

Clinician Update

June 16, 2022

Virtua Orthopedic Surgeon Publishes Research on Patient Experience Outcomes Using Personalized Discharge Instructions

Patient-specific e-mails after surgical arthroscopy improve patient satisfaction and patient understanding of their procedure compared to traditional, preprinted discharge instructions. That is the finding of a [published research study](#) involving Sean McMillan, DO, sports medicine surgeon at Virtua Orthopedics & Spine and director of orthopedic sports medicine at Virtua Medical Group. Dr. McMillan was the lead investigator of this research study, conducted with other sports medicine leaders, who sought to improve the overall patient experience.

“Patient satisfaction has been identified as a key factor in determining the overall success of orthopedic surgeries,” he said. “Historically, written discharge instructions have been the primary means of information for patients after same-day surgeries. Preprinted instructions are often generic, written in physician-centric language, and inadvertently thrown away when patients return home. What this research shows is that to improve patient satisfaction, more needs to be investigated into the investment of technology to better patient-physician communication.”

In this study, patients who were randomized into the technology arm (patient-specific emails) of the study received emails after surgery with personalized details about their procedure. This included images of their surgery which were labeled in layman’s terms, discharge instructions, hyperlinks to their rehab protocols, and information about their upcoming appointments. The findings of the study noted patients in the patient-specific email group had a better understanding of their surgery, higher satisfaction rates, and shared the email with friends and family more often than traditional discharge patients. Overall, patients in this study arm were more willing to recommend the physician to friends and felt more connected to their overall surgical experience.

A summary of the research can be [found here](#).

Dr. Aziz Sadiq Achieves Milestone

Congratulations to Aziz Sadiq, DO, on his 500th robotic surgery procedure and to the team at Virtua Voorhees Hospital! Learn more about Virtua's robotic-assisted surgery capabilities [here](#).



Virtua Recognizes Juneteenth

Sunday, June 19 is Juneteenth, a day to commemorate the sacrifice and service of our Black and African American predecessors. On this day, we take a moment to recognize those who came before us and

actively work to improve our collective future. It exemplifies the ways that our community has been able to persevere and overcome. It is about empowerment and hopefulness.

Colleagues often ask, “How can WE commemorate this historic holiday?” “What can I do to recognize Juneteenth in the Culture of WE?”

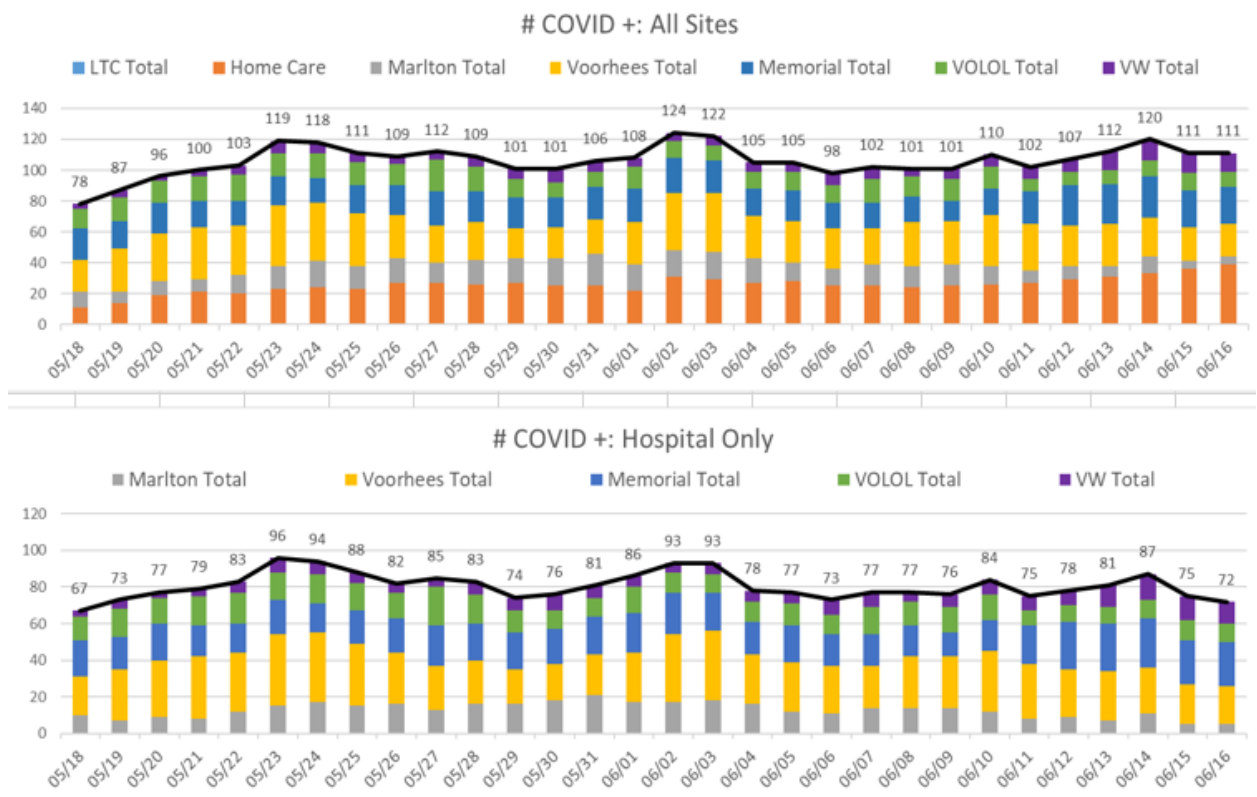
One way is by taking the time to educate ourselves on what can be done to improve as colleagues across our Culture of WE:

- Attend a free [Bystander Intervention Training](#) to learn the 5 Ds (Direct, Document, Delegate, Delay, Distract), similar to the one hosted by VirtuAsia.
- Learn more about course offerings from [WE University](#).
- Learn what inspired one leader to speak up [here](#).

The Black and African American Colleague Community (BAACC) invites all colleagues to speak up. Speak for the good and for ways we can improve. Look for more ways to commemorate Juneteenth on [Virtua’s Facebook Page](#), on the [BAACC Teams page](#), and look for the Juneteenth eCard from BAACC.

Silence hurts everyone in our Culture of WE. In the words of author and speaker Chris Westfall, “*I can’t erase history. But I can be a voice for tolerance, teamwork and collaboration—one conversation at a time. How about you?*”

COVID-19 Census



Latest COVID-19 Fast Facts

- The rate of transmission in New Jersey was reported today as 0.86.
- The total number of cases reported as of 3 p.m. today:
 - Atlantic County 58,611 cases
 - Burlington County: 92,549 cases
 - Camden County: 113,224 cases
 - Gloucester County: 59,057 cases
- COVID-associated mortality for Camden, Burlington, Gloucester, and Atlantic counties: 4,705.
- The state's Vaccination Overview dashboard reported 18,008,124 doses of vaccine have been administered.

Excerpts from the *NJHA Weekly Coronavirus Update June 15, 2022*

- **Mental Health Toll on Teens Continues** — For N.J. teens, the post-pandemic mental health impact continues. A [new NJHA analysis](#) released yesterday finds that increased mental health diagnoses for youth in the first year of COVID are now seen in rising hospital admissions in areas such as self-harm, depression, anxiety, and eating disorders. NJHA's Center for Health Analytics, Research, and Transformation reviewed hospital claims data for both emergency department visits and inpatient admissions for ages 12 to 17 over a five-year period spanning 2017 through 2021. The analysis looked specifically at changes from 2019 – the last pre-pandemic year – and the most recently available data for 2021. While some of the emergency room data stabilized – albeit at elevated levels – from 2020 and 2021, the hospitalizations continued to increase in 2021 in all four areas. Amid this ongoing need, NJHA has produced a reference sheet for parents of children struggling with mental health issues. Called "[What Should I Do?](#)", the resource aims to simplify the process for parents seeking help by identifying the various settings for mental health care, questions to ask and links to services.
- **CDC Updates for Providers** — Yesterday, the CDC posted updates to COVID-19 resources for providers, including:
 - [Interim clinical considerations for COVID-19 treatment in outpatients](#), which provides details for providers on antiviral treatments including Paxlovid and Veklury, along with risk factors for severe COVID and other information
 - [Underlying medical conditions associated with higher risk for severe COVID-19](#), which provides evidence-based resources for health care professionals caring for patients at added risk
- **Pivotal Week for Children's Vaccines** — The FDA's Vaccines and Related Biological Products Advisory Committee yesterday approved both Moderna's and Pfizer's vaccines for use in children under age 6. The full FDA is expected to provide swift approval for this emergency use application. It would then go to the CDC for final review and authorization of guidance for providers to begin offering the vaccine.
 - Public health officials say the shots could be available to this youngest group of recipients as soon as next week. States including New Jersey have already pre-filed orders of the child-sized doses.
 - Pfizer's vaccine is a three-dose course for ages six months to 4 years. The shots are dosed at 3 micrograms, roughly one-tenth of the adult dosage. The Pfizer vaccine was found to be about 80% effective in preventing illness from the omicron variant, which is the most prevalent strain currently. The Moderna vaccine is administered in two doses for children six

months to 5 years. The shots are dosed at 25 micrograms. It has an effectiveness of 51% against omicron in children under age 2 and 37% for children ages 2 to 5 years.

Congratulations! Virtua is a Best Place to Work

We did it! Thank you to all colleagues who completed the *Philadelphia Business Journal's* survey and voted Virtua Health as a Best Place to Work for the sweet 16th time.

Our Culture of WE is what makes Virtua a Best Place to Work. We share the same values, mission, vision, and purpose—being a trusted health care partner to the members of our community.

This year's list includes 76 companies from across the region. Click to [view the list](#) of winners in the large and extra-large company categories. Be sure to look out for the *Philadelphia Business Journal's* special print edition in July, which highlights all the best places to work in the region.