

Clinician Update

May 4, 2023

Update in Penicillin Allergy Guidance

As many as 15% of hospitalized patients report a penicillin allergy, but it is estimated that this label is not indicative of a true IgE-mediated allergy in up to 90% of those patients. Penicillin “allergies” are frequently miscategorized due to nonallergic reactions or reported family history. Patients who carry a penicillin allergy label throughout their interactions with the healthcare system are more likely to be treated with less effective, more toxic, and more expensive alternatives.

“This has shown association with longer hospital stays and increased *C. difficile*, MRSA, and surgical site infection risk,” said Dr. Martin Topiel, Virtua director of Infection Control.

Guidance from the Allergy Societies (AAAAI and ACAAI) now supports routine use of many cephalosporins in patients with both nonanaphylactic and anaphylactic penicillin allergies. Under new guidance, cephalosporins should NOT be routinely avoided for patients with penicillin allergies. The Virtua Health Antimicrobial Stewardship Program supports this approach.

Specific recommendations can be found [in the table linked here](#). These recommendations are for educational purposes and should not supersede clinical judgement in individual patient cases.

Rowan-Virtua School of Medicine Annual Research Day

Today, the Rowan-Virtua School of Osteopathic Medicine hosted its 27th Annual Research Day. The purpose of this event is to recognize the efforts of faculty, staff, interns/residents, fellows, and students involved in research, promote collaboration, and encourage student participation in research.

As an example, Year 2 Cardiology Fellow Daniel Tran, DO, and colleagues presented two posters: “Focused POCUS (Point of Care Ultrasound): Cardiopulmonary Curriculum for Internal Medicine Residents” as well as “Mixed Beri’s: High Output Heart Failure from Severe Anemia and Thiamine Deficiency.” The depth and variety of the research presentations highlights [\(fully linked here\)](#) demonstrates the school’s strength as our academic partner.

In many ways, Research Day celebrates the efforts of the Rowan-Virtua School of Medicine’s work toward improving patient care through research. The day highlights the groundbreaking research at Rowan-Virtua SOM, Graduate School of Biomedical Science, and the collaborations with academic, clinical, and corporate partners. The program’s keynote speaker was Sean McMillan, DO, FAOAO, a sports medicine surgeon at Virtua Orthopedics and chief of Orthopedics at Virtua Willingboro and Virtua Our Lady of Lourdes hospitals. He further serves as the director of Orthopedic Sports Medicine at Virtua Medical Group (VMG).

If you have questions regarding Research Day, please contact the Office of the SOM Senior Associate Dean for Research at somresearch@rowan.edu.

Shoulder Arthroplasty Now Available at Centennial Surgery Center

Speaking of Dr. McMillan, he performed the first two total shoulder replacements at Centennial Surgery Center.

“The benefits to outpatient shoulder replacements are many,” said Dr. McMillan. “Thanks to advances in surgical technology, as well as new and innovative pain management protocols, patients are able to have their shoulder replaced and be discharged home in the same day with little to no pain.”

Virtua Health Celebrates Hospital Week

At Virtua, we describe our workforce as our Best People, because you deliver the best care for a community that deserves the very best. This team—our doctors, nurses, EMTs, and hospital staff—have a shared calling to do good. Together, you create an environment where every person we see and each family we care for feels respected and supported.

So, as we prepare to celebrate Nurses’ Day (May 6), Nurses’ Week (May 6 to 12), Hospital Week (May 7 to 13), and EMS Week (May 21 to 27), we simply want to thank everyone for being the very best and invite you to join in the fun, connect with fellow colleagues, and share a meal. The dates and locations are listed below for the colleague gatherings at Virtua hospitals. Details will be shared by site leadership.

Colleagues at other locations, such as the Virtua Health & Wellness Centers in Berlin and Camden and select corporate offices, will celebrate at their locations. Additional details will be available in your campus’ Monday Morning Minutes or via email invitation.

Note: Virtua Medical Group colleagues and those based in other locations are invited to attend a celebration at the nearest Virtua hospital.

Virtua Marlton Hospital — Tuesday, May 16

Virtua Mount Holly Hospital — Tuesday, May 16

Virtua Our Lady of Lourdes Hospital — Tuesday, May 16

Virtua Willingboro Hospital — Wednesday, May 17

Virtua Voorhees Hospital — Thursday, May 18

Virtua Wraps Up Strategic Initiative With Villanova Executive MBA Program

Physician burnout has brought a significant drain upon clinicians nationally, but the topic is finally receiving the focused attention it deserves. To gather fresh perspectives and approaches to address this important issue, a unique partnership was developed between Virtua Health leaders and the Villanova

School of Business Executive MBA program, whose students include experienced business leaders from a wide range of fields. Their objective: to research burnout and professional fulfillment, and to identify potential solutions.

“The National Institute of Health and others have shown that emotional exhaustion, challenges with medical technology, and changes in health care structure can all lead to depersonalization and a reduction in the joy of practicing medicine,” said Hafeza Shaikh, DO, FACC, MBA, Virtua cardiologist and chair of the Virtua Clinical Cardiology Council. “Identifying these stressors are the first step. Fortunately Virtua is vested in their clinicians and supports initiatives to restore that fulfillment.”

The initiative began last September, led by Dr. Shaikh, Virtua SVP and Chief Marketing Officer Chrisie Scott, and Dr. Sam Weiner, VP and CMO of Virtua Medical Group.

“Together, we delved deep into clinician burnout and found some fresh perspectives and approaches to consider and apply,” said Dr. Shaikh.

Dr. Reg Blaber, EVP and chief clinical officer, Dr. Jennifer Khelil, SVP and chief medical officer, and Dr. Andy Cohen, VP of clinical operations and medical director of Virtua Integrated Network provided additional support to the team, along with Virtua EVP/Chief Human Resources Officer Rhonda Jordan.

The students’ findings validated the importance of the initiatives that are underway at Virtua, such as “taming the in-basket,” wellness initiatives with a focus on resiliency, and most notably, Virtua’s engagement with the Practicing Excellence journey.

“The launch of Practicing Excellence speaks to the value of making sure Virtua helps our clinicians feel meaningful connections with their patients, and in their personal lives, and that they retain the joy of practicing medicine,” said Dr. Shaikh.

Sharing the Practicing Excellence Journey

The Practicing Excellence program continues to be a tremendous opportunity to enhance the experience we deliver to patients and each other, spark a genuine connection, and become even better versions of ourselves.

Dr. Dennis Guest, vice president of clinical operations for Virtua Health Emergency Services, Mary McCormick, VP of Emergency Department operations, and the ED providers, nursing directors, and colleagues shared several examples of how the ED teams keep Practicing Excellence top of mind through regular communication and spirited discussion. Since the teams began their Practicing Excellence journey in March, patients have responded favorably in the customer satisfaction survey, particularly to the statements, “trust providers with care,” “good communication between staff,” and “spent enough time with patients.”

On the ED Track Board, the teams display the Practicing Excellence tip of the week and the “Try This Challenge.” Virtua Camden’s ED and Nursing Director Peter Bish’s team at Virtua Marlton’s ED posted “Why” boards which are meant to reconnect colleagues to their shared purpose, adding their own answers to “I chose a career in health care because...”

ED physicians responded to the following questions regarding Practicing Excellence. The questions and a sample of their answers include:

What kind of care team do we want to be for our patients and for each other?

"I would love to have the time to sit and talk to my patients and answer all of their questions. I want to work in a supportive environment where we all have each other's back"

What does it feel like when we as a team are at our best for our patients and each other?"

"It feels like cooking a delicious meal—all the parts coming together wonderfully to deliver a fantastic product (a satisfied patient who we genuinely helped efficiently!)"

In the spirit of learning, we invite everyone to share your best practices of engaging colleagues in this journey by emailing virtuainfo@virtua.org.

Virtua in the News

Physician Burnout: The Open Secret We Need to Confront

Dr. Andy Cohen penned this vivid account of his own experiences with burnout, and offers advice to other clinicians. Curing the burnout "pandemic" isn't easy, he writes. "The more we talk, the less stigma there is." Read in [Philadelphia Magazine](#).

Virtua Hospitals Earn High Marks on New Safety Ratings

New Jersey hospitals' safety ratings have rebounded since the COVID-19 pandemic. Now, the state leads the nation in the percentage of hospitals that received an "A" grade, according to Leapfrog Group's new report. Only 29% of hospitals nationwide received an "A" compared to New Jersey's 51.5%. Both Virtua Marlton and Virtua Voorhees hospitals received A ratings, while Virtua Mount Holly and Willingboro earned B grades. Read in the [Courier-Post](#) and [Patch](#).

Virtua Leader Named a Top Chief Information Officer

Becker's Hospital Review, a leading industry publication, has named Virtua Senior VP and CIO Tom Gordon to its national list of "Hospitals and Health System CIOs to Know." Gordon is among 113 CIOs named to the 2023 list. He and his fellow honorees are "harnessing the power of technology to transform the health care space, allowing hospitals and health systems to experience rapid growth and vastly enhance patient experience," *Becker's* states. Read [here](#).

Virtua Unveils Colleague Refuel Rooms

Last week, WE Thrive opened the doors to two of our five refuel rooms. John Kirby, president of Virtua Mount Holly and Virtua Willingboro hospitals, helped conduct the ceremonial honors and cut the ribbon to officially unveil each of these spaces.

The mission of WE Thrive is to create an environment that promotes work-life meaning, connection, and joy, and nourishes each individual's well-being journey. One of the ways Virtua is living this mission is through the creation of Refuel Rooms, dedicated physical spaces designed purposefully for colleagues to decompress and recharge.

The Refuel Rooms offer reclining lounge chairs, meditation seats, and yoga mats. They also contain movable privacy screens for yoga, stretching, meditation, and other relaxation/decompression techniques on the open floor space.

WE Thrive looks forward to launching the Refuel Rooms at Virtua Our Lady of Lourdes, Virtua Voorhees, and Virtua Marlton hospitals.

The Latest in Virtua Advertising

The advertising campaign for the Penn Medicine | Virtua Health Proton Therapy Center launched this week. Keep any eye out for billboards, digital ads, and three different versions of the TV commercial promoting the most advanced form of radiation therapy, now available in South Jersey. Watch the TV spot [here](#).

Rock Your Purple on May 10

May 10 is Stroke Awareness Day, and you can show your support by rocking any shade of purple. Take a selfie, a team photo, or even a snapshot of your furry friends sporting a bandana and send it to virtuainfo@virtua.org. We'd love to share your pictures on Virtua's social channels. Thanks, team!

Tune into the Latest Episode of Here for Good

"Don't give up, don't ever give up." Those were the words of legendary basketball coach Jim Valvano as he delivered his empowering ESPYs speech in 1993. Since then, the V Foundation has awarded more than \$310 million in cancer research grants nationwide and is among the premier supporters of cancer research.

Tune in for the [latest episode of Here for Good](#), as Virtua President and CEO Dennis Pullin sits down with Shane Jacobson, CEO of the V Foundation. Listen as Shane talks about how the foundation continues to honor Jim's legacy and the incredible research the V Foundation is funding across the country that will one day provide a cure for cancer.

Guides Needed for Musicians On Call

Virtua Our Lady of Lourdes Hospital is getting ready for the return of in-person, bedside performances by Musicians on Call (MOC). While MOC has successfully lined up performers to provide the music, the program can use a fresh supply of volunteer guides. Guides introduce the musicians to the care teams, patients, and families. Volunteers are needed to escort the musicians, communicate with staff and patients, and heighten the MOC experience.

Would you, or someone you know, want to be a part of the healing power of music as a volunteer guide? Volunteer guides know the protocols, policies, and expectations, and are responsible for making sure these guidelines are upheld during the shift. Guides must commit to volunteering once a month for at least one year. The in-person programs are usually held once a week in the early evening.

“With in-person performances returning for the first time since the pandemic, more guides are needed to help ensure the MOC's success.” said Tiffany Lockett, director of Volunteer Services and Spiritual Care at Virtua. “They accompany the musicians to patient rooms so to help the process move most effectively, and with great reward for all, I must add.”

Stacey Jarrell, MPT, homecare physical therapist at Virtua, has long volunteered as an MOC guide. "You see the toes start tapping. Some start singing," she said. "At the end of the night, you feel like you did something positive."

Interested to be a guide? Apply [here](#).

[Musicians On Call](#) is a nonprofit organization that has performed to more than 10,000 patients, staff and visitors at Virtua Our Lady of Lourdes in over a dozen years of performances. While the in-person program is held at Virtua Our Lady of Lourdes, know that every week there is an [ongoing virtual program](#)—held Wednesdays at 5 p.m. live, with a video available afterward—that benefits all of Virtua. Use hospital code **lourdes** to access. (You can use the same link and code to access next week's special Hospital Week concert with Dierks Bentley, Charles Esten and Jon Nite.)

In addition, new virtual performances have recently expanded and include a new Spanish speaking option on the hospital dashboard [here](#), as well as a behavioral health virtual program which is available through coordination with staff. (Let us know if you'd like to learn more at VirtuaClinician@virtua.org.)

Throughout, MOC's mission remains the same—to provide access to music that supports the healing process by improving mood, pain tolerance and mental outlook, all with a human connection. To learn more about MOC, click [here](#).

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 (ages 8 -17) who would benefit from this special camp, please let them know about this opportunity by sharing the [Camp Oasis Brochure and Registration Form](#).

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

IDEA – Inclusion, Diversity and Equity for All

Happy **Cinco de Mayo** to all celebrating at the end of this week. We encourage you to take a moment to learn about the origins and full history of how this holiday came to be, from Mexico defeating the French in the Battle of Puebla in 1862, to the identification with Mexican revolutionaries in the 1960s during the Chicano Civil Rights Era. To learn more, click here: [The Real History behind Cinco de Mayo \(indianahistory.org\)](http://indianahistory.org).