

Clinician Update

March 2, 2023

Virtua Surgeon Honored Nationally

Emeka Acholonu MD, FACS, bariatric surgeon at Virtua, has been named to the list of [Top Black Doctors 2023](#) by Castle Connolly. To compile this list, Castle Connolly accepted nominations from physicians' peers and then assessed each nominee based on criteria such as qualifications, education, leadership appointments, outcomes data, and more. The list honors 114 doctors across 20 states and 45 specialties.

For Dr. Acholonu, the distinction is a humbling one. "Like all my fellow colleagues, our service is centered upon each and every patient," he said. "I am honored to be on this list amidst so many talented individuals, knowing full well all the dedication that goes into our vocation. I am grateful, but my focus and greatest reward remains on all the lives we are able to benefit."

For more information, click [here](#).

March Highlights Colorectal and Kidney Disease Awareness

Friday, March 3 is the kickoff of a month-long awareness effort around the importance of colon cancer screening and prevention. A reminder that patients can use the fast-track option to schedule a colonoscopy. If they are 45 or older, and relatively healthy with no unusual gastrointestinal symptoms, they can skip the GI office appointment and go right to their colonoscopy procedure.

To start the scheduling process, patients answer a few [criteria questions online](#) before selecting a time to speak with a GI scheduler.

As part of spreading the awareness, Friday is National Dress in Blue Day for Colorectal Cancer Awareness. March is also National Kidney Month and Thursday, March 9 is National Kidney Day, a day to wear green to bring awareness of kidney disease.

Happy National Hospitalist Day

Occurring the first Thursday in March annually, National Hospitalist Day celebrates the enduring contributions by hospitalists to the evolving healthcare landscape. "At Virtua, we are blessed by the dedication of our hospitalists," said Dr. John Matsinger, executive vice president and chief operating officer. "They play a major role in the continuum of care for our patients, providing the medical care patients need during their hospital stay, and setting the course for the patients to follow up with their primary care physician or specialist after they've been discharged. We can't thank them enough, not just today, but all year round."

Reminder: Sign Up for the Practicing Excellence Journey

As shared in last week's *Clinician Update*, Practicing Excellence—a highly regarded web-based coaching and development program—is coming to Virtua Health. All Virtua colleagues and clinicians are invited to

participate in this program designed to help us reconnect to joy and purpose and create better connections with our teams and patients.

If you are receiving *Clinician Update*, then Practicing Excellence is available to you personally and professionally. Its official debut is in April, and we will all pursue specific learning programs together.

According to Virtua Chief Clinical Officer, Dr. Reg Blaber, “Practicing Excellence is about more than fixing problems. It’s about establishing new ways of delivering care, communicating, and approaching life that lead to better outcomes.”

Practicing Excellence builds skills through five-minute skill-building video tips available online or via a mobile app. Next month, Virtua teams will enroll in specific “learning tracks” so that we can review, discuss, and act upon the content together.

Create a Practicing Excellence Account

The first thing to do is to register with Practicing Excellence. **Download the Practicing Excellence app** on your phone by following [these simple steps](#). You can also register for and access Practicing Excellence on its [website](#), but many users prefer the mobile app for its simple navigation and for the ability to engage with the content on the go.

Registration tips:

- While your Virtua email is preferred, please use whatever email address you use most often.
- When prompted to provide a join code, enter the word VIRTUA.
- You will be asked to provide an Employee ID number. That six-digit number should be on the back of your ID badge. If you do not know your ID number, you can enter any sequence of numbers (like 000000) and move ahead with the sign-up process.

Once registered, you will be automatically enrolled in the Virtua Health Welcome Program, which includes an introduction video from Stephen Beeson, MD, founder and CEO of Practicing Excellence. You may also see a video geared to your line of work—such as emergency medicine, for example. Enjoy exploring the platform and becoming familiar with its features and functions. You do not have to take any additional action at this time.

A Note to Clinician Leaders:

In order to support the systemwide rollout of Practicing Excellence, all leaders are asked to get a jumpstart by participating in a special program called “Leading the Patient Experience.”

If you are not yet enrolled in this program, please follow these steps:

1. Click on “Progress” in the main menu of the Practicing Excellence website or app.
2. Tap or select the “Join Program” button.
3. Enter the join code *VIRTUALEADPX*.

Most leaders are a few weeks into the program, but you can easily catch up by watching the initial handful of tips under “Part 1: Create a Cause.” With that, you will be back on pace and can follow the [week-by-week program roadmap](#), which is the best way to fully process and act upon the video learnings.

The goal is for all Virtua leaders to complete the “Leading the Patient Experience” program by the end of April. In fact, it is one of Virtua’s global goals for 2023.

For additional information about Practicing Excellence, how it works, and why it matters, please visit the [Practicing Excellence page on Colleague Corner](#). The page also includes step-by-step instructions for the app.

The Journey to Thriving Event: Creating Space to Discuss Clinician Burnout

As we continue to prioritize the well-being of our colleagues, Virtua hosted a virtual event this past Tuesday focused on clinician burnout. During the one-hour virtual event, Andy Cohen, MD, vice president of clinical operations and medical director for Virtua Integrated Network (VIN), shared his story from the day his unrecognized burnout came to a head, what he learned from that experience, and the adjustments he has made.

Nate Terrell, licensed professional counselor and Carebridge consultant, addressed the concepts of burnout, compassion fatigue, and the stress responses they can produce.

If you missed the virtual event, [here it is as a recording](#). For more information, or any questions, reach [Nicole McNeal, MPH](#), Virtua’s director of Well-Being.

Connecting with Resources in Our Community

To help our patients, colleagues, and neighbors connect with much-needed social services, Virtua introduces the Community Connection platform—a driving force for good that helps build healthier communities.

What is Community Connection?

Community Connection is an online search and referral platform for free and reduced-cost social services available throughout our region. By using Community Connection (available via Epic and MyChart), Virtua staff can use the platform to connect patients to needed services. The platform is also available directly [here](#).

How does Community Connection work?

Community Connection engages with reputable community partners that can help individuals access food, find job-training resources, secure housing, pay bills, and more.

Click to [access the site](#). Click to [learn more about the platform](#) and [get answers to FAQs](#).

Help Spread the Word — Camp Oasis Set for June 4

Presented by the Penn Medicine | Virtua Health Cancer Program, Camp Oasis is a free, spirit-lifting one-day getaway camp for children who have a parent or loved one battling cancer. This unique camp fosters positive connections and friendships, empowers campers with the tools to process and share their feelings and fears, and gives children a day to just be a kid.

Registration is now open for our summer session on Sunday, June 4. If you know someone with a child who would benefit from this special camp, please let them know about this opportunity by sharing the [Camp Oasis Brochure and Registration Form](#).

Interested in volunteering at Camp Oasis? Reach out to Jackie Miller at jmiller2@virtua.org or 609-724-8480 for more information.

Camp Oasis is made possible with the support of our community partners and generous donors. Learn more at: www.givetovirtua.org/campoasis

Here for Good—in Sneakers and on Bikes

Virtua is proud to support the fundraising efforts of everyone who wants to make a difference for the families we serve. This spring, three [Virtua Health Community Partners](#) will get their hearts pumping for a good cause.

- [Crank the Food Bank](#) is an annual 5K run/walk sponsored by Virtua's nutrition team. Held on Saturday, March 25 at Virtua Voorhees Hospital, Crank the Food Bank benefits Virtua's [Colleague Markets and Food Farmacy](#).
- Lace up your sneakers again on Sunday, June 11 for [Run with the Docs](#)! Virtua Voorhees Hospital is home to this 5K run and 1-mile walk to support our programs for families who have experienced [pregnancy and infancy loss](#).
- If cycling is your speed, check out [Propel 100](#). Featuring routes for riders of all skill levels, Propel 100 takes place Saturday, June 24 and benefits [oncology services at Virtua](#). We have 10 free registrations for Virtua colleagues—contact the Office of Philanthropy at 856-355-0830 to claim one!