I've had has gone one step ahead to make sure I'm okay and I cannot express how much that means during a time like this. I sincerely appreciate the hard work your staff does on a daily basis. It does not go unnoticed.

— **Katelynn M.**

Dr. LeBaron,

I wanted to bring to your attention the fantastic care my mother-in-law received when I brought her to the ED on June 25. She was suffering from a bout of cellulitis and an infection on her calf. The nurses and physicians provided her with excellent care and the medications prescribed while in the ED and afterwards prevented her from being admitted, which happens more times than not when this flares up. She is extremely grateful and hopes the staff can be recognized for their help. She was seen right away, diagnosed quickly, and given the RUMC level of care you would expect from such a great team, specifically: Mariann Monforte-Ditore, RN; Jovita Cacalot, Medical Assistant; Josias Contreras, Extern; and Deanna Fay, Extern.

— **Alex L.**

Richmond University Medical Center Holds Athlete Evaluation Day



Ana Mendez, MD, checks the cardiovascular fitness of a student athlete.



As part of the Athlete Evaluation Day, a full vision check was provided by RUMC's team of medical specialists.

To help young athletes of all ages prepare for their upcoming sports seasons, Richmond University Medical Center provided free physical exams as part of a comprehensive athletic evaluation day held on July 30. The exams were provided at RUMC's Primary Care/Immediate Care/Walk-In Center, located at 1161 Victory Boulevard.

Athletes from throughout Staten Island and Brooklyn participated in the event. A total of 33 athletes from various schools received exams that included a check of each athlete's vision, cardiovascular fitness, and muscle reflexes, among other tests.

Assessing the athletes was Ana Mendez,

MD, and Kevin McDonough, MD, along with orthopedic surgeon and sports medicine specialist Mark Sherman, MD. Physical therapist Corey Taglianetti also provided recommendations for stretching and techniques proven to limit some of the more common injuries that can occur from sports participation.

New Sanctuary Erected for Statue of The Virgin Mary

Construction is complete on a new sanctuary surrounding the statue of the Virgin Mary, located adjacent to Bard Avenue, near the Villa Building driveway. Stones from the former grotto that overlooked the construction site of the hospital's new emergency department were repurposed to build the new sanctuary.



RUMC's chair of ophthalmology offers tips to enhance eye health



*David Mostafavi,
MD, chair of
ophthalmology*

According to experts, 80 percent of what we perceive comes through our sense of sight, so our vital sense of vision is critical to our safety and quality of life. David Mostafavi, MD, chair of ophthalmology at Richmond University Medical Center, shares top tips for preserving our vision and enhancing our lifelong eye health:

Be Aware of Eye Diseases: Among common conditions of the eye, “macular degeneration, which causes loss in the center of the field of vision and can be of the dry type or wet type (reflected by bleeding under the retina), is a leading cause of blindness in older people, especially Caucasians over age 65,” said Dr. Mostafavi, who added that symptoms of macular degeneration include a distortion of lines that should appear straight. “Glaucoma and cataracts are other common conditions that people should stay on top of with their eye doctor.”

Control Other Health Conditions: “Diabetes causes damage to the blood vessels in the eye and is a leading cause of blindness,” Dr. Mostafavi said, “so people with diabetes need to ensure that they’re managing their glucose levels.” In addition, he said, “people with high blood pressure can suffer strokes in their eyes and lose vision; the same stroke you can suffer in your brain can occur in your eyes due to uncontrolled blood pressure, so it’s important to monitor your blood pressure to ensure that blood vessels aren’t damaged.”

Eat A Healthy Diet: “Studies show that people who eat a Mediterranean diet — which is high in leafy green vegetables, healthy oils, fish and nuts and seeds — and help maintain healthy cholesterol and blood pressure levels are at a lower risk of developing advanced macular degeneration,” he said. For those who have already been diagnosed with dry macular degeneration, “products like OcuVite (by Bausch + Lomb) and PreserVision (by Alcon) incorporate a combination of vitamins C, E, lutein, copper, zeaxanthin and zinc, which, in combination, have been shown to help slow the progression of the disease.”

Protect Eyes from the Sun: “UV light bouncing off of reflective surfaces can cause damage to the macula of the eye and can also promote cataract development, so it’s important to wear sunglasses that have UV-blocking protection,” Dr. Mostafavi said. “Polarized glasses will help with glare, but they’ll also necessarily block harmful UV light.”

Avoid Risk Factors You Can Control: While age and family history are risk factors that are beyond our control, “a history of smoking has been linked to the development and progression of macular degeneration as well as the formation of cataracts, so these are yet more reasons to stop smoking,” he said. “Also, marijuana use can temporarily decrease intraocular pressure, but, contrary to popular belief, marijuana use doesn’t treat or prevent glaucoma in any long-term way.”

Practice Good Eye Hygiene: “Many people complain of dry eyes, which can have many causes, such as some systemic conditions like autoimmune diseases as well as side effects of common medications used to treat hypertension and depression,” Dr. Mostafavi said. “However, one of the

most common causes of dry eyes is evaporative. Tears have three different layers, of which lipid is the top layer produced by oil glands in the eyelids; if people don’t have a good lipid layer produced by their eyelids, it can cause tears to evaporate (a condition known as meibomian gland dysfunction, or MGD).” According to Dr. Mostafavi, good lid hygiene is the best way to wake up the glands. “Cleaning the eyelashes or eyelids with hot water, Johnson’s Baby Shampoo, or eyelid scrubs on the market can clean the openings, melt old oil on the eyelids, allow healthy new oil to come to the surface, and prevent tears from evaporating, and this practice can prevent blurry vision as well.” He said that good eye hygiene is particularly important for women who wear eye makeup or fake eyelashes applied with glue.

Get Your Eyes Checked: “People often only see an eye doctor when they’re having issues, but it’s great to begin getting a baseline dilated eye exam in your 20s and then a regular eye exam every one to five years after age 40,” Dr. Mostafavi said. “Individuals aged 60 to 65 and over are advised to get an eye exam every one to two years due to the risk of development of cataracts, glaucoma, and macular degeneration as we age; damage done from the latter two diseases is often irreversible, so it’s important to catch and treat them at the earliest point possible.”

Overall, Dr. Mostafavi said, “we just need to treat our bodies well, be grateful for our vision, and take measures to preserve and enhance our eye health so that our eyes will serve us well for a lifetime.”

RUMC urologist discusses the many effective and minimally invasive treatments for an enlarged prostate

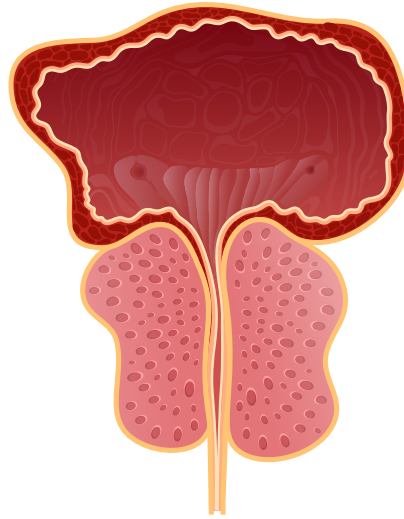
Studies show that prostate enlargement often begins in a man's 30s or 40s and that an overwhelming 90 percent of men have some degree of enlarged prostate by the time they hit their 80s. While this highly common and typically non-cancerous condition does not necessarily pose a serious threat to a man's health, it can create urinary dysfunction, discomfort, and embarrassment that can impair quality of life.

But according to Richard Maggio, MD, FACS, urologist at Richmond University Medical Center, it does not have to, thanks to a range of new ways to treat an enlarged prostate, a condition also known as benign prostatic hyperplasia, or BPH.

"Enlargement of the prostate is a normal occurrence as men age, but as the prostate gets bigger, it squeezes the urethra and makes it more difficult to urinate," shared Dr. Maggio of the prostate, a normally walnut-sized, doughnut-shaped gland that rests at the base of the bladder and helps make some of the fluid in semen. "Symptoms of an enlarged prostate can include everything from a slower urine stream to feelings of urgency or the need to urinate a lot, especially at night," he said. "We can do tests such as a urine flow rate, an ultrasound, or a cystoscopy of the bladder to determine the severity of symptoms."

Dr. Maggio explained that men begin the treatment process by taking a standardized seven-question survey designed to quantify the severity of their urinary symptoms — from their degree of urgency or incomplete emptying to the frequency with which they wake up at night to urinate, and more. "Adding up their answers generates an International Prostate Symptom Score, or IPSS, with a score under 7 reflecting mild prostate enlargement, a score from 8-19 reflecting moderate prostate enlargement, and a score of 20 or higher reflecting a more severe case," he said. "The symptoms

men experience can often be subjective, so the IPSS is a good standardized screening tool for urologists and can often identify more people who are having issues and could benefit from treatment."



"As the prostate enlarges over time, the bladder has to work harder against the obstruction and starts to decompensate by holding urine back and not emptying fully, which can lead to the development of bladder stones or infections," Dr. Maggio explained. "The good news is that there are many things we can do for an enlarged prostate, and the earlier the treatment, the more the aforementioned bladder conditions can be prevented."

Treatment Options

"There are two major types of medications for an enlarged prostate, and both can be associated with either sexual or systemic side effects," Dr. Maggio said. "The first class of medication, known as alpha blockers, work by relaxing the prostate but can cause retrograde ejaculation or low blood pressure/hypotension and fainting, especially in elderly patients who stand up too quickly. The second class, known as 5-alpha-reductase inhibitors, work by shrinking the prostate, but can cause sexual side effects such as erectile issues."

Among minimally invasive treatments

for earlier-stage prostate enlargement, the UroLift System is a short procedure performed under sedation in which implants are placed in the prostate to open up the channel. "It's very successful and delivers good results; based on the outcome of the IPSS conducted before and after the procedure, UroLift routinely cuts patients' symptoms/scores in half," Dr. Maggio said. "There are no side effects and patients are happy with the results, which are as durable as a transurethral resection of the prostate (TURP), a surgery standardly used to treat urinary problems caused by an enlarged prostate."

"For prostates that are slightly bigger, we can perform a holmium laser enucleation of the prostate, or HoLEP, in which we use a laser to remove portions of prostate tissue that are blocking urine flow," said Dr. Maggio, who noted that this procedure is also very effective and well-tolerated by patients.

For very enlarged prostates over 175 grams in size (a normal prostate is 20 grams), "we can perform a retropubic prostatectomy, which can be done as an open procedure or robotically and which involves a hospital stay of anywhere from one to several days," Dr. Maggio said. "The procedure is extremely effective and can help men return to the functionality of their younger days."

An Ounce of Prevention

Dr. Maggio said that men are often hesitant to address prostate-related issues, but confirmed that this step can be life-enhancing.

"Guys are often afraid of getting a prostate exam, but the fact is that it's a 10-second test that can provide a lot of information," he said. "Men should be proactive and take preemptive measures to address their prostate enlargement earlier on rather than reacting later when the condition becomes more advanced and harder to treat."

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 Gleason Scott

An essential element of quality is preventing hospital acquired infections. In this month's article, Nakiya Torres, DNP, RN, Infection Control Specialist, describes how the professional multidisciplinary team at Richmond University Medical Center (RUMC) makes this happen with one specific type of infection.

Catheter Acquired Urinary Tract Infections (CAUTI) are among the most common infections attained in healthcare establishments. CAUTIs are known as healthcare associated infections (HAI) and contribute to a multitude of damages such as kidney injury, endocarditis and sepsis (Krocova & Prokesova, 2022).

At RUMC, we strive to combat the prevalence of CAUTIs by having measures in place that are proven to be essential in prevention. The CAUTI acronym developed by the Agency for healthcare research and quality (ahrq.gov) allows interdisciplinary teams to assess the need for urinary catheter usage and helps to ensure that infection prevention strategies are in place.

C=Catheter removal: The necessity of the catheter is reviewed using a nurse driven protocol and actions for device removal are put into place.

A=Aseptic insertion: With special attention to avoid contamination, trained medical professionals insure to use hand hygiene and strict aseptic technique upon catheter insertion.

U=Use regular assessments: Daily assessments are conducted to ensure that catheter systems remain clean and intact. This ensures that stat locks are in place, closed system seals are not broken, and urinary drainage bags are in the proper position. In addition, daily consideration regarding alternative methods to catheter usage is reviewed.

T=Training for catheter care: Medical professionals receives adequate training, and, take all opportunities to educate their patients and family members on proper handling of catheters. Training includes methods such as closed system maintenance, limiting urine flow obstructions, daily/routine peri-urethral hygiene, observations for changes in urine patterns, colors and odors, and urine testing when needed.

I=Incontinence care planning: Personalized plan for urination encouragement including voiding trials and timed urination.

The efforts displayed at RUMC towards CAUTI prevention have shown in this July's data, as there have been zero catheter acquired infections noted.

A tremendous thank you to all of the providers, nurses, and staff who contribute to preventing HAIs.

References: Krocová, J., & Prokešová, R. (2022). Aspects of Prevention of Urinary Tract Infections Associated with Urinary Bladder Catheterisation and Their Implementation in Nursing Practice. *Healthcare*, 10(1), 152. <https://doi.org/10.3390/healthcare10010152>
White, J. M. (2017, June 14). Prevention of Contrast-Induced Nephropathy. Agency for Healthcare Research and Quality. https://www.hopkinsmedicine.org/hec/studies/contrast_induced_nephropathy#presentation

Congratulations to our Employees of the Month for August 2022

Maxhide Sela
Environmental Services

Cheryl Ubel
Environmental Services



September Observances

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

Month-Long

Blood Cancer Awareness
Childhood Cancer Awareness
Healthy Aging
National Atrial Fibrillation Awareness
National Childhood Obesity Awareness
National Cholesterol Education
National Food Safety Education
National ITP Awareness
National Pediculosis Prevention Month/Head Lice Prevention Month
National Recovery Month
National Sickle Cell Month
Newborn Screening Awareness
Ovarian Cancer Awareness
Pain Awareness
Polycystic Ovary Syndrome (PCOS)

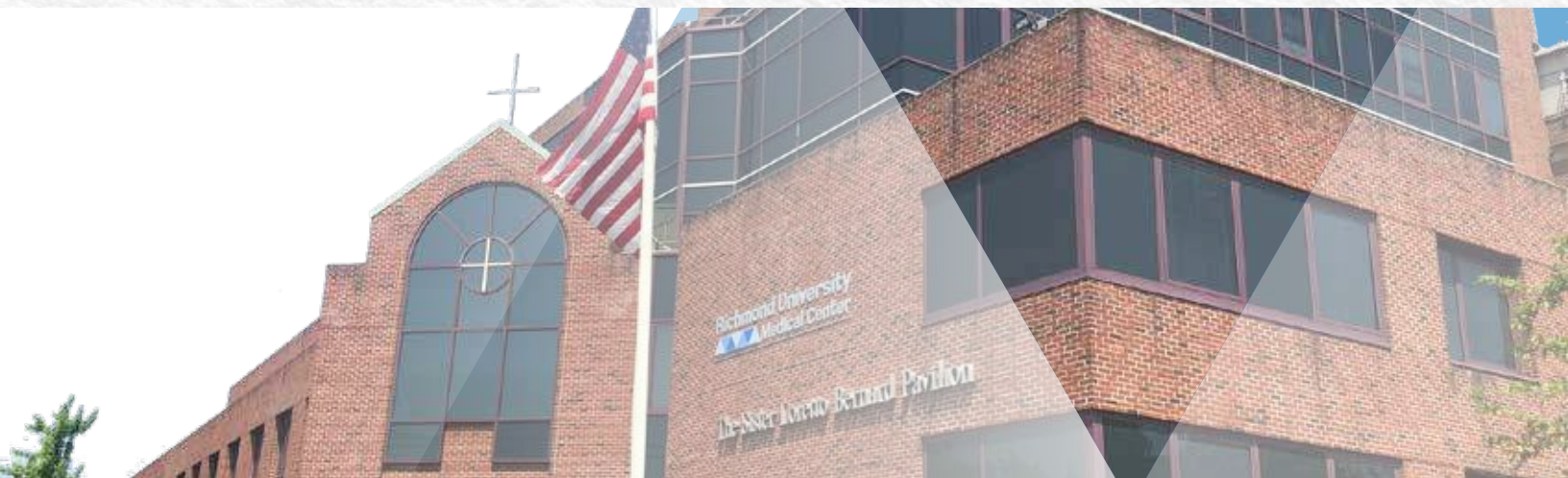
Prostate Cancer Awareness
Sepsis Awareness
Sexual Health Awareness
Sports Eye Safety
World Alzheimer's Month

Week-Long

National Suicide Prevention Week: Sept. 5 to 11
National Folic Acid Awareness Week: Sept. 12 to 18

Recognition Days

World Suicide Prevention Day: Sept. 10
National Celiac Disease Awareness Day: Sept. 13
World Sepsis Day: Sept. 13
National HIV/AIDS and Aging Awareness Day: Sept. 18
Usher Syndrome Awareness Day: Sept. 18
World Rabies Day: Sept. 28
National Women's Health and Fitness Day: Sept. 29
World Heart Day: Sept. 29



New Hires — Welcome to RUMC!

Malaika Allen — NA
Rachel Banks — OR Tech
Lisa Barlow — NA
Thomas Barwick — Paramedic
Nathan Biscocho — Unit Clerk
Joseph Burt — Vice President
Yanitiza Carrero — Switchboard
Nathaly Claros — NA
Tonianne Cupo — RN
Isaiah Diaz — Laundry Worker
Maria Esposito — Social Worker
Summer Fant — Paramedic
Yitzhok Freund — RN
Anna German — RN

Capilos Ghaariwayne — RN
James Giannone — Fellow
Angela Guerrero — RN Clinical Liaison
Adam Hamed — Registrar
Tessamarie Henry — Registrar
Brittany Imbasciani — RN
Kenisha Jones — MA
Nataliya Kapachevsky — CytoTech
John Landro — Plumber
Vincent Lasalle — Transporter
Xiaowei Ling — RN
Zenaides Medina — Paramedic
Doreen Moreira — Community Health Worker
Hailda Muratovic — NA

Amanda Newman — NA
Kiara Ortega Staff — Accountant
Nicholas Rivera — Financial Analyst
Amanda Ruggiero — RN
Adrian Ruiz — Paramedic
Breyanna Smith — NA
Maidah Sunduza — RN
Sonia Trejo Guest — Rep
Nicholas Udom — RN
Sean Vassell — Food Service Worker
Nicholas Vega — EMT
Gzim Vukovic — Registrar/Discharge Cl

JOB FAIRS

Sept. 15 / Sept. 22 / Sept 29
3:00 PM – 7:00 PM

Richmond University Medical Center, 355 Bard Avenue, Staten Island, NY, 10310
Inside the Villa Building

**BE ONE OF THE FIRST TO WORK IN OUR NEW, STATE-OF-THE-ART
EMERGENCY DEPARTMENT OPENING THIS FALL!**

CURRENTLY SEEKING:

- ▶ **Experienced RNs**
- ▶ **Clinical Supervisors — evening/night shifts available**
- ▶ **LCSW/NP — Emergency Department, Behavioral Health, Geriatric Program Development**

All of the positions listed above are SIGN-ON BONUS eligible!

Join Our Award WINNING Team Providing World Class Care!



Our new emergency department features:

- ▶ **35,000 square feet, more than double the size of our existing department.**
- ▶ **Expanded trauma care and triage units.**
- ▶ **Specialty areas for pediatrics and urgent care.**
- ▶ **Upgraded Sexual Assault Nurse Examiner (SANE) suites to ensure privacy and protection.**
- ▶ **Larger ambulance bays and front entrance patient drop-off area.**

**We are a Level I Adult Trauma Center/Level II
Pediatric Trauma Center**

For a full list of our open positions, visit RUMCSI.org/careers.

For more information on our upcoming Job Fairs, contact Human Resources at 718-818-2501.

Attendees must have proof of up to date COVID-19 vaccination and wear a mask