

Clinician Update

September 5, 2024

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Virtua Expands Surgical Services to Dover, Delaware

Virtua welcomes Surgical Associates of Dover, Delaware, and providers Thomas Barnett, MD; Mridul Pansari, MD; Jeffrey Barton, DPM; and Nicole Fisher, PA-C, to Virtua Medical Group. This practice provides general surgery and podiatry procedures and operates at a Virtua-affiliated ambulatory surgery center, Delaware Surgery Center in Dover.

Craig Zaretsky, MD, chair of Virtua's Department of Surgery said, "These new providers know their community well and how their patients deserve the best in service, and we are honored to now be a part of that."

Virtua Opens First Perinatal Mood and Anxiety Disorders Program in South Jersey

Twenty percent of obstetrics patients experience some type of mood disorder during pregnancy or in the postpartum period. As the regional leader in obstetrical services, Virtua is working to address this mental health crisis and increase access to mental health services by launching its own Perinatal Mood and Anxiety Disorders (PMAD) Program.

Located at the Health Education Center (HEC) in Voorhees, the PMAD program treats pregnant and postpartum patients with a wide array of mental health concerns, including (not limited to): depression, anxiety, obsessive-compulsive disorder, bipolar mood disorder, and trauma related to perinatal bereavement and NICU admissions. Program offerings include one-to-one and group therapy with licensed clinical social workers in a family-centered environment.

"As regional leaders in maternal health delivering 9,000 babies annually systemwide, Virtua is proud to address these critical needs," said Nicole Lamborne, MD, MBA, FACOG, VP of clinical operations for Women's and Children's Services. "These vital services are part of our overall commitment to provide personalized and specialized maternity care to our community."

To learn more, [click here](#).

SJ Mag Media and South Jersey Magazine Release Top Physicians Lists

Congratulations to the many Virtua physicians included in *SJ Mag Media's* 2024 Top Docs list. This esteemed group includes colon and rectal surgeon Khaled El-Badawi, MD, of Virtua Colorectal Surgery

and part of the Penn Medicine | Virtua Cancer Program, who had the opportunity to participate in the magazine's photo shoot at Rowan College at Burlington County. Check out that complete list [here](#).

South Jersey Magazine's Top Physicians 2024 list includes many familiar names, including Thomas Cavalieri, DO, senior vice provost of the Virtua Health College of Medicine and Life Sciences of Rowan University and chief academic officer of Virtua Health. To consult that full list, click [here](#).

What Patients Are Saying About Our Clinicians

Confidence in care is a common reference among our clinician reviews. Note the following recent examples and how the patient felt about the experience, and the clinician referenced:

"Dr. Bavishi was amazing. I felt comfortable in his care, he listened to my needs and issues, and provided me with things I can do to strengthen my shoulder. He was nice, pleasant to talk to, funny, and very professional. I've been telling everyone about my experience." (Chanakya Bavishi, DO)

"Dr. Timmerman was great! Patient, caring, empathetic. I felt seen and heard. She was fully present and engaged and I never felt rushed." (Lori Timmerman, DO)

"She is someone I am so grateful to have on my care team. Friendly, extremely knowledgeable, and very thorough. She is always willing to answer a question and does so in a way I can easily understand without ever talking down to me. She is truly a wonderful person and an exceptional medical professional." (Aleesa M. Mobley, APN)

"The greatest! Very professional, very thoughtful. Takes his time to explain everything. Caring and considerate. Recommend 1,000%." (John T. Schwika, DO)

"She is an angel. Her attitude and her heart is so caring, I would give 10 stars if I could. I would refer her to anyone who needs a good doctor!" (Jane Jaffe, DO)

Advancing the Patient Experience

We're in Week 22 of our Practicing Excellence journey. Today's tip can be found in the [Week 22 Guide](#). The Advanced Patient Experience program is 26 weeks long, so we are in the home stretch!

This week, the organization shines a spotlight on *Track 3: Acute Care Inpatient*. They are watching the tip, "[Recovering When Things Go Wrong](#)." This tip shares the steps to service recovery and discussing shortfalls with your team.

Colleague Flu Vaccination Program Begins Sept. 10

Virtua has released the [flu vaccination schedule](#) for colleagues. Flu shots are mandatory for all Virtua colleagues. Virtua will begin offering free flu shots on **Sept. 10**. All colleagues should receive their flu shots by 11:59 p.m. on **Nov. 5**.

The Centers for Disease Control and Prevention offer these [frequently asked questions and answers about flu vaccinations](#). Also, for more information to share, [Colleague Flu Vaccination Resources](#) is under Colleague Health and Safety on the Colleague Corner.

Note: Additionally, while Virtua is not offering COVID vaccinations to colleagues at this time, we encourage colleagues to get their COVID shot/booster at a pharmacy.

Virtua in the News

Virtua Infectious Disease Expert Discusses West Nile, EEE & Pertussis

New Jersey has seen eight cases of West Nile virus this season, including one in Camden County. Martin Topiel, MD, chief infection control officer for Virtua, spoke with CBS Philadelphia about the symptoms, the elevated risk to seniors, and a second mosquito-transmitted illness, Eastern equine encephalitis. Watch on [CBS Philadelphia](#).

Dr. Topiel also advises that as the new school year begins, parents and teachers should out for signs of pertussis. “Infants are at greater risk because their immune systems are still developing,” he said. Read more at [NJ101.5](#).

New Research Links Hormone Replacement Therapy to Slower Aging

Health reporter Stephanie Stahl visited the [Exuberan by Virtua](#) practice in Voorhees to meet with Nermin Lazarus, DO, and discuss a new study that suggests bioidentical hormone replacement therapy can lower a woman’s biological age. An Exuberan patient of over 10 years also gave her endorsement. Watch on [CBS Philadelphia](#).

Cybersecurity Leader at Virtua Recognized

All health systems rely upon cybersecurity experts to implement new technology, safeguard data, and lead strategic teams. Look for Virtua’s vice president of cybersecurity, Lou Dignam, in the latest *Becker’s Hospital Review* list of notable industry drivers. Read in [Becker’s](#).

Upcoming Events

Colleague Appreciation Gatherings Begin This Week

As a token of our respect and appreciation, Virtua is honored to host Colleague Appreciation Gatherings to enjoy a complimentary meal at selected locations beginning this week. Click to [view the schedule](#).

LAST CALL: Annual Cardiology for Primary Care Symposium, This Saturday, Sept. 7

Join us for this year's Cardiology for Primary Care, the first in the Key Essentials for Optimizing Patient Care five-block CME series presented by the Rowan-Virtua School of Osteopathic Medicine and offering up to 5 AOA CATEGORY 1-A / 5 AMA PRA Category 1 credits™.

The event will take place virtually on **Saturday, Sept. 7, from 7:30 a.m. to 1 p.m.**

This year's agenda includes the following topics and speakers:

- **Prescribe With Precision: Better Cardiovascular Outcomes Using the Updated BEERS Criteria** - Kevin Overbeck, DO
- **Lipids: An Overview and Update on Diagnosis and Management** - Tania Maheshwari, DO
- **Aortic Stenosis** - Teresa Sousa, MSN, FNP-BC
- **Diagnosis and Management of Hypertension** - Christopher Mercogliano, DO
- **Innovations & Guidelines on Hypertension** - Kintur Sanghvi, MD
- **EKG Lecture for Primary Care** - Ramneet Wadehra, DO
- **Immunotherapy Adverse Events & Management** - Shayma Kazmi, MD
- **PE Management and PERT Team in 2024** - Luai Tabaza, MD
- **Current State of Coronary Artery Calcium Scoring (CACS) and Coronary Computed Tomography Angiography (CCTA)** - Michael Gannon, MD

The registration fee for the individual Cardiology for Primary Care program is \$149. To register for this event, or for the full series, visit: go.rowan.edu/cme. Go [here to review the full brochure and for more details](#).

For questions about the series, email at cme@rowan.edu.

Next Real Talk! Women's Health Chat, Sept. 12

We know that patients often have questions during their appointments that they don't have the courage to ask until the end of their visit. Join OB/GYN Kristen McCullen, MD; gastroenterologist Jane Jaffe, DO; and primary care physician Jaclyn Morales, MD, for the latest installment of our Real Talk! Women's Health Chat series, "Knock knock—It's your doorknob questions!" They will address these sometimes sensitive or embarrassing issues and answer questions from the audience.

The virtual event is scheduled for Thursday, Sept. 12 at 7 p.m.

Please share with those who might benefit from this information. Registration is required to receive the event link to the live online webinar. [Register here for this free event](#).

Webinar Quarterly Cardiology Grand Rounds: Advancing Patient Care Using Cardiac Magnetic Resonance, Sept. 18

Join us for the next Quarterly Cardiology Grand Rounds, to be held virtually on **Wednesday, Sept. 18, from 7 to 8 a.m.** Michael P. Gannon, MD, Virtua Cardiology, fellowship-trained in advanced cardiac imaging, will discuss advancing patient care using cardiac magnetic resonance (CMR).

The program objectives are to:

1. Assess the clinical strengths and weaknesses of CMR as a tool in multi-modality imaging
2. Understand the clinical indication and prognostic value of CMR in patients with heart failure and coronary artery disease
3. Become familiar with the use of CMR in diagnosing patients with myocardial infarction with non-obstructive coronary artery disease (MINOCA)
4. Provide resources for future patient and provider use for CMR

The target audience is physicians and interprofessional teams. To register for this online event, click [here](#). For CME accreditation information, and to learn more about the event, click to [view the flyer](#). For more information, please contact VirtuaClinician@Virtua.org.

Virtua’s Heart Health Fair, Oct. 5, 10 a.m. to 2 p.m.

401 Young Avenue, Moorestown

Spread word about this free event open to the public, rain or shine, in the parking lot under tents.

The public can:

- Tour our facilities and learn about our services
- Participate in health screenings
- Relax with a chair massage
- Let the kids enjoy face painting and balloon artists
- Enjoy healthy snacks and giveaways and enjoy music from our live DJ
- Join a short fitness session with our instructor
- Meet clinicians and practitioners for heart-healthy information sessions
- Take a walk with a cardiologist to get your steps in for the day
- Check out our EMS and mobile screening vehicles

IDEA – Inclusion, Diversity, and Equity for All

The [10-day festival Onam](#), observed mainly in Kerala, India, starts **Sept. 6**. This Hindu-origin festival, rich with history, harvest, boat races, and more, is inclusive—welcoming all to celebrate around the world.