

Clinician Update September 14, 2023

Annual Cardiology for Primary Care Symposium Advances Information for Your Practice

The 13th annual Cardiology for Primary Care Symposium brought together clinical experts to discuss the latest research, news, and trends impacting heart care. Designed to continuously improve patient outcomes, primary care practitioners, physicians, NPs, PAs, and other health professionals in attendance at Rowan College of Burlington County and participating via livestream experienced interactive presentations from a multidisciplinary panel of specialists.

For cardiologist Troy Randle, DO, FACOI, FACC, MBA, program chair for the event, this continuing medical education program each year always presents a valuable opportunity for clinicians. “A special thanks to all attended, both in-person and virtually,” said Dr. Randle. “This symposium always enables us as a unified team to delve into what is so core and universal to our mission.”

Click [here](#) for some heartfelt moments from the event.

South Jersey Magazine and SJ Mag Media Release Top Physicians Lists

South Jersey Magazine's Top Physicians 2023 list includes many familiar names, including Thomas Cavalieri, DO, inaugural senior vice provost of the Virtua Health College of Medicine and Life Sciences of Rowan University and chief academic officer of Virtua Health. He is also a founding director of the Center of Aging, which has grown into the Rowan-Virtua New Jersey Institute for Successful Aging. [As reported in June in Clinician Update](#), Rowan Medicine is now an affiliate of Virtua Medical Group. To consult the full list, click [here](#).

Separately, as reported in [last week's Clinician Update](#), congratulations to the 34 Virtua physicians included in *SJ Mag Media's* 2023 Top Docs list. This esteemed group includes Angel Rodis, MD, of Virtua Pulmonology & Sleep Medicine, who had the opportunity to participate in the magazine's photo shoot at Camden County Boathouse at Cooper River Park, Pennsauken. Check out that complete list [here](#).

Practicing Excellence at Virtua

Thank you for your commitment to Practicing Excellence and the *Patient Experience* journey. This week, we invite you to focus on the invaluable insights provided in the [Week 24 and 25 guides](#). Topics include *Sending Home, Knowing Your Flow, Discharge, Finishing Strong, and Conveying Compassion*.

As for our overall shared Practicing Excellence journey, Mary Campagnolo, MD, Virtua family physician and geriatrician, medical director for value-based programs and payer contracts for Virtua Medical

Group, and member of the board of directors for American Academy of Family Physicians (AAFP), shares this feedback:

“This journey for me has reinforced so much of the skills that attracted me to our vocation in the first place—empathy, the power of listening, the skills of communication, and guidance on leadership. I’m just grateful that the skills showcased here are already so much within us. That said, it’s been so helpful and vital to talk about these skills, collaborate, and share them.”

As we near the end of the inaugural program, here’s what you can look forward to as we continue our journey:

What happens when we conclude the *Patient Experience* program during the last week of September?

We will take the first few weeks of October to celebrate the achievement. After all, it is truly exceptional to have thousands of health care professionals learn and grow alongside each other in this meaningful way. Then, beginning the week of October 23, all colleagues will participate in a single, custom-built Practicing Excellence program that will run through the end of 2023.

Will the fall-winter program have different learning tracks for different colleagues (such as emergency room staff, ambulatory nurses, etc.)?

No, unlike the current *Patient Experience* program (in which nine learning tracks were created for different job functions/locations), this next program will be the same across all of Virtua. We will implement learning tracks in the future for more advanced, site-specific content--but that will be sometime in 2024.

Can I still catch up if I have fallen behind in the *Patient Experience* program?

Yes! Please use the next few weeks to catch up on tips you might have missed within your learning track. As always, you are welcome to view tips outside of your learning track too. Details can be found on the [Colleague Corner](#).

We welcome your feedback as we share the Practicing Excellence journey. Email your thoughts to VirtuaClinician@virtua.org.

Helping Patients Recover From Substance Use

National Recovery Month is a national observance held every September to promote and support new evidence-based treatment and recovery practices, and to recognize the dedication of service providers and communities who make recovery possible. It provides an opportunity to be mindful of our overall efforts here at Virtua in providing these services, such as the Medication for Addiction Treatment (MAT) program, which uses medicines and behavioral therapy to help people recover from substance use disorders.

“We provide a judgement-free zone,” said Lynda Bascelli, MD, primary care physician and addiction medicine specialist. “It’s virtually impossible to stop using opioids on your own. With help, people get their lives back. They repair relationships. They become employed. They buy homes. They do things they couldn’t when they were trying to maintain an opioid habit.”

The National Institute on Drugs and Addiction (NIDA) is the lead federal agency supporting scientific research on drug use and its consequences. In its latest fact sheet report, 20.4 million people in the United States were diagnosed with substance use disorders in 2019. Only 10.3% received treatment. Nearly 92,000 people died of drug overdoses in 2020.

While this singular month offers a spotlight to therapies available, Virtua’s commitment is year-round to helping prevent substance use disorder, supporting those who are still struggling, and providing people in recovery with the resources they need to live full and healthy lives. To learn more, click [here](#).

[Air Force Veteran Brings Community Dedication to South Jersey](#)

Get to know Graeme Williams, MD, a radiation oncologist specializing in proton therapy with the Penn Medicine | Virtua Health Cancer Program. Find out what inspired him to become a doctor, and what is the most rewarding part of his vocation. [Click to view](#).

[Clinicians Shine in the Wow-We Video!](#)

This month’s [Wow-WE video](#) is bursting with incredible moments, especially from clinicians. Take a look at all the great happenings in our practices and hospitals, including with Darius Sholevar, MD; Aatish Garg, MD; Mark Weir, MD; Geoffrey Bowers, MD; and Keith Meslin, MD. We also honor the future physicians who took part in the white coat ceremony at the Rowan-Virtua School of Osteopathic Medicine. And, hats off—or should we say “caps off”—to the latest grads from Our Lady of Lourdes School of Nursing. Plus, high fives all around for the EMT class, who achieved a 100% first-attempt pass rate. But that’s not all! Check out the latest [video](#) to view dozens more colleagues in this latest installment—you never know who might appear in a Wow-WE!

[Virtua in the News](#)

When to Get Your Flu Shot, COVID-19 Booster, and RSV Vaccine

Martin Topiel, MD, head of infectious diseases, offered his expert advice on the importance of getting vaccinated this fall against three potentially serious illnesses: flu, COVID-19, and RSV. Last year, high levels of all three viruses inundated hospitals. Read in [PhillyVoice](#).

Virtua Physician Discusses Bruce Springsteen’s Health Condition

Gregory Seltzer, MD, medical director for gastroenterology, provided his insights on peptic ulcer disease—the condition that caused music legend Bruce Springsteen to cancel his recent concerts. In

most cases, these ulcers are treatable, but “it’s important to get rid of the underlying cause.” Read in [The Philadelphia Inquirer](#).

Virtua Receives \$2 Million to Expand Organ Transplant Center

As reported in [last week’s Clinician Update](#), a \$2 million federal grant will help Virtua enhance and expand its Center for Organ Transplantation—the only such facility in South Jersey. U.S. Rep. Donald Norcross recently announced the award at Virtua Our Lady of Lourdes Hospital, the site of the center. Read in [ROI-NJ](#) and watch on [6 ABC](#), [NBC 10](#), [Fox 29](#), and [Telemundo](#).

Virtua CEO among NJ’s Most Influential People of Color

A statewide business publication has named President and CEO Dennis Pullin to its list of *Top 25 Influencers: People of Color*. Others highlighted in this issue of *ROI-NJ* include Damien Ghee, chair of the Virtua Health Foundation, and Dr. Ali Houshmand, president of Rowan University, a key Virtua partner. Read more [here](#).

Chief Legal Officer Named to Best of the Bar

Philadelphia Business Journal has named Lauren Rowinski, SVP and chief legal officer, as one of the region’s most impactful lawyers in its Best of the Bar program. The judges took into consideration each lawyer’s demonstrated success, including the significance and results of their legal work. Read it [here](#).

Upcoming CME Events

Next Week: Quarterly Cardiology Grand Rounds, Sept. 20

Topic: CCTA in 2023 – Plaque, Physiology, and Planning PCI

Join us on Wednesday, Sept. 20, from 7 to 8 a.m. for the next session in our Quarterly Cardiology Grand Rounds series. We will be discussing coronary computed tomography angiography (CCTA), specifically “CCTA in 2023 – Plaque, Physiology, and Planning PCI.” The featured speaker will be Jonathon A. Leipsic, MD, FRCPC, FSCCT. Dr. Leipsic is head of the Department of Radiology and a professor of cardiology at the University of British Columbia. He is also a research chair in advanced cardiopulmonary imaging, and has over 530 peer-reviewed manuscripts in press or in print, over 300 scientific abstracts, and has edited two textbooks. [Click here to learn more about this session](#).

To register for the session, click [here](#).

Register for “The Non-Hepatologist’s Guide to Caring for Patients with Liver Disease” on Sept. 30

Date: Saturday, Sept. 30, 2023, with collaborative sessions 8 to 11:15 a.m.

Location: Virtua Health Education Center, 106 Carnie Blvd, Voorhees, NJ 08043

CME: Virtua Health designates this live activity for the maximum 3.0 AMA PRA Category 1 credits™

Caring for patients with liver disease can be very complex. Virtua Advanced Transplant & Organ Health invites all clinicians to learn from the experts as they speak on a variety of topics across the spectrum of liver care.

“At Virtua, we provide comprehensive care for all types of liver disease,” said Chief of Hepatology Simona Rossi, MD. “This education session is designed to empower you to confidently evaluate and care for patients with this multifaceted disease, from the most common to the most complex.”

For more details, click to [view the flyer](#). Click [here](#) to register. For the day’s agenda, click [here](#). For more information, please contact Natalie Frament at NFrament@virtua.org or 215-528-1195.

Free Support for Stroke Patients Available

If you know of a patient who may benefit from this, please pass along: Virtua's Stroke Support Group meets monthly to bring together stroke survivors, family members, caregivers, and friends. Each meeting includes a presentation on a stroke-related topic as well as time for open discussion within the group. The meetings take place the third Monday of every month, 6 to 7 p.m. via Zoom. Register in advance at virtua.org/ClassesEvents or call 888-Virtua-3. Clinicians who may have more questions on stroke awareness resources may contact Deb Gillen DNP, RN, CMSRN, director of clinical outcomes for the neuroscience service line at Virtua. Her email is dgillen@virtua.org.

Support Groups to Start for Alzheimer’s Disease and Related Dementias

In what can be a resource for families of patients you may know, the Rowan-Virtua New Jersey Institute for Successful Aging, an affiliate of Virtua Medical Group, is hosting monthly support groups for caregivers of individuals diagnosed with Alzheimer's disease and related dementias. There will be one virtual group offered on the first Wednesday of each month from 3 to 4:30 p.m., and one in-person support group offered on the third Monday of each month from 9:30 to 11 a.m.

The first in-person group is scheduled for Monday, Sept. 18 at 9:30 a.m. and will be held on the 3rd Floor, Room 3000 of the Rowan Medical Building, located at 42 E. Laurel Rd in Stratford.

For more information and updates, go to [New Jersey Institute for Successful Aging](#) at Rowan-Virtua School of Osteopathic Medicine.

Virtua Clinicians to Share Expertise in Upcoming Real Talk! Women’s Health Chats

If you know any individuals who may benefit from the following discussions, pass it on. Virtua clinicians will be sharing their expert knowledge in three upcoming Real Talk! Women's Health Chats with host Nicole Michalik from 92.5 XTU:

Yoga for the Mind-Heart Connection

Date: Thursday, September 21

Time: 7 p.m.

Over the years, yoga has exploded in popularity. It provides a mind-body workout that relaxes you and lowers your heart rate and blood pressure if you feel stressed or mentally exhausted.

Heather Guiliano, APN, Virtua primary care advanced practice nurse, and Laurie Greene, anthropologist and owner of Yoga Nine Studios, will share the benefits of mind-body workouts for overall health and wellness. Plus, take part in a guided chair yoga session during the event.

Breaking The Silence: 3 Hidden Health Issues Women Often Face Alone

Date: Thursday, October 19

Time: 7 p.m.

Many women "go it alone" when they experience life-interrupting symptoms like heavy bleeding, pelvic pain, and pain with sex. It's common to think it's nothing or feel embarrassed talking about it. But it's not nothing, and you're not alone.

Virtua OBGYNs and minimally invasive GYN surgeons Geoffrey Bowers, MD, and Minda Green, MD, will reveal how and when to talk to your GYN provider about your symptoms and share solutions that can give you your life back.

Feeling Fabulous Over 60

Date: Thursday, November 16

Time: 7 p.m.

Your body goes through many changes as you get older. Your skin feels different. Your joints ache. And you have an expanding waistline that doesn't shrink no matter how hard you try. It's important to know that these changes are typical for most women, and there are things you can do to help.

Virtua cardiologist Maria Duca, MD, and Virtua women's primary care physician Liesl Miles, MD, will break down everything you need to know about feeling your best at any age, from screenings to diet, nutrition, and more.

[Register for free for one, two, or all three events.](#)

IDEA – Inclusion, Diversity, and Equity for All

Hispanic Heritage Month is celebrated from Sept 15 to Oct. 15, honoring the history and culture of those backgrounds. The theme this year is "Latinos: Driving Prosperity, Power, and Progress in America."

It is important to note that while the term *Hispanic* is an umbrella term used widely, it is not always the correct or preferred term for other communities such as the Latino, Latina, Latine, or Latinx communities.

Click to learn more about this [observance](#), gender-neutral terms such as [Latine and Latinx](#), and what it means to [identify within the larger scope of identity](#) in America.

Also, we proudly announce the addition of a new colleague community, for those with shared identity under the Hispanic or Latin American umbrella. If you would like to join or learn more, reach out to Suja Mathew, director of inclusion, diversity, and equity, at SMATHEW1@virtua.org.

Additionally, as we continue to honor those who are observing [Rosh Hashana](#) and the *Days of Awe*, we hope for an easy and meaningful fast for those also observing [Yom Kippur](#), also known as the “day of atonement” ending on the eve of Sept. 25.