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LLU CHILDREN'S HOSPITAL GALA

Nineteenth annual Loma Linda University Children's Hospital Foundation gala raises crucial funds for lifesaving equipment

Contributed report

As they entered the Riverside Convention Center, attendees to the 19th annual Loma Linda University Children's Hospital Foundation Gala were transported to the sea as they experienced the theme: "Turning the Tide for Little Lives."

Nearly 800 people attended the gala, presented by San Manuel Band of Mission Indians. The event, held March 8, 2012, raised more than \$720,000 to help meet the most critical needs at the hospital.

"We are incredibly blessed by the continued outpouring of support from the community year after year," said LLU Children's Hospital administrator Zareh Sarrafian, MBA. "We are grateful to our friends and supporters for partnering with us in order to create new opportunities and hope for children in our region."

During the evening individuals in the community who have made a significant impact in the lives of children were honored.

The Hometown Hero Award, which recognizes the contributions of men and women who share Loma Linda's passion for children, and who help enrich the quality of life in their community, was presented to Heidi Mayer. Ms. Mayer is founder and executive director of YouthHope.

The Honorable Shirley Pettis Thompson was recipient of the Lighthouse Award, honoring outstanding individuals who have, through exemplary service, made sustained contributions throughout their lifetime, benefiting children in the Inland Empire and beyond.

The final event for the evening, the Shirley N. Pettis Award, was presented to Leona Aronoff-Sadacca, who has worked for more than 50 years to improve health care and early childhood education in Southern California. The Shirley N. Pettis Award recognizes outstanding dedication and distinguished service to children.

A video shown at the event revealed the challenges for Alexander Guzman, an LLUCH patient, and his family. The toddler had received intricate surgery to correct a craniofacial malformation just weeks before.

The family then walked onstage to thank attendees, whose contributions are making it possible for LLU Children's Hospital to purchase a Cone Beam CT Scanner, the first to be housed in a children's hospital on the West Coast.

The specialized diagnostic equipment allows doctors to visualize internal anatomy that can't be diagnosed externally, and to assess risk while studying the position and orientation of the skull and critical structures.

Hundreds of children who come to LLU Chil-



An oversized check for \$720,650 was presented on stage to represent the amount raised by friends and supporters at the 19th annual Loma Linda University Children's Hospital Foundation Gala on Thursday, March 8, 2012. The funds will help pay for medical equipment and meet the greatest needs at LLU Children's Hospital. Pictured from left, LLUCH administrator Zareh Sarrafian, MBA; LLUCH foundation board chair Christi J. Bulot; and LLUCH foundation board gala committee co-chairs, Mary Ann Xavier and Trixie Fargo, display the check.

dren's Hospital for care will benefit from the Cone Beam CT Scanner.

Patients receive as much as 10 times less X-Ray radiation exposure than they would receive with a regular CT scanner, and greatly

reduced time needed to capture the images will allow physicians to diagnose their illness in a less intrusive and less intimidating way. Once purchased, Loma Linda University Children's Hospital will be the first hospital on the West Coast with this equipment.

NATIONAL HEALTH AND WELLNESS

Healthy People empowers conference attendees to promote healthful living

By Brian Weed

More than 300 people attended Healthy People 2012, which was held on the campus of Loma Linda University on March 6 and 7.

The theme, "Healthy Aging and Living Whole," was brought to the forefront with presentations by Don Wright, MD, MPH, deputy assistant secretary, U.S. Department of Health and Human Services; Janet Wright, MD, FACC, executive director of the Million Hearts Initiative (no relation to Don Wright); Walter M. Bortz II, MD, clinical associate professor at Stanford University School of Medicine; Molly Mettler, MSW, senior vice president of mission at Healthwise; and Bruce Rabin, MD, medical

director at the University of Pittsburgh Medical Center's Healthy Lifestyle Program.

The conference theme gleaned topics from the U.S. Surgeon General's National Prevention Strategy. From that strategy, the conference identified priorities for optimal aging including healthy eating, active living, prioritizing rest, social and spiritual support systems, and other considerations.

With tracks specifically designed for clinical practitioners, community leaders, and empowered community members, there were take-aways for just about everyone.

Physicians, dieticians, nurses, physical therapists, and more will be able to learn more about the program. Please turn to page 4



Mark Martin, MD, DMD (left), associate professor of plastic and reconstructive surgery, LLU School of Medicine, director of the microsurgery service, and an active member of the LLUCH craniofacial team, flanks Alex and Joanna Guzman and their son, Alexander Guzman (center), along with Subhas Gupta, MD, PhD, chair of the LLU department of plastic surgery and director of the department's residency training program. Alexander was featured in a video shown at the gala.

PHYSICIAN EXCELLENCE

Women in Medicine luncheon spotlights achievements of four notable physicians

By James Ponder

A luncheon spotlighting the accomplishments of women in medicine honored four notable graduates of the Loma Linda University School of Medicine and highlighted the changing roles of women in the medical field in recent decades.

Officially billed as the Dean's Donor Appreciation Luncheon featuring the Marilyn Dart Herber Women in Medicine Endowment Fund, the event—which drew almost 200 attendees—was held in Wong Kerlee International Conference Center on Monday, March 5.

Three of the four honored physicians—Marilyn Dart Herber, MD; Linda Olson, MD; and Evalyn Thomas, MD—were present at the luncheon. Thais Thrasher-Sadoyama, MD, the fourth award recipient, is deceased. James Sadoyama, MD, her husband, accepted the award on her behalf.

H. Roger Hadley, MD, dean of the LLU School of Medicine, said that Loma Linda University has a long heritage of honoring the contributions of women.

"From Ellen G. White, who founded our university, to the present," Dr. Hadley noted, "women have been integral to establishing and sustaining the mission of our institution. Whether it is the early inner city pioneer work of Dr. Ruth Temple of the class of 1918, the worldwide mission work of Dr. Joan Coggin from the class of 1953A, the skillful leadership of Dr. B. Lyn Behrens, an affiliate of the class of 1963, or the service of the more than one thousand female alumni, the women of the LLU School of Medicine have made an immeasurable positive impact on the lives of millions of people."

According to Treva Webster, MBA, assistant dean for development and alumni relations, women who aspired to be healers haven't always had an easy time.

"Although women have become integral parts of

medical organizations today, it has not always been an easy road," Ms. Webster observes.

Even so, Ms. Webster echoes Dr. Hadley's thoughts about the way women have historically been treated at the LLU School of Medicine.

"It is remarkable to think back on how Loma Linda University School of Medicine (then known as the College of Medical Evangelists) admitted women into the first class in 1909," she says. "It is also most extraordinary that just a few years later, in 1916, the first African American women graduated from our school of medicine. Imagine that! I am pleased to work in an environment that consistently supports women in science and medicine."

The event continues a tradition that Marilyn Dart Herber, a 1958 graduate of LLUSM, began by hosting women in medicine luncheons in her home for almost 30 years.

At this year's luncheon, Dr. Herber received a special award commemorating her selfless dedication and tireless support for women in medicine. Dr. Herber has not only maintained a successful medical practice of her own, she has also educated thousands of students, served the alumni association as president, and gone out of her way to improve opportunities for members of her gender to advance in the medical field while simultaneously maintaining an active marriage and family life.

In 1989, she and her husband, Ray Herber, MD, established the Marilyn Dart Herber Women in Medicine Endowment Fund to provide financial assistance to female medical students. More than 160 students have received assistance from the fund, whose balance currently stands at close to \$2 million.

Three other awardees were recognized at the luncheon:

- The Courage Award was presented to Linda Olson, MD;
- The International Service Award was given to



(From left) Joan Coggin, MD; Donna Hadley; and Janet Stoehr get ready to celebrate at the Dean's Donor Appreciation Luncheon featuring the Marilyn Dart Herber Women in Medicine Endowment Fund, on Monday, March 5. Dr. Coggin graduated as a member of the LLU School of Medicine class of 1953. Ms. Hadley is former president of the national auxiliary to the alumni association, Loma Linda University School of Medicine. Janet Stoehr is the wife of Naor Stoehr, MD, a graduate of the LLU School of Medicine class of 1957.

Evalyn Thomas, MD; and
• The Teaching Award was posthumously bestowed upon Thais Thrasher-Sadoyama, MD.

To many, it would be difficult to think of anyone more deserving of the Courage Award than Linda Olson. After graduating from the LLU School of Medicine in 1976, she transferred to White Memorial Medical Center in Los Angeles for a residency in diagnostic radiation.

But a 1979 train collision severed her right arm and both legs, and threatened to end her promising career. With incredible amounts of encouragement and support from her husband, David W. Hodgens, MD, Dr. Olson completed a residency in diagnostic radiation at White Memorial Medical Center in Los Angeles, and transferred to the University of California, San Diego where she has served for more than three decades in a number of leadership positions.

Currently, she is professor of clinical radiology and an avid researcher.

She credits Dr. Hodgens for helping her thrive despite the challenges.

"The first thing he said when he came to see me in the ICU was, 'I didn't marry your arms and your legs. If you can do it, I can do it,'" Dr. Olson recalls. "And boy, did he ever 'do it!'" Besides taking care of all the physical work around the house, and helping her rehearse lectures for her classes, Dr. Hodgens carries her all over Yosemite and the High Sierra in a specially designed backpack.

True to form, he carried her to the stage to receive the Courage Award at the luncheon. In her acceptance remarks, she spoke of the blessings of her life.

"We've lived more outdoor adventures than

Continued next page



Linda Olson, MD, (seated) recipient of the Courage Award at the Women in Medicine luncheon, takes a moment to commemorate the occasion with her husband, David W. Hodgens, MD, and mother, Mable Olson. After a 1979 train collision severed on arm and both legs, Dr. Olson completed a residency in radiology at White Memorial Medical Center before moving to UC San Diego where she currently serves as a professor of clinical radiology. She credits her husband's love and support for helping rebuild her life after the ordeal. She and Dr. Hodgens are both members of the LLU School of Medicine class of 1976.



Ray Herber, MD, and Marilyn Dart Herber, MD, proudly display the large commemorative bowl Marilyn received in recognition of decades of dedicated service to promote and support women in medicine. Both Drs. Herber were on-hand at a March 5 luncheon, which was held in Wong Kerlee International Conference Center on the campus of Loma Linda University, to honor Marilyn and three other female physicians. In 1989, the couple established the Marilyn Dart Herber Women in Medicine Endowment Fund. Currently, the fund is valued at approximately \$2 million; it has provided financial assistance to more than 160 female medical students. A matching grant challenge has been secured to double every dollar donated in the next 12 months to a maximum of \$250,000.

LEADERSHIP EXCELLENCE

LLUMC CEO listed among 'top-100 health system CEOs' by *Becker's Hospital Review*

By James Ponder

Ruthita J. Fike, MA, the CEO and administrator of Loma Linda University, was recently selected by *Becker's Hospital Review* to its list of "100 non-profit hospital, health system CEOs to know."

According to the article—which is available online at <www.beckershospitalreview.com/lists/100-non-profit-hospital-health-system-ceos-to-know.html>—leaders chosen to receive the honor head organizations that "have been recognized for superior clinical, financial, and operational performance."

In commenting on Ms. Fike's qualifications, the magazine noted that she "has served as CEO and administrator of LLUMC and executive vice president for hospital affairs of Loma Linda

University Adventist Health Sciences Center since 2004," and that prior to that, she served as executive vice president of operations and support services for Centura Health of Englewood, Colorado.

With characteristic modesty, Ms. Fike says awards and honors like this reflect the contributions of numerous team members, not just leaders.

"I think Loma Linda is being recognized for the strength of the team we have," she observes.

She says it feels a little uncomfortable to receive an award that draws attention to herself because she is so very aware of the strengths of the team in the organization she works for and the people she works with.

Please turn to page 4



The dedication and innovation of Ruthita J. Fike, MA, CEO and administrator of Loma Linda University Medical Center, recently came to the attention of the editors of *Becker's Hospital Review* who named her to their list of "100 non-profit hospital, health system CEOs to know."

Women in Medicine luncheon spotlights achievements of four notable physicians ...

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most people ever dream of," she shared. "We go kayaking, hiking, and camping all the time. We have two great kids, a boy and a girl, who have learned to hunt, fish, and camp. We've had a wonderful time. I'm about the luckiest person you'd ever want to meet!"

The International Service Award went to Evalyn Thomas, MD, in recognition of her lifetime dedication to serving the needs of impoverished women in Africa and the West Indies.

Although Dr. Thomas made up her mind to become a physician during elementary school, it wasn't until her teens, when she read an article about apartheid, that she decided to devote her career to international service.

After graduating as a member of the LLU School of Medicine class of 1962, Dr. Thomas completed an internship and residency at Los Angeles County/University of Southern California Medical Center and Riverside County Hospital, respectively.



James Sadoyama, MD, proudly displays the Teaching Award presented posthumously to his late wife, Thais Thrasher-Sadoyama, MD, during the Women in Medicine luncheon hosted by H. Roger Hadley, MD, dean of the LLU School of Medicine, on Monday, March 5. Dr. Thrasher-Sadoyama first applied to the school in 1953, but since the quota for female students had already been met that year, she began her studies in 1954. The story had a happy ending: she met and fell in love with classmate James Sadoyama. They graduated together as members of the class of 1957 and enjoyed 51 years of marriage before she passed away in 2010.



H. Roger Hadley, MD, and Evalyn Thomas, MD, enjoy a moment of celebration with the international service award Dr. Thomas received in recognition of her years of selfless dedication to the health needs of impoverished women in Africa and Jamaica. The award was presented during the Women in Medicine luncheon hosted by Dr. Hadley on Monday, March 5. Dr. Thomas, a 1962 graduate of the LLU School of Medicine, founded PAPS Team International, an organization that establishes cervical- and breast cancer-screening clinics in underserved areas. To date, the clinics have screened more than 18,000 women. Dr. Hadley is dean of the LLU School of Medicine.

She first realized her dream of serving in Africa during a 1965 rotation as a staff physician in Ghana and the Ivory Coast. Since then, she has served in five African countries as well as Jamaica. In 1999, she founded PAPS Team International, an organization that establishes cervical and breast cancer screening clinics in underserved areas. To date, the clinics have screened more than 18,000 women.

This year, PAPS Team International will partner with the Global Health Institute at Loma Linda University to establish permanent cervical and breast cancer screening clinics at two Adventist hospitals in Malawi.

"I am indebted to the LLU School of Medicine for equipping me to fulfill my dream to work as a medical missionary in five countries in Africa," she shares. To demonstrate her gratitude, Dr. Thomas established the James Alfred Smith Scholarship Fund at Loma Linda University School of Medicine.

Named after her late stepfather, who nurtured her dreams of a career in medicine, the fund assists female students who are eager to make a difference in the world.

The Teaching Award was presented posthumously to Thais Thrasher-Sadoyama, MD. Known simply as "Tish" to colleagues and friends, Dr. Thrasher-Sadoyama made sharing what she knew the central focus of her life and career.

After graduating *cum laude* from Walla Walla College with a major in chemistry in 1952, the future medical educator applied to Loma Linda University School of Medicine. Unfortunately, the school's quota of five female students had already been met for 1953, which meant that she was not admitted until 1954. It also ensured that she would be a staunch advocate for gender equality ever after.

After graduating with the LLUSM class of 1957, Tish married her former classmate James Sadoyama, MD. With his propensity for placid affability, "Jimmy," as Dr. Sadoyama was called, provided the perfect foil for Tish's colorful temperament. The couple built a nurturing and enduring partnership that lasted 51 years.

Following the completion of her internship and

residency, Dr. Thrasher-Sadoyama began teaching pathology at Loma Linda University. After an educational and research hiatus at Columbia Presbyterian Hospital, she returned to LLU and taught pathology for 15 years.

She quickly earned the respect and affection of her students not only for excellence in teaching, but also for taking a deep and personal interest in each of them.

Tish and Jimmy opened their home to students, hosting pool parties and social events for groups of 50 or more. The couple often anonymously paid school bills for students who were running short of cash, and shared their love in countless other ways.

Toward the end of her career, Tish became board-certified in psychiatry and joined the staff of Jerry L. Pettis Memorial Veterans Administration Medical Center in Loma Linda. She was appointed chief of the outpatient psychiatry clinic in 1990, and held the post until retiring in 1997.

In 2001, Tish and Jimmy moved to Walla Walla, Washington, where she served on the board of the local symphony orchestra and joined a women's study group at the local Adventist church.

When Tish passed away on April 22, 2010, family, friends, colleagues, and former students remembered her as a caring master teacher who made an enormous impact on their lives.

One of those students, Helen Thompson Zolber, PhD, called Tish "the angel with the fiery auburn hair whose contribution continues to lift me up. I won't be alone in those memories," she predicts.

In evaluating the current status of women in the medical field, Ms. Webster reports that the Marilyn Dart Herber Women in Medicine Endowment Fund recently secured a matching fund challenge to match every dollar donated to the fund in the next 12 months, up to a maximum of \$250,000.

"We are thrilled to announce this!" Ms. Webster notes. "This is unprecedented in the history of the Loma Linda University School of Medicine."

GLOBAL HEALTH INSTITUTE

Chinese visitors return from the road to share what they saw

By James Ponder

The vast spaces of the Mojave Desert, punctuated by distant, undulating ridges of dark volcanic stone, invite comparisons of scale not often seen on this planet.

But that was so 11 minutes ago. Right now, Elaine Zhan, Jason Polanco, Praktan Kokila, and I are waiting inside Ludlow Coffee Shop for the waitress, in her Minnie Pearl dress and period-correct coiffure, to bring us our breakfast.

With a population of 23, Ludlow, California, is the kind of place that Praktan, Jason, and I are eager to show our nine Chinese guests. They've already seen the bright lights of Los Angeles; it's time they saw the other America.

For this trip, we've decided to allow our visitors—who are in this country for a two-month mentorship program offered by the Global Health Institute of Loma Linda University—to tell the story of our four-day adventure in their own words. Just for fun, we three Loma Linda boys will share our thoughts as well.

First, however, please welcome our wonderful guests and fellow travelers:

- ♦ Betty Huang Melei, RN, an ENT nurse manager at Sir Run Run Shaw Hospital, of Hangzhou, China
- ♦ Elaine Zhan Yilei, RN, a coordinator in the international cooperation program at Sir Run Run Shaw Hospital
- ♦ Fan Jia Jie, MD, a pediatrician from Zhejiang University Children's Hospital, of Hangzhou, China
- ♦ Han Fei, MD, a nephrologist from Zhejiang University School of Medicine, of Hangzhou, China
- ♦ Lindsay Li Lingfei, RN, an operating room nurse at Sir Run Run Shaw Hospital
- ♦ Shirley Zhang Yuanyuan, MD, a pediatrician from Zhejiang University Children's Hospital
- ♦ Smic Ma Lianglong, MD, a cardiothoracic surgeon from Zhejiang University Children's Hospital
- ♦ Wang Li, MD, a gastroenterologist from Chongqing University of Medical Science, of Chongqing, China
- ♦ Xu Bin, MD, a general surgeon from Sir Run Run Shaw Hospital

Of the group, Elaine is the only one I already knew before this morning. I met her in 2009 when I covered the 15th anniversary of Sir Run Run Shaw Hospital as a reporter.

She and her colleagues, Sherry Sun and May Lu, treated me like royalty the whole time I was in China. It's good to see her again.

Here's the trip itinerary: after breakfast, we'll photograph and explore the ruins of abandoned buildings here in Ludlow before we cruise legendary Route 66 for an hour or so. Then we'll rejoin Interstate 40 for the rest of the ride to the Grand Canyon.

We plan to arrive half an hour before sunset
Please turn to page 5



Snow clouds begin to lift at Zion National Park as nine Chinese visitors to the Global Health Institute of Loma Linda University stop to revel in the beauty of this amazing natural sanctuary, including (front row, from left) Praktan Kokila, Lindsay Li Lingfei, Betty Huang Melei, Elaine Zhan Yilei, Wang Li, and Jason Polanco, (back row, from left) Xu Bin, Fan Jie Jie, Smic Ma Lianglong, Han Fei, and Shirley Zhang Yuanyuan.

LLUMC CEO listed among 'top-100 health system CEOs' by Becker's Hospital Review ...

Continued from page 3

"With so much change in the health care environment in our state, I think we're being recognized for the work that people like Dr. Behrens did several years ago, and which Dr. Hart continues today, in integrating our team and realizing that we're much stronger together than apart. That's the big reason Loma Linda stands out today. The work we've been doing in becoming one organization with one mission—accentuating our strengths as a group—is why we've been singled out. We're on that journey."

The editors at *Becker's Hospital Review*, however, may have seen more reasons to applaud Ms. Fike's performance than the fact that she is a leader in an integrated team. Among the highlights of her tenure at LLUMC, Ms. Fike:

- ♦ Coordinated all aspects of the construction, licensing, and opening of the new Loma Linda University Medical Center—Murrieta and Highland Springs Medical Plaza facilities in Murrieta and Beaumont, respectively;
- ♦ Continues to lead the planning process to build a new Loma Linda University Children's Hospital on campus;
- ♦ Was invited to the White House by President Barack Obama to share LLUMC's expertise in improving community health outcomes through faith-based and community partnerships;

- ♦ Spearheaded efforts to increase equitability in reimbursement for California hospitals that treat large numbers of Medical patients;
- ♦ Championed a number of patient care improvement initiatives that resulted in LLUMC being recognized as the top hospital in the Inland Empire by *U.S. News & World Report*;
- ♦ Engineered a restructuring of the administrative team to allow her to concentrate more time on strategic objectives that will allow the organization to thrive in the era of national health reform;
- ♦ Encouraged members of the LLUMC team to work together to create and implement innovative solutions to challenges facing the organization; and

- ♦ Consistently inspired physicians and other health professionals to reach the highest standards in patient care and world-class service.

Becker's Hospital Review features up-to-date business and legal news and analysis relating to hospitals and health systems.

"Our content is geared toward high-level hospital leaders," the publication's website discloses, "and we work to provide valuable content, including hospital and health system news, best practices and legal guidance specifically for these decision-makers." Each of nine annual issues of *Becker's Hospital Review* reaches approximately 18,500 people, primarily acute-care hospital CEOs and CFOs.

Healthy People empowers conference attendees to promote healthful living ...

Continued from page 1

pists, and pharmacists sat with policy makers, county officials, and retirees.

Keynote speaker Dr. Don Wright spoke about the importance of aligning efforts to create a healthy America. He also addressed aging issues including gaps in access to practitioners, long-term care needs, and facing a wide spectrum of dementias, including Alzheimer's disease.

Plenary lecturer Dr. Janet Wright described the Million Hearts Initiative with its clearly stated goal of preventing a million heart attacks and strokes in five years.

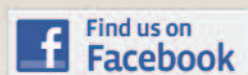
Dr. Wright explained how current policy efforts are working to help people live more healthfully through education and menu labeling requirements in many locations. She also discussed the war on trans fats, and how that continues to

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LOMA LINDA UNIVERSITY

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Don Wright, MD, MPH, deputy assistant secretary for the U.S. Department of Health and Human Services, lectures on the National Prevention Strategy during Healthy People 2012

STUDENT LIFE

Student associations sponsor Path(ology) of Love Valentine's Day event

Contributed report

Love was in the air during the second annual Path(ology) of Love event, hosted by the School of Public Health student association on February 9.

The event drew more than 350 people from all eight schools on campus. Activities included speed dating, games, food, a chocolate fountain, and a date auction.

"It's great to see so many people from the Loma Linda community out and involved," says Arti Desai, social vice president, SPHSA, and global health student. "I think events like this definitely shape and enhance the entire university experience by creating unforgettable memories with friends—old and new—peers, colleagues, and faculty."

She continues, "I am so happy I was able to

coordinate Path(ology) of Love 2012 and feel blessed and thankful to have been a part of this university-wide event."

The proceeds (about \$560) from the date auction—in which LLU students from various schools were auctioned off—will go to the International Institute of Rural Reconstruction, an organization in the Philippines. This summer, SPH global health students are traveling there to work on programs focusing on disaster risk reduction and climate change adaptation, in addition to food security and bio-intensive gardening. This program is part of their integrated community development course component to their curriculum.

This campus-wide event included the LLU student association, School of Allied Health Professions student association, School of Nursing student association, School of Pharmacy Student National Pharmaceutical Associ-



Jacqueline Marhoff (left), LLU School of Public Health student association public relations vice president; Arti Desai, social vice president; and Maryola Blancas, secretary, enjoyed their hard work during the second annual Path(ology) of Love event.

ation, Association of Latin American Students, and Snap Shot Box.

Overall, the organizers declared their event a

huge success, bringing out more people than the previous year, attracting students from all LLU schools representing their respective programs, and creating a deep sense of community within the university.

"One thing that definitely made this event was the collaboration and support from so many schools and organizations on campus," states Ms. Desai. "It is this type of cohesion and teamwork that fosters a sense of community and unity that Loma Linda University can pride itself in."

Chinese visitors return from the road to share what they saw ...

Continued from page 4

to witness the beautiful spectacle from the South Rim.

Tomorrow, we'll explore the Grand Canyon and have lunch at historic Cameron Trading Post. Then we'll hike a mile out to Horseshoe Bend, one of Arizona's unsung jewels. Later, we'll stop at the dinosaur museum in Big Water, Utah, en route to Kanab where we'll spend the night.

Sunday morning, we'll take the scenic route to Zion National Park before we head to Las Vegas. We'll let our guests explore Glitter Gulch at their own pace.

Since Monday is a holiday, Praktan, Jason, and I will do some hiking at Valley of Fire State Park in the morning. Our guests are welcome to join us, but they usually opt to spend more time in Las Vegas. With any luck, we should be back in Loma Linda by 8:00 p.m.

Fast-forward three weeks and I'm happy to report the trip went as planned with two exceptions: the dinosaur museum was closed, and a major storm rerouted us across the low road to Zion. Along the way, we passed through Colorado City, Arizona, home of jailed polygamist Warren Jeffs. A billboard for the Merry Wives Café in nearby Hildale suggests, and several online articles confirm, that the restaurant is owned and operated by polygamists. We didn't stop to find out.

Here now, in their own words, is what everybody thought about the trip:

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The School of Allied Health Professions *presents...*

Larnelle Harris

and the
Heritage Singers
together in concert!



FREE ADMISSION

along with your recyclables

Saturday, April 21 5:00 PM

Campus Hill SDA Church, 11057 Hill Drive, Loma Linda



LOMA LINDA UNIVERSITY
School of Allied Health Professions



BRING YOUR RECYCLABLES to benefit the Venez Enfants et Vivez Mieux Orphanage in Haiti

For the past two years, the School of Allied Health Professions has established a school-wide recycling program which directly benefits Haitian orphans. We'd like your help raising money through the redemption value of glass, plastic and aluminum. Please bring these items to the concert as we strive to touch the world and change lives!

Chinese visitors return from the road to share what they saw ...

Continued from page 5

After calling Grand Canyon, Horseshoe Bend, Zion National Park, and Las Vegas “really wonderful and beautiful places,” Smic Ma Lian-glong said, “The most comprehensive and wonderful place I like is the Grand Canyon. The wonderful brown-red color, the huge distance between each edge, the different size of numerous rock hills and plateaus, the bare skin compared to the green trees and grasses besides it, all are perfect like a huge painting of a rock nature museum.”

Fan Jia Jie agrees. “The Grand Canyon is just GRAND!” he exults. “Once I arrived, I was overwhelmed. Corny as it sounds, no matter where you come from, no matter what language you speak, it is difficult to describe its enormity and beauty by any words.”

Jason Polanco, who volunteers at the Global Health Institute, said two places made the trip phenomenal for him: “First, was Cameron Trading Post. James told me they had a great dish here known as the Navajo Taco, so I took his word for it and ordered it. Let me tell you, this was the best dish I had on the whole trip and I would highly recommend it to anyone traveling through these parts. The second location is known as the Valley of Fire, a Nevada State Park. There are some amazing views here, and no matter which way you point the camera, you will get a great shot of the landscape.”

Lindsay Li Lingfei liked Utah best. “When we arrived at Zion National Park,” she recalls, “the weather was snowing. I was surprised by the huge mountains of red, pink, and white. It was as beautiful as a fairyland. Nature is really amazing. It was a very special experience for me.”

“Zion National Park is the most fabulous tourist attraction I’ve ever seen,” says Betty Huang Meili. “On the way to Zion National Park, it was snowing heavily. I felt a little disappointed. I thought if the snow made the park white totally, I could not find anything extraordinary. But when entering the park, I was immediately drawn by the white world. It was beautiful and mysterious. I just wanted to listen to the sound of snow and let snow drop on my face. I was surrounded by white trees and mountains; I really became a part of nature.”

Ever the diplomat, Elaine Zhan went out of her way to thank Loma Linda University for “surrounding the members of the group with care. I was deeply touched,” she said. She specifically mentioned Bing Frazier of the Global Health Institute, for organizing and making reservations for the trip, and Praktan, Jason, and yours truly “for showing us the spirit and culture of America.”

Elaine compared the variable weather at the Grand Canyon to the rapidly changing expressions of a baby’s face. “Sometimes it was very hot in the sunshine, sometimes it was so cold in rain and snow. We went through spring, summer, autumn, and winter within one day,” she reported. “It was so cool!”

Xu Bin expressed the feeling of everyone in this group by saying he prefers the wilderness locations to the artifice and crowdedness of Las Vegas. “Las Vegas is an antinomy for me,” he notes. “It is hard for me to enjoy it. When you see the luxuriant nocturne of Las Vegas, you must torture your philosophy, valuation, and aesthetics.” He calls the trip “wonderful and indelible,” and adds that the unexpected snows

in Zion “made the world a fairyland.” Even so, it wasn’t his favorite stop: “Grand Canyon and Horseshoe Bend are the most gallant sights I have ever seen,” he concludes.

Praktan Kokila, co-driver on the trip, says the Grand Canyon has shaped his life. “I always feel humbled and excited to bring people into it,” he notes. “There is something to be said for the value of quiet places, surrounding oneself with the intrinsic riches of nature.” He also enjoyed Zion a lot. “Photographing early is the best time to catch the peak of color, when the canyon foliage explodes with vibrant yellows, oranges, reds, and greens.”

“I like Zion National Park the most,” Shirley Zhang Yuanyuan reveals. “When we arrived at Zion, it was snowing heavily. Fortunately, as we were preparing to leave, the snow stopped and the sun came out. I felt that Zion was the most beautiful with the sunlit landscape covered in fresh snowfall. The cloud-covered peaks and mist made it look like a place where the gods in stories may have lived. I experienced a sight that took my breath away. I think I can close my eyes and recall Zion National Park in vivid detail even though I am no longer here. I love Zion National Park!”

Han Fei noted that the tour allowed him to “re-examine the beauty of the Western United States. Five years ago, I went to the Grand Canyon and learned its majestic beauty,” he notes. “This time I saw the Horseshoe Bend within the yellow deserts under the bright blue sky, the ancient castle standing in the mountains ... the art of nature shocked me. Of course, the scenery that I was most impressed with was the Zion Mountains, with snow and bright sunshine, making the feeling of living in a fairyland. That may also be the meaning of Zion.”

As for me, I’d have to say the places I enjoyed the most on this trip were Horseshoe Bend of the Colorado River and the Valley of Fire. These lesser-known Southwestern gems are beautiful and mysterious beyond words. But most of all, I enjoyed re-discovering—as I always do on these adventures—that regardless of cultural and ideological differences, it’s wonderful to make new friends from other parts of the world.

The funniest revelation came from Wang Li who reported that she has been filled with curiosity since the day when, as a child, she asked her mother how to find the United States. Referencing the fact that China and the U.S. are located on opposite sides of the world, her mother said, “America is under our foot.”

Rather than satisfy her childhood curiosity, the statement made the girl wonder if Americans stand, play games, study, and eat upside down. The question troubled her until she finally settled it in her mind, if not her feelings, as an adult.

“The day she finally came to America,” she says, describing herself in the third person singular, she thought, “Wow! Americans are standing on the ground with both feet, the blue sky over their head in common with the Chinese!”

Even so, one part of the United States made Dr. Wang feel like flying. “When we arrived at Horseshoe Bend, I wished I could fly above this place as a bird, with the beautiful view in my eyes. The combination of the blue sky and scattered clouds with the vast expanse of plain let me think that the human is so small!”

There’s nothing like a road trip to reorient your sense of perspective and make you feel like soaring.



The view from one thousand feet above the Colorado River at Horseshoe Bend near Page, Arizona, features the spectacular beauty and expansive vistas of one of the unsung jewels of the American Southwest. As a group of nine Chinese visitors to the Global Health Institute at Loma Linda University recently discovered, the vast spaces of the Colorado Plateau—a stone-bound region of the Four Corners states of Arizona, New Mexico, Utah, and Colorado—dazzle the eye and overwhelm the senses of scale and perspective.

NATIONAL RESEARCH

School of Nursing professor and LLU Medical Center selected for study

Contributed report

Several nurses from Loma Linda University Medical Center (LLUMC) and an associate professor from the School of Nursing are part of a national study that will potentially enhance patient safety and quality of care in health systems across the nation. Fifteen health systems in the country were selected to participate in the study in addition to LLUMC.

Several nurses from fifth floor, 6200, and 9200 will take part in the study, titled "Small Troubles Adaptive Responses (STAR-2): Frontline Nurse Engagement in Quality Improvement."

Patti Radovich, MSN, manager of nursing research at LLUMC, is site coordinator for the study. Ellen Mockus D'Errico, PhD, associate professor of nursing at LLUSN, is site principal investigator.

They lead a team of LLUMC nurses who are part of the national research collaborative for the Improvement Science Research Network (ISRN) landmark study.

In this ISRN research collaborative, the teams are investigating operational problems encountered by frontline nurses on a daily basis, such as missing supplies, nonfunctioning equipment, and failed communication.

The ISRN study will allow for a better understanding of how these small problems hinder patient safety and quality of care.

LLUMC will use this opportunity to fill the gaps in strategies that connect frontline staff with organizational learning for quality and patient safety.

Healthy People empowers conference attendees to promote healthful living ...

Continued from page 4

affect communities. She said the initiative is pushing for increased adoption of health information technology to better assist clinicians, further empower patients through easier access to records, and by providing timely reminders and health-reinforcing messages.

"Healthy aging is all about putting the puzzle pieces together," notes conference coordinator Krystal Gheen, MPH. "There are so many parts to aging healthfully that we must take a comprehensive preventive approach with wellness and lifestyle."

Between lectures, Romy Niblack, senior wellness coordinator at Drayson Center (the conference venue), brought a group of seniors, ages 65 to the late 80s, to lead aerobic exercises for attendees. A number of these seniors were also featured in a video presentation highlighting their experiences of aging healthfully.

On the second day of the conference, Arlene Blix, DrPH, shared with the audience a glimpse into the life and work of her late husband, Glen Blix, PhD. Dr. Blix, who died in 2002, was a School of Public Health professor and administrator who was "passionate about life," according to Arlene. Dr. Blix was involved in the founding of the annual Healthy People Conference several decades ago.

A memorial video was presented, followed by a conversation about aging and grieving with Arlene and Tricia Pennicook, MD, MPH, dean of the School of Public Health. Arlene wrote *Blindsided* last year, a book about coping with the loss of a loved one.

Abstracts, speaker biographies, presentation files, and additional information from the two-day conference can be found online at <www.healthypeopleconference.org>.

"Selection as a site for STAR-2 was by competitive application," Dr. D'Errico states. "No doubt, Loma Linda was selected because of the strong partnership between the medical center nursing staff and School of Nursing faculty."

She adds, "We believe this is just the beginning of some wonderful, collaborative research efforts that the nursing staff and nurse researchers will be involved with in the years to come."

Launched in October 2011, this landmark study will continue through April 2012.

As part of this ISRN research collaborative, nurses at LLUMC will work on the scientific team to provide the evidence necessary to implement change within the health care organization to provide care that is safe, timely, effective, efficient, equitable, and patient-centered.



Ellen Mockus D'Errico, PhD (left), assistant professor, School of Nursing, is site principal investigator and Patti Radovich, MSN, RN, manager of nursing research, LLUMC, serves as site coordinator for a new quality improvement study.

Loma Linda University Medical Center was competitively selected from a national pool of applicants to participate in this research collaborative along with 15 other sites. The multisite, national basis of the study greatly strengthens the validity and accuracy of the study findings.

The application process and high interest in the ISRN Research Collaborative highlights the need for quality improvement research and shared vision of improving patient safety.

LLUMC ophthalmologist uses YouTube to educate eye surgeons around the world ...

Continued from page 8

it for me from the other room. This allowed me to work at a much higher magnification and always remain centered on the action."

Partly because of his assistant's filmmaking expertise, and partly because of his extensive experience and knowledge of ophthalmic procedures, Dr. Gimbel soon gained a reputation for excellence in educational videos.

"I would go to the ophthalmology meetings," he remembers, "and everybody would be wowed at my videos, because they were so high in quality and so centered and clear. People were really impressed."

After winning prizes—including several first prizes—every time he entered a film festival, Dr. Gimbel was approached by the company that made his surgical instruments. They wanted to sponsor live broadcasts of him performing surgery in his surgical suite/studio in Calgary, Alberta, Canada, for broadcast in real time to ophthalmology conferences, which were held in large cities on the east and west coasts of the United States.

"I've done more than 20 of these broadcasts to the meetings," he says. "There would be a thousand surgeons waiting at a national convention in New York or San Francisco for me to do surgery in Calgary. It was a very, very popular thing because anything can happen in surgery. You could hear a pin drop. People said, 'It was

just like I was in the room with you.' I had a microphone on so the audience or moderator could ask me questions while I was operating."

The broadcasts not only benefited physicians—and their patients—in the United States and Canada, but they extended to remote parts of the globe as well.

"A colleague from Czechoslovakia came up to me at one of the conferences and said that they had a phacoemulsifier machine, but that he and his chief didn't know how to use it until they watched my video," he shares. "They were locked behind the Iron Curtain and didn't have the opportunity to go abroad to learn the technique. They saw the videos at the meetings and watched copies of them repeatedly."

Because he sees video sharing as more of a calling than an enterprise, Dr. Gimbel makes the tapes available for just the cost of the tape, copying, and postage.

The idea of setting up a YouTube video library of surgical techniques, recent innovations, and unusual case studies came from his daughter, Karen Gimbel, executive director of the Gimbel Eye Foundation.

Dr. Gimbel's wife, Judy, established the non-profit organization about 30 years ago so grateful patients could receive a tax deduction for donations to help offset the costs of sharing Dr. Gimbel's expertise with

colleagues, and to support clinical research.

Ever since he started posting videos online in December of 2009, Dr. Gimbel has received a steady stream of comments and questions from viewers around the world. Some of them have been particularly gratifying.

"I have a passion to teach," Dr. Gimbel reveals. "You can learn so much just from watching a video. We've made hundreds of them. We've got shelves full of edited videos that I've shown at meetings. We've posted some of these as people still find some of the old ones interesting to watch; the principle is there even if the technology has changed."

Dr. Gimbel says a lifetime commitment to practicing principles of healthful living enunciated in one of Ellen White's books has given his career and life a boost.

"My wife teases that I came courting with *The Ministry of Healing* under my arm," he discloses. "I was excited about it. We were really blessed by that book. We got married and became vegetarians. We continue to see what Ellen White wrote being validated by research."

"In 1974," he continues, "I took a weeklong course from the inventor of a new piece of technology that removed cataracts through a small incision." The course involved two days of classroom training followed by an opportunity for participants to test their skills by operating on a live cat on Wednesday.

"The machine runs 40,000 cycles per second as

an electronic or ultrasonic jackhammer," he explains. "If it touches anything other than the tissue it's supposed to touch, it will damage it. You shouldn't do this surgery if you've had any caffeine the day of the operation or alcohol the day before. That was no problem for me."

Unfortunately, not everyone in his class abstained the day of the operation. "We performed the operation on the cats, and they went back to the vivarium for recovery," he recalls. "The next day, the doctor looked at every cat's eye. If we hadn't been careful, the iris could be damaged or the cornea clouded. He picked up my cat and said, 'I couldn't have done any better myself.'"

"That was such a confirmation of God's advice to us," Dr. Gimbel says. "It has blessed my whole career. I've never had coffee or cola or alcohol. I'm just sure that my nerves are better because of it. An experienced pioneer ophthalmologist once asked me, 'Do you realize that when you pause during surgery, the phaco tip is dead still. I've watched a lot of videos and I've never seen that anywhere else.' I just praise God that I could have that witness to him."

H. Roger Hadley, MD, dean of LLU's School of Medicine, says the school appreciates Dr. Gimbel's international reputation and unique contributions very much. "Dr. Gimbel is recognized by his colleagues as one of the premier ophthalmologists in the world," Dr. Hadley observes. "Loma Linda University Health System is delighted that he plays an integral role in the teaching of our students and the care of our patients."

GLOBAL SHARING OF EXPERTISE

LLUMC ophthalmologist uses YouTube to educate eye surgeons around the world

By James Ponder

Howard Gimbel, MD, chair of ophthalmology at Loma Linda University Medical Center, gets around a lot these days.

One moment he's demonstrating a new procedure to a colleague in Berlin; the next, he's explaining a new surgical technique to students in China and Israel. At 3:00 a.m. tomorrow, he'll be updating a group of African residents on cataract treatment.

Since he can't be everywhere at once, Dr. Gimbel posts educational videos on YouTube that can be accessed by anyone with a computer at any time of the day or night.

The videos have helped him achieve a form of global omnipresence in cyberspace where he imparts his extensive knowledge of ophthalmic procedures to viewers around the world.

By searching "Gimbel Library" at <YouTube.com>, visitors gain access to 115 informative videos he's produced on a wide variety of eye surgery and ophthalmic topics.

Some of the projects, such as a four-minute film on the surgeon's hand position during cataract surgery, are designed to guide beginning ophthalmologists towards mastery of the fundamentals of their profession.

Others—for example, the two-part "Dr. Gimbel teaches phaco technique" presentation—are considerably longer and more complex.

Together, the two phaco videos require an hour to watch.

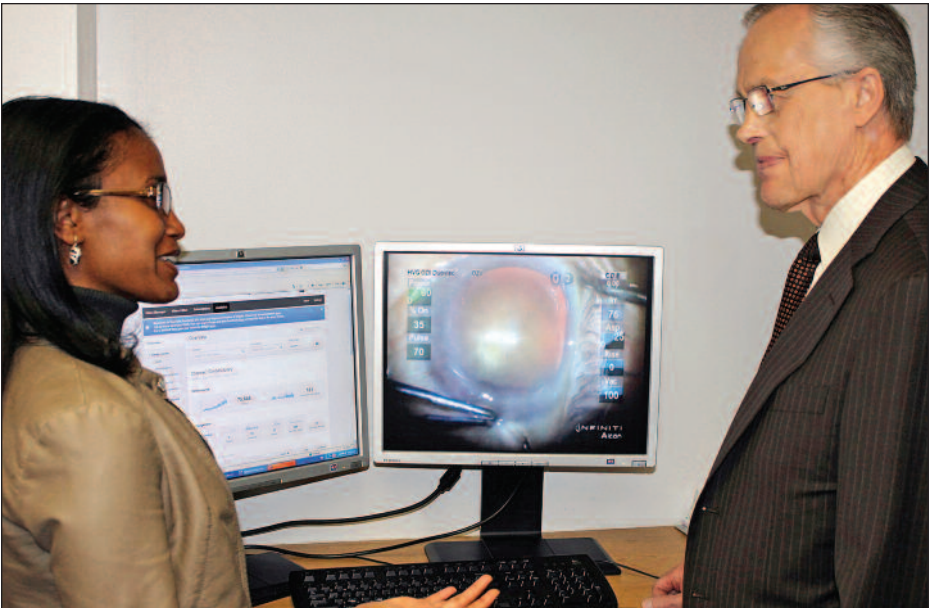
A firm believer in the value of visual learning, Dr. Gimbel had no idea how big his international audience would become when he started the project. Currently, the Gimbel Library has approximately 100,000 viewers.

"We didn't know how big it was going to grow," he says. "We knew it was going to have a wide audience, and that was the motivation for doing it. By having these videos on YouTube, we're enabling residents and surgeons with less experience to utilize the videos at their own schedule to enhance their own surgical skills."

Dr. Gimbel started producing instructional media in the 1980s when he entered an educational slide show into a film festival sponsored by the American Society of Cataract and Refractive Surgery. The society selected a panel of judges to review submissions, and select winners and runners-up in various categories related to surgical techniques, innovations, and patient education.

After Dr. Gimbel's entry won, he continued to make audiovisual productions. The timing could not have been better. Sensing the explosive potential of multi-media and film presentations, festival organizers encouraged their counterparts at the European Society of Cataract and Refractive Surgery and the American Academy of Ophthalmology to host similar events. Before long, Dr. Gimbel was very busy.

"I submitted videos each year to each of these



Blen Eshete, MPH (left), administrative and research coordinator for the department of ophthalmology at Loma Linda University, makes a point to Howard Gimbel, MD, chair of ophthalmology at Loma Linda University Medical Center, about one of his instructional videos. In 2009, Dr. Gimbel created the Gimbel Library on <YouTube.com>. By posting videos online, Dr. Gimbel is able to share his knowledge and expertise with ophthalmologists and students worldwide. Currently the library has 115 videos and approximately 100,000 viewers, but both numbers continue to grow.

festivals," he recalls, "because we recognized the value of movies and videos in sharing techniques, innovations, and complications management."

Complications management proved especially helpful to viewers.

"Most surgery is quite routine," he notes, "but some people's eyes have genetic defects or traumatic cataracts, dislocated lenses, or results of inflammation, and present unique challenges."

As one of the earliest champions of what he calls "the revolution in cataract surgery of the early 1970s," Dr. Gimbel realized that he was in an advantageous position over peers who were less experienced in cataract treatment.

"I felt compelled to share my knowledge," he says. "I built my own non-hospital surgical

center with a viewing room to allow other professionals, students, and family members the opportunity to watch through a glass window and on a video monitor."

After hiring an assistant to stay in the viewing area and explain the intricacies of the procedure to family members while he operated on the patient, Dr. Gimbel noticed his videos improving dramatically.

"The young lady I hired had taken a class in technology school on producing," he recalls. "She was trained to work with video, so she would not only explain to the family members what was going on, but she would also tell me, 'Dr. Gimbel, your image is off-center on the screen.' I finally had Zeiss, the manufacturer, wire the microscope control so she could center

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Wondering how this new system will affect clinic and hospital workflows? Would you like the opportunity to assist the LLEAP project team in implementation activities?

We are looking for a few good volunteers to participate in the Workflow Dress Rehearsal event June 10, 2012. Employee volunteers are needed to help test staff and system readiness for Go-Live. You will be volunteering as a mock patient during the Dress Rehearsal at various office and clinic locations. These events will occur at clinics in San Bernardino and Riverside counties. Volunteers will utilize pre-determined scenarios to work through the various access and clinical workflows used by our nurses, physicians and other staff members.

This opportunity is available to all employees. Please contact Jessica Trujillo, LLEAP project analyst, at x33215 or jltrujillo@llu.edu for more information.



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