

## Clinician Update

### June 9, 2022

#### Goodness Inspires Greatness

Focusing on the positive and giving recognition inspires others to do the same. This month's [Wow-WE video](#) highlights our Best People—colleagues who are passionate about helping patients in our care, as well as our neighbors out in the community.

The video features our memorable Hospital Week celebrations, PRISM Award winners at Virtua Voorhees Hospital, the Eat Well program celebrating its five-year anniversary, and nurse Ann Coyle, who was honored as a Caring Champion by Independence BlueCross. In fact, Ann was recently featured in a segment on [6 ABC](#).

Enjoy all that is good at Virtua by [viewing the latest Wow-WE video](#).

For some additional context, here are links referenced in video:

- Here For Women: <https://youtu.be/qfCCUs849PU>
- Here for when and where you need us: <https://youtu.be/dC8cBM45EbE>

#### Long COVID-19 Impact Highlighted in Research and News

Clinical studies continue to reveal the insidious nature of COVID-19 and its impact on virtually every aspect of a patient's health.

[In a presentation at the SLEEP 2022: 36th Annual Meeting of the Associated Professional Sleep Societies](#), researchers at the Cleveland Clinic presented a study of 962 patients seen in their ReCOVER Clinic. They found that moderate-to-severe sleep disturbances and severe fatigue affected up to 40% of patients with long COVID or the sequelae of SARS-CoV-2 infection. They noted that sleep disturbances were especially common among African Americans.

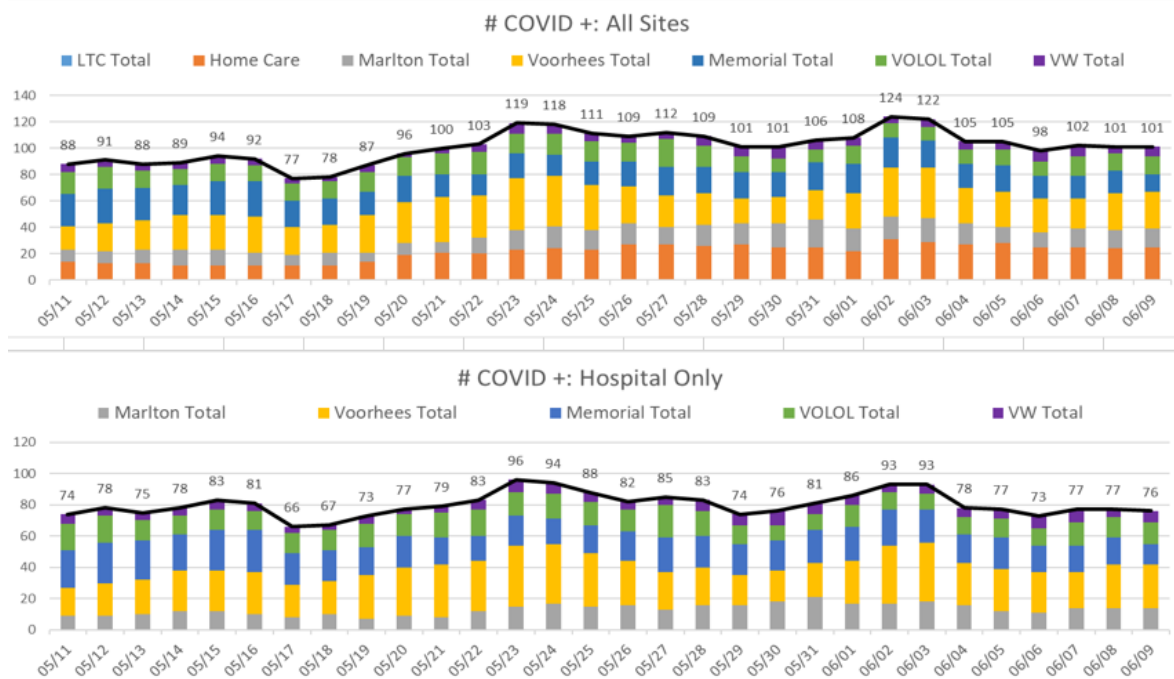
Earlier this week, the American Academy of Physical Medicine & Rehabilitation ([AAPM&R](#)) [released a consensus statement](#) on the cardiovascular complications associated with long COVID. They called upon health care providers to become more aware of the increased risk for conditions such as pulmonary embolism, arterial and venous thromboses, myocardial infarction, and stroke.

Virtua addresses this very issue in the soon-to-be-released summer issue of *HeartTalk*, the consumer publication mailed to 127,000 homes across the region. In the article, "COVID-19 Can Affect Long-Term Heart Health," Virtua cardiologist Hafeza Shaikh, DO, FACC, RPVI, FACOI, MBA, underscored the importance of awareness and vigilance for persons who have had COVID, even if just a mild case. "Millions of people need to know that while they have recovered from COVID, they are not out of the woods," she said. "Their risk may not be readily apparent, as not everyone will have symptoms, so awareness is key." She encourages readers to talk to their health care provider about including heart disease screenings into regular checkups. [Read the article and see the rest of the magazine here.](#)

And as a reminder, Virtua has its own program, Care after COVID, which connects patients to specialists, therapy, testing, and support. Persons dealing with the lingering effects of COVID-19 (more than 30 days

after recovering from the virus), are encouraged to [reach out online](#) or by contacting a navigator at **856-325-3200**.

## COVID-19 Census



### Latest COVID-19 Fast Facts

- The rate of transmission in New Jersey was reported today as 0.87.
- The total number of cases reported as of 3 p.m. today:
  - Atlantic County 58,611 cases
  - Burlington County: 91,688 cases
  - Camden County: 112,447 cases
  - Gloucester County: 58,338 cases
- COVID-associated mortality for Camden, Burlington, Gloucester, and Atlantic counties: 4,687.
- The state's Vaccination Overview dashboard reported 17,956,856 doses of vaccine have been administered.

### Understanding and Overcoming Trauma

Incidents of violence can create feelings of uncertainty and distress, regardless of having a direct connection to the event. Russ Micoli, VP of the behavioral health service line at Virtua Health, shares this [video](#) and mental health resources from [New Jersey Mental Health Cares](#) to help individuals to process grief, loss, and trauma after a tragedy.

Below are excerpts from the video, as well as additional insights and resources.

#### 1. How can violent events affect an individual and our community?

Violent events, especially events that trigger trauma in an individual, can cause anxiety, depression, and post-traumatic stress disorder (PTSD). To better understand how individuals respond to trauma,

it's important to understand your autonomic nervous system (ANS), which manages your stress and survival response. ANS has three general response states. When you are in the safe state, you feel calm and relaxed. When you are in a potentially dangerous situation, the states of survival (fight or flight or immobilization) are triggered. These feelings automatically happen without us even thinking about it.

When individuals stay in the safe state, it helps them become resilient to stressful events. However, when individuals experience trauma, it can keep them from functioning in a regulated and resilient way. They can be stuck in the states of survival even during a friendly get-together or a simple meeting at work. Consistently living in these survival states can be debilitating, and they may turn to unhealthy behaviors for temporary relief.

## **2. What qualifies as trauma?**

Understanding how trauma impacts us is important. There is a whole spectrum of experiences that can be traumatizing. This includes shock traumas (accidents, assault, natural disasters); developmental and relational trauma (chronic adversity, abuse, lack of safety); and others (chronic stress, poverty, discrimination, violence). It's critical to know that trauma is an experience—not an event. It's what happens inside of us as a result of what happens to us.

## **3. What should we do if news of war and violence is interfering with our ability to sleep, focus, and be present in our lives?**

Fortunately, there are ways to stay to recover from trauma. This is best done with the help of others. When we are with others who are calm and happy, we mirror those feelings. However, when we are with those who are stressed, angry, or depressed, we feel worse. Connecting with those who make us feel safe will put us in a safe state. Additionally, therapy with a mental health professional and activities like spending time in nature, practicing yoga, and dancing can help us become more resilient.

Click for [additional tips](#) from mental health professionals.

## **4. How can I talk to my child(ren) about events that may cause trauma?**

Virtua's partner Carebridge, an employee assistance program, is offering a special virtual support group to give parents, guardians, and caregivers age-appropriate tools to help children navigate these events. "Age-Appropriate Ways to Talk to your Kids about Violence" will take place on **Wednesday, June 15** at 2:30 p.m. The role of compassionate communication will be emphasized. Participation is anonymous. Click to [sign up](#) or [download the flyer](#).

Need help now? Carebridge can help. Call **800-437-0911** or email [clientservice@carebridge.com](mailto:clientservice@carebridge.com) for confidential and free consults. For online services, visit [myliferesource.com](http://myliferesource.com). Your access code is: **Y6EXA**.

## **Virtua Receives Shout-Out in Medtronic Podcast**

In the podcast "Medtronic Talks," two of the company's leaders discuss sustainable and scalable ways to advance health access in traditionally underserved communities through a combination of emerging technology and ongoing care relationships. Virtua's collaboration with Medtronic LABS and the Cherry Hill Free Clinic earns a shout-out at the 27-minute mark; [listen here](#).

"The mission of the Cherry Hill Free Clinic is to provide care to uninsured people at no cost to them. Our work with Medtronic LABS brings that mission outside the walls of the clinic and into the community. Although early in the process, I anticipate we will maintain a robust presence at community events, where we will enroll uninsured neighbors—many of whom may be unaware of their undiagnosed chronic diseases—into a program that connects them to care and helps them feel empowered about managing their health. This is how we move the needle on health disparities," said Jubril Oyeyemi, DO, a Virtua physician and founder and chief medical officer of the Cherry Hill Free Clinic.

On the subject of podcasts, you may recall that Virtua President and CEO Dennis W. Pullin interviewed Medtronic chairman and CEO Geoff Martha on his podcast, "Here for Good." You can listen to that discussion on Spotify, Apple Music, or any podcast player, as well as the [Virtua website](#).

### **Orthopedics & Spine Today Now Posted to Digital 411**

Virtua's most recent issue of the *Today* series of physician education newsletters centers on what is new in treating anterior cruciate ligament (ACL) tears. Our most recent issue, [Orthopedics & Spine Today](#) features Virtua's utilization of natural repair instead of reconstruction. The Bridge-Enhanced ACL Repair (BEAR) procedure uses a resorbable implant that allows the tendon to rejoin itself. "We're excited about this breakthrough that permits patients to heal more naturally," said Sean McMillan, DO, sports medicine surgeon at Virtua Orthopedics & Spine.

Remember that our library of publications has a home base on [Digital 411](#), found under "[Additional Resources/Clinician Publications](#)." There, you can find archived copies of *Clinician Update*, as well as a growing resource of the *Today* series.



### **Five Stars for Virtua Orthopedics**

Patient satisfaction and health outcomes benefit greatly when our care teams demonstrate that they are true partners in health. Today, we share a five-star review from Chris E., a patient at Virtua Orthopedics & Spine.

*What outstanding medical care! The staff was very attentive and worked with me based on their assessment and what I was telling them. After two surgeries and six weeks of physical therapy from a collar bone to shoulder separation, I can say that I am back to work with no issues thanks to Virtua and their amazing staff.*

Patients and their families often develop a fondness for their care teams and turn to online reviews to express gratitude. To keep building on your online reputation with Google reviews, visit the [Brand Hub](#) for helpful materials from The Lasting Impact Project.

### **From the Hello Good Mailbox**

Elizabeth Nieves, office coordinator, shared the good with us about her colleagues in the clinical and interventional cardiology department at Virtua Our Lady of Lourdes Hospital. She wrote:

*On May 31, the unimaginable happened to my nephew Daniel and his family of five. They lost their home in a fire but managed to escape. He was not home at the time, but his wife and their three children were there. I knew I had to step in, so I put my pride aside and I asked for help.*

*And I didn't have to ask twice. My colleagues immediately stepped in and provided much-needed emotional support and made generous donations. I was overwhelmed by the feeling of gratitude and goodness that flowed from their hearts. I could not ask for anything more than what I have and hold dear to me—my work family. Thank you from the bottom of my heart.*

Bravo to the clinical and interventional cardiology team!



## Carebridge Webinar Supporting LGBTQ+ Family Members

**June 14, 12 to 12:30 p.m.**

An important quality of being a loving family is understanding and supporting the uniqueness of each family member. In recognition of Pride Month, Carebridge is offering a 30-minute, expert-led learning session to address common experiences and questions related to supporting LGBTQ+ family members.

Whether your interest is for yourself or to simply expand your awareness, please join our discussion. Participation is anonymous.

Click [to register](#). After registering, you will receive a confirmation email with additional details.

## Virtua in the News

- **NJHA to Honor Virtua Initiative and Trustee** — The New Jersey Hospital Association will present two awards to Virtua team members at its “Best of the Beach” event in Long Branch next month. The Healthy New Jersey Award will recognize Virtua for expanding food access during the pandemic. And David Kindlick, chairman of Virtua’s board of trustees, will receive the Lifetime Achievement – Trustee Award. Read in [NJ Biz](#).
- **Virtua Wins Award for TV Commercial** — Virtua earned a silver Telly Award for its 30-second “Here for Her” commercial, honoring the strength of women. The Tellies honor the best in TV, cable, digital, streaming, and other video productions. The program receives more than 11,000 entries yearly, and past Telly recipients include ESPN, Microsoft, and the Star Wars franchise. This [NJ Biz](#) story includes remarks from Chrisie Scott, Virtua’s senior VP and chief marketing officer. Read and view the commercial [here](#).

## Upcoming Events

- **Run with the Docs! 5K Run and 1-Mile Walk**

**This Upcoming Sunday** — It's time to [Run with the Docs](#)! Virtua Voorhees Hospital is the scene of this popular 5K run and 1-mile walk this upcoming Sunday, June 12, all to support our programs for families who have experienced [pregnancy and infant loss](#). For event organizers and OB/Gyn physicians Drs. Stacy McCrosson and Kimberly Bridges-White, the event is a great opportunity to get out for a truly meaningful cause. "We are so inspired by the loss families who show up with their teams each year," Dr. McCrosson said. "We are overwhelmed by the outpouring of support these families receive from my colleagues at Virtua (doctors, nurses, and staff), the running community, and friends and family from all over the tristate area, at this event." For more information, click [here](#).

- **Virtua-Sponsored Bike-A-Thons**

***Dates in June***

Virtua colleagues will be busy pedaling this month. Join Team Virtua and register for the [Legacy Ride to Thrive in Burlington County](#) on **Saturday, June 11** and the [American Cancer Society Bike-A-Thon to Atlantic City](#) on **Sunday, June 12**. (Use code HOSP-20 for \$20 off the registration fee and choose Team Virtua.) Looking ahead, we invite you to also sign up for the [Propel 100 Charity Ride in Burlington County](#) on **Saturday, June 25**. For more information, contact Andrew Giordano at [agiordano@virtua.org](mailto:agiordano@virtua.org).

- **Smoking Cessation Education and Support**

**June 21 and 28, 12 to 1:30 p.m.**

The community is encouraged to attend a two-session educational support group to learn about the tobacco addiction process and get tools and support to help quit smoking. The program includes free nicotine patches and discounted acupuncture. Topic discussions will include addiction, stress management, and developing a personal plan to quit smoking using resources and support. To register, call 888-847-8823. Click to [view the flyer](#).