New Protocols at UH Parma Medical Center
Expedite Stroke Care

University Hospitals Parma Medical Center – a member of the multisite UH Neurological Institute – is keeping most of its stroke patients on site now, thanks to enhanced protocols and collaboration with local EMS providers. Led by John Andrefsky, MD, Medical Director of Neurology Services at UH Parma Medical Center, a multidisciplinary stroke team has enacted fast, efficient diagnosis and treatment of stroke patients.

Consistent, high-quality care of stroke patients earned UH Parma Medical Center the American Heart Association/American Stroke Association’s Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award for most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence. UH Parma Medical Center has also been recognized with the Joint Commission’s Gold Seal of Approval for primary stroke centers.

After implementing new stroke protocols last summer, Dr. Andrefsky met with paramedics on all shifts in nine communities served by UH Parma Medical Center to advise them of a new stroke team process to speed up care for patients. With the new process, paramedics draw blood for the laboratory while in route to the Emergency Department and provide the patient’s identity so that registration can begin. Radiology prepares to receive the patient immediately upon arrival for a CT scan. As a result, physicians receive the results more quickly from the radiologists. This multidisciplinary approach, which also involves pharmacy and nursing operations, is ensuring expedited treatment for stroke patients.

In the past year, UH Parma Medical Center has seen a 40 percent increase in stroke patients. Another neurologist is coming on board this summer to work with Dr. Andrefsky in caring for this increased volume of stroke patients. For more information about the new stroke protocols in place at UH Parma Medical Center, email Dr. Andrefsky at John.Andrefsky@UHhospitals.org.
RETIRING UH NURSE WITH PARKINSON’S DISEASE

Heroic Hiker Raises $10,000, New Journey Begins

The retired UH nurse who embarked on a hike of the Appalachian Trail to raise awareness and research funds for Parkinson’s disease completed 200 challenging miles and reached altitudes of more than 6,000 feet before suspending his trek due to complications from the disease.

Brian Butler, 66, diagnosed with Parkinson’s disease in 2012, retired in March from his job as a registered nurse at UH Case Medical Center. Just days later, he and his daughter, Erin, stepped onto the 2,183-mile Appalachian Trail. He asked donors to support his journey by pledging one penny per mile, or $21.83.

His story grabbed headlines and drew many supporters. While Butler’s hike did not end as he had hoped, his extraordinary efforts were not wasted. To date, nearly $10,000 has been raised. Donations will support the research of Butler’s physician, Benjamin Walter, MD, Director of University Hospitals Neurological Institute’s Movement Disorders Center.

“I am choosing to look upon this as a success,” writes Butler, a U.S. Army veteran, in his trail journal. “I did make it 200 miles and to altitudes of 6000+ feet …I have brought Parkinson’s disease to the forefront, collecting dollars for research.” To read more of Butler’s own words about his decision to end his hike, visit his journal: http://www.trailjournals.com/cw5

You can continue to support the work of Dr. Walter and Parkinson’s research at UH by making a donation here.

UH EPILEPSY CENTER RECOGNIZED

The Epilepsy Center At University Hospitals Neurological Institute under the leadership of Samden Lhatoo, MD, FRCP, was recognized by the NAEC as a Level 4 Epilepsy Center. Level 4 Epilepsy Centers have the professional expertise and facilities to provide the highest-level medical and surgical evaluation and treatment for patients with complex epilepsy.

STAFF CHANGES AND SPECIAL ANNOUNCEMENTS

Please join us in welcoming our new members of the Neurological Institute:

Ali Arvantaj, Autonomic Lab Technician

Carmen Binns-PARI- both Bolwell 5th Floor and at Westlake

Jessica Mathews RN BSN, Pediatric Epilepsy Department

Ashley Novotney- PAR I, Bolwell 5th floor

DEPARTURES

Kim Reitz- PAR I, moved to Texas - best wishes to you in your new endeavors.

INAUGURAL ROBERT J. MACIUNAS LECTURE

The Inaugural Lecture in honor of the late Dr. Robert J. Maciunas will be held at 8:00 a.m. on Wednesday, May 13th in the Ruhlman Conference Center, 11th floor.

Douglas Kondziolka, M.D., MSc, Professor and Director of the Center for Advanced Radiosurgery at NYU Langone Medical Center and Vice Chair of Clinical Research at New York University School of Medicine, is the invited speaker. The title of his talk is: “If not us, then who.” Please join us in honoring the life and career of Dr. Maciunas.

NEUROLOGICAL INSTITUTE LEADERSHIP COUNCIL MEETING

The next Neurological Institute Leadership Council meeting will be held on Thursday, June 4, 2015. Council members will have the opportunity to tour the Angie Fowler Adolescent and Young Adult Cancer Institute Rooftop and hear from our own Neurological surgeons: Dr. Krystal Tomei, Dr. Jennifer Sweet and Dr. Lisa Rogers.
Happy Nurses Week May 6th - 12th
Did You Know its Nurses Week?
Written by Danielle Sindelar, Head Nurse, Lerner Tower 4

Nursing is the largest occupation in health care. There are 3.1 million Registered Nurses in the United States. Nurses are an integral part of the team, they manage the minute to minute plan of care for patients and families. Each year from May 6th to May 12th nurses are honored during National Nurses Week in the United States. During this week nurses are recognized for the contributions they make to the healthcare field.

How did it All Begin?
In 1953, Dorothy Sutherland of the U.S. Department of Health, Education and Welfare, sent a proposal to President Eisenhower to proclaim a day in October as “Nurse Day.” President Eisenhower never made the proclamation.

In 1954 Representative Frances P. Bolton sponsored a bill for National Nurses Week, this week was October 11th-16th 1954. There were several other attempts in 1955, 1972, 1974, and 1978 to officially recognize nurses. During each of these years some of the proclamations were made by the presidents and others were not.

In 1981 the American Nurses Association (ANA) and other nursing organizations supported a resolution that was started in New Mexico. This set May 6th 1982 as “National Recognition Day for Nurses.” In 1983 the ANA formally recognized May 6th as “National Nurses Day,” and a resolution by the United States Congress supported it.

In 1991 “National Nurses Day,” was expanded into a week-long celebration. In 1995, the ANA designated May 6th through the 12th as permanent days of observation for National Nurses Week. Since 1991, the ANA and other nursing organizations have continued to designate specific days within the week for various specialties such as “Student Nurse” and “School Nurse.” After several years of work, nurses finally achieved a recognized time where appreciation of their knowledge, dedication, and caring are celebrated.

As a nurse for 13 years, there are so many memorable interactions. It is nice to be acknowledged during this time every year, but it has never compared to the reward I get every day when I interact with patients, families and the interdisciplinary team.

Reference:
http://nursingworld.org/Content/NNW-Archive/NationalNursesWeek/MediaKit/NNWHistory.html
PROFESSIONAL PRESENTATIONS


Mathew Rogers, MS III was selected to present “Use of MRI Fingerprinting in Differentiating Different Types of Malignant Gliomas” at the NI Research Day in March along with PIs Chaitra Badve, & Andrew Sloan, MD

Dr. Jill Barnholtz-Sloan led the 2nd Semi-Annual meeting of the Ohio Translational Clinical Collaborative (OCTC) Brain Tumor Consortium sponsored by the Governors Healthcare Corredor Fund. Drs. Lisa Rogers, and Andrew Sloan proposed new clinical trials at this meeting which were widely approved.

Two presentation from the Brain Tumor Center were presented at the 2015 Annual Meeting of the American Association for Cancer Research (AACR):


Dr. Andrew Sloan Lectured on "Pathobiology and Personalized Therapy for Gliomas to graduate students in the Departments of Pathology and Pharmacology at CWRU.

Dr. Andrew Sloan presided as President at the 2015 Annual Meeting of the Ohio State Neurosurgical Association (OSMA) in Columbus Ohio, April 24-25. The meeting featured a record 20 Resident Abstracts. Dr. James Wright, was selected for one of 4 oral presentations on "Use of Laser Interstitial Thermotherapy (LITT) for treatment of Thalamic Tumors. Drs. Brian Rothstein, Justin Singer, Gabriel Smith, Christina Wright, and Osmund Wu presented poster presentation.

Peter Whitehouse, MD, participated in the April 27th Summit on Creative Aging in America: A Pre-Conference to the 2015 White House Conference on Aging in Cleveland, OH. He is also invited to participate in the May 18th Conference in Washington, DC to discuss Health & Wellness.

UNIVERSITY HOSPITALS OFFER FREE STROKE SCREENINGS DURING STROKE AWARENESS MONTH

The Comprehensive Stroke Center of University Hospital will hold free stroke screenings through the month of May which is Stroke Awareness Month. No appointment is needed. Stroke is a leading cause of death and serious long-term disability in the nation.

Community outreach is a key component of an effective stroke program. Encourage your patients to attain peace of mind with a simple screening during national Stroke Awareness Month in May. Location and dates are listed below.

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<thead>
<tr>
<th>Location</th>
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<tr>
<td>UHCMC</td>
<td>May 11</td>
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<td>UHCMC</td>
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<td>UH Elyria</td>
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<td>UH Geauga</td>
<td>May 8</td>
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<td>UH Geneva</td>
<td>May 14</td>
<td>4 pm – 6 pm</td>
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<td>UH Parma</td>
<td>May 14</td>
<td>6 pm – 8:30 pm</td>
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<tr>
<td>UH Richmond</td>
<td>May 13</td>
<td>9 am – 12 pm</td>
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<td>NI SJMC</td>
<td>May 21</td>
<td>10 am – 12 pm</td>
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<tr>
<td>UH Southwest</td>
<td>May 21</td>
<td>6 pm – 8 pm</td>
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PUBLICATIONS


Congratulations! April 2015 – Southwest General is a recipient of the prestigious Stroke Gold Plus Quality Award and also qualified as a new recipient of the American Heart Association/American Stroke Association’s Target: Stroke Honor Roll Elite.

This award recognizes Southwest General for achieving 85% or higher adherence to all Get With The Guidelines® Stroke Performance Achievement indicators and 75% compliance to five or more Get With the Guideline Stroke Quality Measures for 12 consecutive months, including achieving the use of intravenous rt-PA in less than 60 minutes for more than 75% of applicable acute ischemic stroke patients.

This distinction provides care that improves quality patient care and outcomes. Southwest General is certified by the Joint Commission as a Primary Stroke Center and is a UH Neurological Institute affiliate.

May is Brain Tumor Awareness Month – Monday, May 18th – 20th

We invite you to connect with other brain tumor patients, survivors, caregivers, and community advocates by participating in one or all of our activities.

**Monday May 18**
Posters presentations, Information table  
Room Location: Atrium UH CMC  
Start Time: 10:30am  
End Time: 2:00pm

**Tuesday May 19th TBD**

**Wednesday May 20**
A moment of silence to remember our patients.

**Thursday May 21**
8:30 am – 12:00 A Continental Breakfast at the Learning Center in SCC First floor  
12:30 pm – 2:30 Brain Tumor patients will receive lunch box.  
2:00pm – 4:00pm Art Therapy in SCC 6th floor.

**Friday May 22nd TBD**

We all can help to spread awareness: Register for an upcoming event, ask your Nurse or Doctor how to register. Help with event planning or become a day of event volunteer. Help spread brain tumor awareness in your community and host a local event. Inspire hope and provide encouragement to others by sharing your story. Use your voice and help represent the diverse needs of the brain tumor community.
SAVE THE DATE - *Mark your calendars!*

**REGISTRATION IS NOW OPEN FOR THE 2015 NEUROSCIENCE NURSING SYMPOSIUM & KAREN SCHERR LECTURESHP – FOCUS ON STROKE**

May 14, 2015 – Corporate College
Corporate College, 4400 Richmond Road, Warrensville Heights, OH 44128
Registration Information will be released soon!
This event is free for UH employees. To register, visit [UHhospitals.org/nns](http://UHhospitals.org/nns).
For more information contact Barbara Bryson at Barbara.bryson@uhhospitals.org

**Symposium Presenters**
Cynthia Griggins, PhD, Assistant Clinical Professor, Neurology, CWRU, School of Medicine. University Hospitals, Department of Neurology. Topic: *Depression & Stroke*

Alan Lerner, MD, Professor, Neurology, CWRU, School of Medicine, University Hospitals, Department of Neurology, Director, Brain Health and Memory Center. Topic: *The New Alzheimer’s Disease*

Adham Jammoul, MD, Fellow, University Hospitals Case Medical Center. Topic: *Stroke and Seizures*

Cathy Sila, MD, Professor, Neurology, CWRU, School of Medicine; University Hospitals Program Director, Vascular Neurology, Director, Comprehensive Stroke Center. Keynote Presenter Topic: *Women and Stroke*

Sophia Sundararajan, Assistant Professor, Neurology, CWRU, School of Medicine, University Hospitals Department of Neurology. Topic: *Bench Research*

Jason M. Marzuola, BSN, RN, CNRN, Medical Device Leader, Neurosurgery Integral Life Sciences. Topic: *Subarachnoid Hemorrhage*

**7th ANNUAL PARKINSON DISEASE BOOT CAMP**
Saturday, September 19, 2015
John S. Knight Center
77 East Mill Street, Akron, OH
For more information contact Barbara Bryson at Barbara.bryson@uhhospitals.org

**WALK TO END ALZHEIMER’S CLEVELAND AREA CHAPTER**


For more information contact Katie Mang at kmang@alz.org.
### Epilepsy Grand Rounds

**Frohring Auditorium – Room 105 of the Biomedical Research Building at CWRU 8 am**

**May 4**  
**Presenter:** David S. Gloss, MD, Neurology & Epilepsy, Geisinger Medical Center, Danville, PA  
**Topic:** Counseling after a first seizure

**May 11**  
**Presenter:** Susan T. Herman, MD, Beth Israel Deaconess Medical Center, Department of Neurology  
**Topic:** Continuous EEG Monitoring in Critically Ill Patients: Why and How?

**May 18**  
**Presenter:** Satya S. Sahoo, PhD, Assistant Professor, Div. of Medical Informatics, CWRU  
**Topic:** Big data informatics: supporting Epilepsy research and patient care.

**May 25**  
**Presenter:** NO GRAND ROUNDS – Memorial Day  
**Topic:**

### Neurology Grand Rounds

**Kulas Auditorium 8 am**

**May 1**  
**Presenter:** Adnan Qureshi, MD, Associate Head, Department of Neurology, University of Minnesota, MN  
**Topic:** Endovascular Treatment for Acute Ischemic Stroke: Putting MR. CLEAN and ESCAPE Trial Results into Perspective.

**May 8**  
**Presenter:** Brian Appleby, MD, Associate Professor, CWRU, UHCMC Department of Neurology, UHCMC  
**Topic:** Update on Prion Disease

**May 15**  
**Presenters:** TBA  
**Topic:** TBA

**May 22**  
**Presenters:** TBA  
**Topic:**

**May 29**  
**Presenter:** Douglas Zochodne, MD, University of Alberta, Professor, Department of Neurology  
**Topic:** TBA

### Neuromuscular Grand Rounds

**Lerner Tower 2nd Fl., Room 2060 9:30 am**

**May 1**  
**Presenters:** TBA  
**Topic:** TBA

### Pediatric Epilepsy Grand Rounds

**RBC 8th Floor Conference Room 11:00 am**

**Every 4th Monday of the month**  
**Topic:** Case Management
Neurosurgical Clinical Conference – Hanna House 5th Floor, Room 537 7:15 am

May 6
7:15 am   NO Neurosurgery Clinical Conference
8:15 am   Resident Lecture
Topic:    TBD

May 13
INAUGURAL ROBERT J. MACIUNAS LECTURE - Ruhlman Conference Center, 11th Floor
Presenter: Douglas Kondziolka, M.D., MSc, Professor and Director of the Center for Advanced Radiosurgery at NYU Langone Medical Center
Topic:    “If not us, then who?”

May 20
7:15 am   M & M Conference
8:15 am   Special curriculum lecture - cancelled

May 27
7:15 am   Neurosurgery Clinical Conference
4:00 pm   Journal Club

If you have any questions regarding department Grand Rounds schedule, please contact:
Lois Hengenius, Neurosurgery Clinical Conference, 216 844-3472
Angela Javorsky, Epilepsy Grand Rounds, 216 844-1764
Roberta Phelps, Neuromuscular Grand Rounds, 216 844-4854
Kim Puskus, Neurology Grand Rounds, 844-3194
Angel Warner, Pediatric Epilepsy Course 216-286-6562
Carlee Seelbach, Connor Integrative Medicine Network 216-593-5533

DR. BENJAMIN & ELLEN WALTER HONORED

Benjamin Walter, MD, and Ellen Walter, RN, CNP served as featured presenters at the Annual PD Symposium sponsored by the Ohio Parkinson Foundation Northeast Region on April 18th and were honored for their work in the Parkinson Disease community.
NEW RESEARCH STUDY AT THE CONNOR INTEGRATIVE MEDICINE NETWORK AT UNIVERSITY HOSPITALS

Did you know that about half of all adults in this country have blood pressure that is too high, but not high enough to be treated with medication? This is called “pre-hypertension.” Most doctors recommend treating pre-hypertension with lifestyle changes like improving diet, exercising and losing weight. However, some scientists believe that reducing your stress may also lower blood pressure while helping you make these important lifestyle changes. If your blood pressure is slightly elevated, you are interested in learning more about how to manage stress you may be eligible for a free stress management program at Connor Integrative Medicine Network at University Hospitals.

The Connor Integrative Medicine Network is pleased to offer the opportunity to participate in the Serenity study, a study funded by a research grant from the National Heart Lung and Blood Institute (NHLBI). The Serenity study – a joint project by Kent State University, The University of Pennsylvania, and University Hospitals – is designed to test whether stress management training can help lower BP among individuals with pre-hypertension. The study will evaluate whether stress management training can help increase lifestyle behaviors that are proven to lower blood pressure in individuals with prehypertension.

We are looking for non-smokers between the ages of 21 and 60 years old who are not taking blood pressure medication. In order to be eligible, you must have pre-hypertension, which is systolic blood pressure in the range of 120-140 or diastolic blood pressure in the range of 80-90.

If you want to participate, we will first measure your blood pressure several times to see if you are eligible. Then, individuals who are eligible and want to take part in the study will be randomly assigned to a stress management program. The stress management training program involves eight, weekly 2.5-hour classes, in addition to a full-day stress management retreat. A thorough assessment of blood pressure will be conducted at the beginning and end of the eight-week program. We will also follow-up with participants at 6 and 12 months following the program for further blood pressure assessments.

In addition to receiving eight weeks of group-based stress management, eligible participants may also receive monetary compensation for their time. If you are interested in learning more about this important health study and how you may be able to help, please call 216-285-4087, send us an email at monica.fallon@UHhospitals.org, or visit our website at www.serenitystudy.org.

DR. DAVID PRESTON AND KRIS STACY HONORED AT THE ANNUAL AMERICAN NEUROLOGY MEETING

Dr. David Preston, UH Department of Neurology received the Program Director’s Recognition award and Kris Stacy, Academic Program Administrator received the Program Coordinator Recognition award.

The Program Coordinator Recognition Award is intended to acknowledge the essential function of neurology program coordinators. Program coordinators face many challenges supporting the administration of a residency program including limited resources and both research and clinical missions that compete for time and resources with the education mission. This award recognizes neurology residency program coordinators whose creativity and innovation is crucial in ensuring the future of Neurology.
JOYCE MCGOUGH RETIREMENT CELEBRATION – 14 YEARS OF SERVICE

Members of the NI celebrated with Joyce during her retirement party.
(L-R back) Sherry Nehamkin, Dee, Tracy Grushcow, Arlene Brown, Kim Puskus, Noel Perry, Jessica James, Bobbi Phelps, Mary Ann Keschl, Eileen Caskovic, Joyce McGough, Anita Cooper and Yolanda Ivory

2015 ADMINISTRATIVE DAY

The NI celebrated the contributions of its Administrative Assistants with a breakfast on April 28th!

NI NEWSLETTER SUBMISSION INFORMATION

Next Print Date: June 1, 2015; Submission deadline: May 26th
Email: Barbara.Bryson@uhhospitals.org (216) 983-5741