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2-23-2009

## TODAY - February 23, 2009

Loma Linda University

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# TODAY

- LOMA LINDA UNIVERSITY
- LOMA LINDA UNIVERSITY Medical Center
- LOMA LINDA UNIVERSITY Children's Hospital
- LOMA LINDA UNIVERSITY Medical Center—East Campus
- LOMA LINDA UNIVERSITY Behavioral Medicine Center
- LOMA LINDA UNIVERSITY Health Care
- LOMA LINDA UNIVERSITY Heart & Surgical Hospital
- Faculty Medical Group of LLUSM
- Faculty Physicians & Surgeons of LLUSM



LOMA LINDA UNIVERSITY

## Healthy People 2009 to focus on obesity and diabetes

CONTRIBUTED REPORT

On March 10 and 11, Loma Linda University School of Public Health will host Healthy People 2009. This year's conference will focus on obesity and type-2 diabetes and on how lifestyle can prevent and treat these two conditions.

The topic is a major public health concern in this country, where one-third of adults are obese and 10 percent of adults suffer from diabetes.

During the two-day event, more than 30 speakers will present new findings, best practices, and lessons learned in the battle against these debilitating diseases that affect all populations in our society.

A Yale University/Griffin Hospital expert on nutrition, weight control, and the prevention of chronic disease will open the conference on Tuesday, March 10, with a keynote address on "The Overall Nutritional Quality Index (ONQI): GPS for the Modern Food Landscape." The speaker, David Katz, MD, MPH, is an ABC News medical consultant, as well as a syndicated health and nutrition columnist for *The New York Times*, and he directs the Yale Griffin Prevention Research Center.

Day two's keynote address will be delivered by William L. Haskell, PhD, of Stanford University. He will speak on "2008 Physical Activity Guidelines for Americans—The Scientific Rationale and Implications for Public Health." Dr. Haskell is professor of medicine (active emeritus) at the Stanford Prevention Research Center in the School of Medicine at Stanford University. He has served on numerous national and international panels responsible for devel-

oping guidelines for physical activity and health, preventive cardiology cardiac rehabilitation, and health promotion.

Other speakers include Michael A. Weiss, DO, FAAP, president of the Orange County chapter of The American Academy of Pediatrics and chair of the chapter's committee on fitness and nutrition; Antronette Yancey, MD, MPH, professor at UCLA School of Pub-

lic Health; Panayotis (Peter) K. Thanos, PhD, of Brookhaven National Laboratory; Serena Tonstad, MD, PhD, MPH, professor at Loma Linda University; Robert Ogilvie, PhD, program director, Planning for Healthy Places, Public Health Law & Policy; and Michael Parkinson, MD, MPH, president, American College of Preventive Medicine.

The conference offers continu-

ing education credits for medical doctors, physician's assistants, nurse practitioners, registered nurses, certified health educators, registered dietitians, and more.

See <[www.healthypeopleconference.org](http://www.healthypeopleconference.org)> for registration information and the complete program lineup, or call (909) 558-8382. Healthy People is an annual lifestyle conference that focuses on a different public health concern each year.

## Innovating excellence program: a look one year later

BY JAMES PONDER

It's been more than a year since the innovating excellence (IE) program initially debuted on the first patient care units at Loma Linda University Medical Center (LLUMC), so now might be a good time to ask how the program is working.

For those readers who aren't aware, IE is a staff-developed program designed to improve patient satisfaction by implementing more than 2,000 patient-centered elements, including such popular amenities as bedside massage, a beverage cart that brings hot drinks to patients, afternoon quiet time, and interdisciplinary care rounds that discuss patients' care and treatment plans with patients.

Speaking of how the IE initiatives have been received on unit 7300—one of the very first units to "roll out," or install, the IE program—Beth Cook, RN, MSN, ONC, director of patient care for units 4100 and 7300, shares her impressions and observations, along with comments and other feedback she has received from staff members and patients.

"We're seeing happier patients," Ms. Cook reports. "They seem

more content, and they're trusting the nurses more because of the emphasis on communication. We're also finding that the staff is happier."

Rolling out the IE program is not easy. Several participants say it requires a major adjustment in the way members of the team perform their jobs and relate to patients and each other. But Ms. Cook reports that her team overcame the initial skepticism and took ownership of the program once team members saw how it refocuses everything to meet the needs of patients. "Obviously, being the first unit to lead the way meant that they wanted to make this work," she says.

"It's working very well," she reports. "Even the ancillary services departments have noticed the improvements. They want to come here now and spend time on the unit. And our Gallup scores have been higher four quarters in a row since we adopted the program."

The patient satisfaction ratings she mentions are compiled by the Gallup organization from confidential patient surveys. According to Jisoo Oh, DrPH, MPH, manager of the Gallup program for the office of patient safety and reliability, Ms.

Cook's comments about improvement in patient perceptions are justified. "There has been a statistically significant increase in patient satisfaction ratings," she confirms.

Beth Cook feels justifiably proud. "I take the quarterly reports back to staff meetings," she says, "to show my staff what has been done."

Hospitalization can be a daunting and somewhat stressful experi-

*Please turn to page 2*



Melanie Hanson, RN, a nurse on unit 7300, assists a patient at bedside. The patient's wife says the nursing staff on unit 7300—and Ms. Hanson in particular—provide outstanding care thanks, in part, to innovations introduced as part of the innovating excellence program.

## Riders in the sky: Big Air Kids' Fair brings 'wow factor' to LLU Children's Hospital

BY JAMES PONDER

For the fifth year in a row, high-flying motorcycle aerialists soared into space above the parking lot of Loma Linda University Children's Hospital (LLUCH) on Wednesday, February 11, as the Big Air Kids' Fair filled the skies with audacious entertainment second to none.

The kids traced every move as riders Jeff Tilton, Myles Richmond, Tommy Clowers, and Destin Cantrell launched their high-tech two-wheelers across 75 feet of space and brought them safely to land on the waiting ramp at the other end of the parking lot. Hospitalized patients who were able to spend time outdoors enjoyed front-row seating to the exhibition, while others manned the upper-story windows to watch the breathtaking event from indoors.

Mr. Richmond stole the show with his gravity-defying loops in which he and his motorcycle rotated a full 360 degrees to hang completely upside down over the pavement. Mr. Richmond perfected the difficult and dangerous technique over a huge box full of



A motorcycle aerialist soars high over a 75-foot distance, landing safely at the other end of the LLUCH parking lot.

Styrofoam to avoid injury should he fall out of the sky.

After Zareh Sarrafian, MBA, administrator of LLUCH, welcomed the riders, Steve Bauer, president of Wonder Warthog Racing, an organizing sponsor of the event, warned young people in

the audience not to try aerial motorcycle maneuvers on their own. He cited the recent death of motocross aerialist Jeremy Lusk as proof that motocross acrobatics is a very dangerous sport. Afterward, Mr. Bauer dedicated the 2009 performance to the memory of Jeremy

Lusk, as well as Marty Moates, a pioneer of Big Air Kids' Fair.

When the spectacle was over, the motorcyclists and members of their entourage visited patient units, bringing gifts of T-shirts, hats, posters, and other motocross memorabilia to LLUCH patients.



## Nursing faculty member uses Fulbright Scholarship to assist university in Paraguay

BY DUSTIN R. JONES, MA

Jan Nick, PhD, RNC, CNE, associate professor of nursing, School of Nursing, had a desire to help nurses internationally.

She submitted a proposal for support to the Fulbright Program, the U.S. government's flagship program in international educational exchange. Her proposal focused on faculty development at the National University of Asuncion (UNA) and partnering with

others in conducting a feasibility study for a nursing school at Sanatorio Adventista de Asuncion, Asuncion, Paraguay.

"I really enjoy faculty development, technology, and informatics," says Dr. Nick. "I like helping others learn to ask clinical questions and find up-to-date answers." In today's culture, the standard of accessing evidence-based information is by using the Internet.

The Fulbright Program was

impressed with Dr. Nick's proposal and awarded her a scholarship. Excited at the prospect of helping other nurses, Dr. Nick packed her bags.

Starting in July 2008, she spent her time in Paraguay until November. Her time at UNA was spent working with the faculty to change the culture to evidence-based practice and help increase the use of Internet searches and resources.

"Being down there really helped to clarify what my areas of skill are and what I can offer nursing and the world Church," says Dr. Nick.

According to Dr. Nick, utilizing the Internet in nursing research is an area that she has found herself to be most passionate about. "Evidence-based practice is weak in developing countries, and nurses should want to change that.

"There really is so much information now available online, and because of the Open Access movement, much of it is without charge," she says. "I helped them identify resources in their own language that they could use to become current in their practice. They were not aware of them. The plan is to return next year to measure the School of Nursing's change in using the Internet to find scientific infor-



In the photo above, Dr. Nick practices online searches with a faculty member at Universidad Nacional de Asuncion.

## Nineteenth 'Clinic with a Heart' serves more than 300 patients

BY DOUG HACKLEMAN

Responding to announcements in a variety of media, early Sunday morning, January 25, several hundred individuals from the Inland Empire's underserved population cued up in folding chairs, sheltered from the pre-dawn dew by a tented cover at the northeast corner of Loma Linda University School of Dentistry's Prince Hall, waiting for their name and number to be called.

At 6:30 a.m., the School's 19th annual "Clinic With A Heart" role call began, and over the next five hours 403 faculty,

students and staff provided oral health care services to 322 Inland Empire residents.

It was particularly rewarding to have the voluntary participation of so many School of Dentistry students—245 in all (dental, 151; hygiene, 64; IDP, 20), not to mention the 47 dental assistants from Chaffey College (18), Baldy View (26), and Riverside City College (3) who contributed their services. And under the direction of Dynette Hart, DrPH, RN, associate dean of the undergraduate program, School of Nursing, 10 nursing students

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## Innovating excellence program: one year later...

Continued from page 1

ence for patients. Medical professionals tend to speak their own colloquial jargon and often talk in hushed tones around patients. But thanks to the interdisciplinary care rounds component of the IE program, patient communication has taken a giant leap forward at LLUMC.

Within 24 hours of a patient's admission to the unit, a team of nurses, ancillary service representatives, nurse practitioners, and/or resident physicians pays a visit to the patient's bedside to discuss the plan of discharge for—and more importantly, with—the patient and any family members who may be present. If a patient stays more than seven days on the unit, the team returns the following week to provide an update.

The family of one patient, a male San Diego resident who was injured in a motor vehicle accident, finds the staff-to-patient communication on the unit to be a real source of comfort.

"The nurses here do an incredible job of informing the patients and their family members like me," says the patient's wife. "When a decision as big as whether a patient should have surgery or not is being made, the wife, or the spouse, of the patient needs to be present to understand the procedure."

She notes that it took nearly a week before a physician spoke to her about her husband's case but reports that communication from the nursing staff—especially from one member of the team—has been superlative.

"That Melanie," she says, refer-

ring to Melanie Hanson, RN, "she's amazing! The level of attention she pays to the family is just incredible—incredible! She goes out of her way to accommodate our needs."

The patient's wife also points out that as the former owner of a chain of 18 health clinics, she knows good nursing care when she sees it. "I've never known anyone like Melanie," she enthuses. "The quality of service she provides, her attitude, is just excellent. She's just fabulous—absolutely fabulous!"

The patient's father agrees. "The care he is receiving here is very, very good," he says. "All the members of the staff are very helpful; they give at least 120 percent."

Beth Cook points out that patients also report high regards for three other new features innovating excellence has brought to the unit: quiet time, massage therapy, and the hot beverage cart. "We have quiet time on the unit twice a day," Ms. Cook notes. "The first is from 2:00 to 3:00 p.m., and the second is from midnight to 4:00 a.m. We dim the lights in patient rooms and throughout the unit, and limit therapies and services during those times so patients can get some rest."

Janelle Warren, RN, MS, MP, a nurse practitioner on 7300, says quiet time sometimes produces unexpected outcomes. "We had an Alzheimer's patient here awhile back," she says. "He seemed far less confused and confrontational during quiet time, and he liked the fact that his wife got to stay with him."

Yolanda Arroyo, coordinator of performance improvement, says the purpose is to go beyond patient loyalty alone. "We wanted our patients

to be satisfied with their experience," she notes, "but we also wanted our employees to see this as the best place to work. We wanted excellence!"

"So, how have we done? We are now evaluating the outcomes of innovating excellence and finding that departments and units that

mation to inform teaching and clinical practice."

While there, Dr. Nick and her husband also became involved with the local church, presenting programs, singing in the choir, and even accompanying newfound friends in outreach and on mission trips.

The Fulbright Program was designed to promote mutual understanding between the people of the United States and the people of other countries of the world.

Fulbright grants are made for a variety of educational activities—

stayed true to the design elements and implemented the majority of the recommendations are experiencing a greater success overall."

Even so, she acknowledges that the innovating excellence program "has not been a journey without its bumps and bruises; it has been a culture shift.

Any time you deal with the culture of an organization, you are in for some battles! I am

primarily university lecturing, advanced research, graduate study, and teaching in elementary and secondary schools. Since the program's inception, approximately 279,500 participants—chosen for their academic merit and leadership potential, with the opportunity to exchange ideas and to contribute to finding solutions to shared issues—have been selected.

The Fulbright Program is sponsored by the United States Department of State Bureau of Educational and Cultural Affairs.

impressed with how employees and leadership have teamed together with passion for this initiative's success."

The bottom line, at least on unit 7300, is that patients report better perceptions of the care they receive than before innovating excellence was installed on the unit.

"They say the service here reminds them of a fine hotel," Ms. Cook observes.

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## School of Dentistry graduate endodontic clinic receives remodeling and new name

BY DOUG HACKLEMAN

The entire Loma Linda University School of Dentistry endodontic clinic was shut down between September 11 and October 8, 2008, while its graduate endodontic operatories were totally remodeled,

enlarged, and upgraded with new equipment.

On Wednesday, October 8, Richard Hart, MD, DrPH, president of Loma Linda University, officially opened the remodeled clinic and unveiled a plaque identi-

fying the clinic as the "Mahmoud Torabinejad Graduate Endodontic Clinic," in honor of the 33-year veteran member of the School of Dentistry faculty who currently is professor of endodontics and director of the endodontic graduate program.

A large gathering of students, alumni, faculty, staff, and family members attended the celebration that included the dedication of two particular operatories—one contributed by Dr. Mel and Sandy Coleman, the second gifted in memory of Dr. Henry Kahn, a former faculty member.

In welcoming Dr. Hart and the event's attendees, Leif K. Bakland, DDS, Ronald E. Buell professor of endodontics, and chair, department of endodontics, noted that the entire cost of the remodeling and refurbishing of the six graduate endodontic operatories (approximately \$200,000) was raised by donations from alumni and friends of the endodontic program.

The advanced education program currently has seven students. It is the second-oldest program in the western U.S. and celebrated its 40-year anniversary in 2007.



From left, Mahmoud Torabinejad, DMD, MSD, PhD, professor, department of endodontics and director, endodontic graduate program; Leif K. Bakland, DDS, Ronald E. Buell professor of endodontics and chair, department of endodontics; Richard Hart, MD, DrPH, president and CEO of Loma Linda University; and Charles J. Goodacre, DDS, MSD, dean, School of Dentistry, were on hand for the opening of the remodeled and renamed endodontics clinic.

## Visiting Spanish scholar works with School of Public Health

CONTRIBUTED REPORT

The department of nutrition in the School of Public Health is happy to welcome a visiting scholar from Pamplona, Spain—Maira Bes-Rastrollo, PhD.

Dr. Bes-Rastrollo is currently an assistant professor in the department of preventive medicine and public health at the University of Navarra in Pamplona and will return to her teaching duties after a two-month stay at Loma Linda University.

While here, she will be working with the Adventist Health Study-2 data set on healthy lifestyles in relation to chronic disease, her primary field of study.

In 2005, Dr. Bes-Rastrollo completed her PhD in epidemiology at the School of Medicine, University of Navarra. Her thesis was "Epidemiological study on the role of Mediterranean dietary patterns in the genesis of obesity and overweight." She has published more than 40 scientific articles in national and international journals such as the *British Medical Journal*, *International Journal of Obesity*, *American Journal of Clinical Nutrition*, and *Obesity*—one of them, in collaboration with LLU nutrition professor Joan Sabate, MD, DrPH (Bes-Rastrollo M, Sabate J, Gomez-Gracia E, Martinez JA, Martinez-Gonzalez, MA. "Nut consumption and

weight gain in a Mediterranean cohort: the SUN study." *Obesity*, 2007;15:107-16).

The data from her dissertation research was from the SUN cohort. This is a dynamic cohort of university graduates from around Spain, primarily from the University of Navarra, and it also includes data from members of health professional societies in Spain. As of January 2009, it includes 20,205 participants—all university graduates. Data collection began in 1999 and the dynamic aspect of the cohort indicates that data is always being collected. Every two years, a survey is distributed to those already enrolled and to new participants.

The surprising conclusion from her research is that a Mediterranean diet, which includes a large amount of olive oil, was unrelated to obesity, even though it is high in fat. In fact, it had a favorable impact on health and weight. Rather, those who had adopted a Western diet, high in soft drinks and fast foods, were more prone to problems with obesity. From a public health perspective, obesity and chronic disease have become a major concern. Many of the issues leading to obesity can be prevented by addressing lifestyle conditions.

Dr. Bes-Rastrollo hopes to conduct at least two analyses while visiting Loma Linda University. First, she will focus on the validation of self-reported weight in the Adventist Health Study-2 cohort. All studies that use self-reporting as the main source of their research data face the issue of over- and under-reporting by participants. Finding a way to validate the data is essential to the success of this kind of study. Second, using the same data, she will conduct analysis on nut con-

## School of Public Health staff and students walk toward better health

BY HEATHER REIFSNYDER

About 200 people at Loma Linda University have walked a combined total of 10,828,028 steps (as of the *Today* deadline) since a month-long challenge from School of Public Health dean David Dyjack, DrPH, began February 10. The competition—called Dean's Challenge 2009: Step in, Walk up, & Make Your Health Count—ends March 10, and the three teams to walk the most steps, as well as the single individual who walks the farthest, will receive a prize.

"There are many health benefits associated with walking," says Dr. Dyjack. "I would like to raise awareness around this issue, and hopefully some of us, including me, will elect to choose walking over motorized transportation as a permanent lifestyle choice."

To learn more about Dr. Dyjack's challenge, visit his blog at <[www.willhemakeit.org](http://www.willhemakeit.org)>. He plans to be stiff competition for everyone else in the School of Public Health. On February 10, he began walking the one-mile route

to work instead of driving.

School of Public Health director of marketing and recruitment Tricia Murdoch is one of the individuals participating in the challenge, noting that it will be an extra incentive for her to stay on her training schedule for May's marathon in San Diego.

"I would like to start walking to places that are close by rather than instinctively getting in my car to drive," Ms. Murdoch says of the challenge. "I have no idea how much I am walking (or not walking) in a day. With the Dean's Challenge, I will have a real idea of the amount of steps that I am taking each day."

The Dean's Challenge is a new annual tradition that began in 2008 when Dr. Dyjack asked for students, faculty, and staff to follow his lead in eating a vegetarian diet for one month. About 50 recruits joined him. Since that challenge, Dr. Dyjack's diet has dramatically changed, with his meat consumption largely limited to sustainably harvested wild-caught seafood.

sumption as related to weight gain. At least two publications are anticipated from this work.

This is Dr. Bes-Rastrollo's first visit to Southern California, and she is enchanted by the lovely weather. When she left Pamplona on February 1, it was snowing. Located in northern Spain near the Pyrenees Mountains that divide Spain from France, Pamplona is probably best known for the annual "running of the bulls."

She has also been very impressed and delighted with the friendliness of all those she has met. Her only surprise is to find how dependent Californians are on their cars. She and her husband are staying on campus and didn't



Maira Bes-Rastrollo, PhD

think they would need a car during their two-month visit, but they may need to reevaluate this aspect of their stay.

## Clinic with a Heart...

Continued from page 2

took the blood pressure of each prospective patient.

The success of the day is represented by the number of individuals who left pleased with the improved condition of their teeth. Another index of the day is the services provided in dollar figures: Total adult clinic production was \$31,137, and total pediatric clinic production was \$10,640, for a combined Sunday production of \$41,777.

Gary Peterson, Crest's associate director of professional and

scientific relations for oral care products, was on site wearing one of the "Clinic with a Heart" T-shirts that his corporation sponsored for volunteers to wear and for patients who participated in the event to be given, along with an oral care packet of toothbrush, paste, and floss.

Mr. Peterson, who has a 14-year relationship with the School, says that when it comes to service, the School "walks the talk"—a kudo that brings to mind the University's motto, "to make man whole."



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## LLU School of Nursing student receives Jeannette Rankin Foundation scholarship

BY DUSTIN R. JONES, MA

Laura Powell, a Loma Linda University School of Nursing (LLUSN) student, has been selected to receive the \$2,000 Jeannette Rankin Foundation (JRF) scholarship.

This is the fifth time Ms. Powell has been selected to receive the scholarship from JRF.

Ms. Powell is attending LLUSN for her bachelor's degree in nursing while raising her children. Her career goal is to practice nursing in the intensive care unit of a local hospital with adult and elderly patients.

She will also continue volunteering her skills for the House of Ruth and other domestic violence awareness organizations.

Ms. Powell is one of 80 women chosen from 600 national applicants to receive the Jeannette Rankin Foundation scholarship.

The foundation honors the legacy of the first woman elected to

U.S. Congress by awarding college scholarships to low-income women age 35 and older.

Since 1978, JRF has awarded more than \$1 million in scholarships to 500 low-income women across the United States.

"Looking back over the past four and a half years, I am amazed at what I have accomplished," says Ms. Powell. "The emotional impact of receiving this award has increased my confidence in my abilities as a student.

"And the benefits for my family as a result of my college education are already obvious in that my two eldest sons are both currently pursuing bachelor's degrees," she continues. "I have no doubt my younger children, too, will find their way and enjoy success."

If you would like more information about the Jeannette Rankin Foundation, its work, or scholars in your area, please contact JRF at <[info@rankinfoundation.org](mailto:info@rankinfoundation.org)>.



## Pediatric 'wholistic' medicine clinic receives grant from Riverside foundation...

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will enable the clinic to care for Inland Empire pediatric patients who need, but can't afford or otherwise access, wholistic or integrative forms of medical treatment because of insurance restrictions or other financial reasons.

"It's a catch 22 situation," Dr. Katiraei explains. "Insurance carriers are not willing to pay for wholistic treatments because there isn't enough data to establish their effectiveness; yet we spend only about 1 percent of our total research dollars to fund research that could provide the needed data. This grant will allow us to provide the treatments that patients need while building up the research data that is necessary for us to break out of the cycle."

"The grant will help us build the clinic up and give it a foundation to grow and thrive on," he adds. "Hopefully, it will allow us to treat a large number of patients to demonstrate the effectiveness of wholistic medicine."

According to Dr. Katiraei, wholistic medical treatments are a complement to conventional medicine, not a substitute for it. "I would be the first to tell a cancer patient," he insists, "that they need to be on chemotherapy. To use wholistic medicine as a substitute for chemotherapy would be inappropriate and irresponsible. But for some diseases—such as irritable bowel syndrome, inflammatory conditions, chronic fatigue syndrome, rheumatoid arthritis, asthma, and others—wholistic therapies can be very effective."

Dr. Katiraei admits that the field of wholistic medicine has not always been based on a solid foundation. Beyond the small, but growing body of research, he notes

that there are some individuals who are only interested in making a profit.

"These people may take advantage of the desperation of others who are searching for even the slightest bit of hope," he notes. "They offer false hope at an outrageous cost." Dr. Katiraei is saddened by these practices and hopes to work with Loma Linda University to bring forth a different model.

"The entire idea behind wholistic medicine," he states, "is to give the body the tools it needs to heal. The body itself is a miracle. Every moment we are exposed to viruses and bacteria, and hardly ever do we get sick. Cancers and mutations occur all the time, and almost all of them are eliminated and corrected. In order for human health to be sustained, 10 to 50 trillion cells need to work in perfect harmony at every moment. This is mind-boggling for me to even consider."

Dr. Katiraei says we sometimes forget all the body does to keep us in a state of optimum health. "In medicine," he notes, "we've gotten so excited about all our medications that we've lost sight of the fact that the body has all these amazing characteristics. It's time to change the paradigm by helping the body overcome whatever ailments it has. Substantial health benefits and cost savings can be achieved through diet and other lifestyle changes, rather than just depending on medication."

Dr. Katiraei is grateful for the support of the Riverside Community Health Foundation. "It lays a firm foundation," he says, "for a future when the Loma Linda University pediatric 'wholistic' medicine clinic may evolve to include many therapies, including massage and acupuncture, providing the

benefits of wholistic care to people of all ages."

Individuals interested in learning more about long-term plans for the clinic may call the Loma Linda University Children's Hospital Foundation at (909) 558-3555.

The LLU pediatric 'wholistic' medicine clinic is located in the Faculty Medical Offices at 11370 Anderson Street, Suite B-100, in Loma Linda. For further information about the clinic, please e-mail <wholistickids@llu.edu>.

To schedule an appointment, please call (909) 558-2828.



A popular lecturer, Pejman Katiraei, DO, director, LLU pediatric 'wholistic' medicine clinic (left), teaches a high school student simple stress reduction techniques using the Heartmath biofeedback device.

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## Loma Linda University Medical Center debuts sinus and allergy center

BY JAMES PONDER

Loma Linda University Medical Center hosted an open house for its state-of-the-art sinus and allergy center at 1895 Orange Tree Lane, Suite 102, in Redlands on Thursday, January 21, 2009.

The new center, which is reputed to be the second of its kind in Southern California, provides 5,000 square feet of space for physicians to diagnose and treat a variety of sinus and allergy conditions, and offers on-site CT scanning.

Officially known as the Loma Linda University Health Care sinus and allergy center, the clinic specializes in the medical and surgical treatment of diseases and ailments of the nose and sinuses including allergies, sinus infections, fungal infections of the sinuses, nosebleeds, tumors of the nose and sinuses, nasal polyps, asthma, sinus headache, sinusitis, and the surgical management of

Grave's disease, a thyroid disorder.

"We basically got too big for our old quarters," says Christopher A. Church, MD, director of the center. "We wanted on-site CT scanning for the convenience of our patients, and we wanted an extended allergy practice as well. We have everything under one roof at our new location."

According to Dr. Church, allergy season never really leaves the Inland Empire. "In general, spring and fall are the worst times of year for allergies, but this area is unique in that we have plant growth nearly year-round, so we get allergies year-round," he notes. "In some parts of the country, they get the winter off, but we have lots of indoor allergens here such as molds and dust mites. Molds get worse in wet weather, so we have allergies year-round. There's always something that's

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LOMA LINDA UNIVERSITY CHILDREN'S HOSPITAL

# 16<sup>th</sup> ANNUAL FOUNDATION GALA

## Miracles

in the Marketplace

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**SUNDAY, APRIL 5, 2009**

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LOMA LINDA UNIVERSITY  
CHILDREN'S HOSPITAL



**Sinus and allergy center...**

*Continued from page 4*  
bugging our patients."

Although he notes that mold is everywhere in the Inland Empire, Dr. Church points out that it's hard to know how clinically significant it really is.



That red streak down the center of Aline Thompson's face helps Christopher Church, MD, position her for a CT scan. The specialized scanner allows physicians at the recently relocated Loma Linda University Medical Center sinus and allergy center to precisely evaluate a variety of sinus and nasal disorders at a fraction of the radiation levels of conventional CT scanners.

"It's been said that everyone breathes 80 to 90 million mold spores per year," he recounts. "Mold is very difficult to eradicate, and so are mold allergies. Mold and fungus are unique in that scientists don't really know how to categorize them; they fit halfway between the plant kingdom and the animal kingdom. Pound for pound, molds, funguses, and yeasts compose the largest biomass in the world."

Dr. Church states that "the thing that's unique about the new center is that we have three fellowship-trained rhinologists under one roof. It's unusual to have even one in an ENT practice, and we have three. Plus, we have a nurse practitioner in our group."

Besides himself, the rhinologists Dr. Church mentions are Dennis Chang, MD, and Kristen Seiberling, MD. All three are ear, nose, and throat physicians, as well as head and neck surgeons. Janice Nyirady, RN, is the nurse practitioner. While rhinology shares a common Greek root word with rhinoceros, in a human context, it refers to the scientific study of the nose and sinuses.

Employees of the center seem eager to help patients get the care they need. "The thing I enjoy the

most about working here," says Aline Thompson, referral coordinator, "is helping patients who need a referral get one as quickly as I can. If I don't do my job, their health is at a standstill."

The center offers patients the convenience and safety of a specialized CT scanner dedicated to nasal scans on site. It uses only one-tenth the amount of radiation employed by conventional scanners.

"We're very happy to have it in the office," Dr. Church says. "Patients won't have to schedule a scanning appointment off site and return at a later date for the results. The bottom line is that they will be able to receive treatment for their sinus conditions much sooner."

In summarizing the treatments available at the sinus and allergy center, Dr. Church points out that the practice is ever expanding. "Other doctors send us their most difficult cases for surgery here," he reports.

"We treat thousands of patients here," Dr. Church notes, "but it's important to remember that we don't cure chronic sinus problems; we control them."

Appointments at the sinus and allergy center are available by calling (866) LL-SINUS.



**INNERWEAVE:  
The Wholeness Story**

By Wil Alexander, PhD  
Professor of family medicine,  
School of Medicine

**Learning how to live close to God**

Most of us begin the Christian life from an active standpoint. We want to think, or feel, or do anything and everything that will make a difference in ourselves, in others, or in the world.

If we persevere with this and with seeking to live close to God through prayer and communion, we will, after a while, begin to experience a deeper calling, a growing soul hunger, and at times an inner urgency. We become aware of God wanting more closeness with us.

Thus begins a process of learning how to live close to God, habitually being in touch with God, intimate with and responsive to God's living in us through the Holy Spirit. We learn to become more sensitive and careful in our listening for God's voice, and more willing to know and do His will. We begin to understand that our closeness to God happens when we open and offer our hearts to him continually.

After a while we enter another stage. This is where God's love for the world, for the rest of humanity, becomes a burning awareness in us, and we are moved out into our world to initiate action that can bring healing and wholeness to all around us. When we reach this point, we are beginning to live the full life of Jesus, living at times in intense closeness and fullness in Him, and moving out at other times into the world in love. In so doing we get in touch with a whole new depth of existence and a tremendous power and wholeness in ourselves. And, we learn that our most important gift to the world is the quality of loving presence that grows out of our growing intimacy with God.

We live each day with a new awareness that something more is possible in and through our lives as we live in constant and continual communion with God. We move more spontaneously into our mission of love. We become an epiphany of God's presence and Jesus' life and Spirit energy here and now.

*Adapted from Gregory Fruehwirth's article, "Letting Go," in the November 8, 2008, edition of Christian Century*

Celebrating the 77th Annual Postgraduate Convention of the Alumni Association of Loma Linda University School of Medicine



Jon Paulien, PhD  
Dean  
Loma Linda University School of Religion

"Value Added: The *Christian Medical Professional*"

Student Praise Team and  
Christian Edition Mens' Chorus  
Directed by Calvin Knipschild



Laurie Gayle Stephenson, *soprano*  
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Friday night  
*Vespers*

**LOMA LINDA UNIVERSITY CHURCH**  
11125 Campus Street, Loma Linda  
7:00 p.m., Friday, March 6, 2009  
Non-ticketed • Community welcome • An offering will be received

Sponsored by the Alumni Association  
of Loma Linda University School of Medicine



Dr. Lily Diehl offers a lively commentary between selections of the piano recital she and Rudolf Kaiser presented at the Loma Linda University Church on Tuesday, February 17, 2009.

**Piano recital at LLU Church  
features piano for four hands**

BY JAMES PONDER

A piano recital at the Loma Linda University Church spotlighted not only the musical pairing of Lily Diehl, DMA, of Loma Linda, and Rudolf Kaiser, of Freiburg, Germany, but also the role of the James M. Slater, MD, Proton Treatment and Research Center at Loma Linda University Medical Center in bringing the two musicians together.

At the beginning of the concert, which was held on Tuesday, February 17, 2009, J. Lynn Martell, DMin, director of special services for radiation medicine, was honored by Richard Hart, MD, DrPH, president and CEO of Loma Linda University, for creating a community for patients of the Slater Center and "doing so much for the family of proton patients."

The music took center stage after Dan Matthews, interim pastor for media at the church, introduced Dr. Diehl and Mr. Kaiser. Once they sat down at the grand piano, the duo brought forth a dynamic blend of four-handed melody and ornamentation that evoked a sense of unison; the playing was so precisely in sequence that it was difficult to tell more than one musician was involved. Riffs and phrases, passages and themes rolled effortlessly off the keyboard and filled the auditorium with a positive and joyful musical affirmation of life.

Dr. Diehl talked about her encounter with Mr. Kaiser and his wife, Hanne, in a grocery store. Since Dr. Diehl is married to Hans Diehl, DrHSc, MPH, she immediately recognized the language spo-

*Please turn to page 7*



## Cruise the western Caribbean while earning some CEUs

BY RICHARD W. WEISMEYER

Loma Linda University Medical Center staff development office is offering a seven-day cruise to the western Caribbean that includes six continuing education units (CEUs) while at sea. The cruise is open to everyone, including all health care professionals, their friends, and family members.

This CEU event will be sailing on the Carnival Conquest with Carnival Cruise Lines, departing from the Galveston/Houston area. Ports-of-call include Montego Bay, Jamaica; Grand Cayman, Cayman Islands; and Cozumel, Mexico.

Complete details can be found on the website <[www.llu.edu/sahp/](http://www.llu.edu/sahp/)>



Monica McKenzie, MPH, RN

[cruise/2009.html](http://www.llu.edu/sahp/cruise/2009.html).

The featured speaker on the cruise is Monica McKenzie, MPH, RN, an educator with many years of experience in the nursing arena. Since graduating as a registered nurse and midwife in England, Ms. McKenzie has enhanced her skills while working on several continents in various roles with wide levels of responsibilities.

Currently she is employed as the perinatal educator in the department of staff development at Loma Linda University Medical Center. She demonstrates her passion for health promotion and education by making presentations on the eight basic principles for health in her specially designed "7+1: Health for Body, Mind & Soul" program.

This program shares with individuals principles of health that can be incorporated into their personal and professional lives to help improve health, maintain health, and prevent lifestyle-related diseases. Ms. McKenzie is currently a part-time student in the doctor of public health program in the School of Public Health at Loma Linda University. She plans to graduate in June 2009. She is also a certified health education specialist.

## School of Pharmacy faculty member awarded AACP grant

BY RICHARD W. WEISMEYER

School of Pharmacy assistant professor of pharmacotherapy and outcome sciences Elvin A. Hernandez, DrPH, CHES, is the recipient of a \$10,000 grant from the American Association of Colleges of Pharmacy.

Dr. Hernandez was one of 15 recipients from a pool of 70 proposals—and the only individual in California—to receive the new investigator award from the American Association of Colleges of Pharmacy.

The new investigator program is designed to stimulate research among schools of pharmacy faculty members who work at educational institutions accredited by the Accreditation Council for Pharmacy Education.

Concurrently, Dr. Hernandez received a \$10,000 seed grant awarded to School of Pharmacy faculty members.

Dr. Hernandez is conducting research on "The Role of Patient-Pharmacist Communication Regarding Health Disparities:

Minority Patient Attitudes and Perceptions in Clinical Settings."

"Communication between patients and pharmacists in a clinical setting is extremely important for positive outcomes for the patient," Dr. Hernandez says.

"Patient-provider communication is an essential relationship that may foster collaboration between the health care professional and the patient that leads to optimal health outcomes."

Research specifically examining communication factors between patients and health care providers abounds, according to Dr. Hernandez.

"But research has rarely been conducted examining pharmacist-patient communication processes and how those processes influence patient health outcomes," he says. "Those communication processes will be the focus of my research."

The objective of Dr. Hernandez's pilot study is to investigate the communication between pharmacists and their patients that will enhance understanding

The topic she will discuss on the cruise is "How Healthy Are You...Really?" Participants will learn how to stay healthy in the health care profession. Many people who serve others in the health care profession are suffering from poor health themselves. This six-hour CEU workshop is based on the principles of health supported by the Adventist Health Study and other research findings. It is designed to provide health care professionals with eight basic principles for health improvement, health maintenance, and prevention of lifestyle-related diseases.

CEUs are available for all radiologic technology specialties (radiography, ultrasound, radiation therapy, nuclear medicine, CT, and MRI [ASRT Category A]), as well as respiratory therapy, nurse, advanced practice nurse, nurse practitioner, pharmacist, occupational therapy, physical therapy, speech therapy, dietary, social worker, and chaplain.

To reserve your cabin, call AAA Travel at (951) 296-5977. Participants must book their cruise through AAA Travel in order to earn CEUs. Airfare is extra. Inside cabins start at \$1,015 and balcony

cabins start at \$1,385.

Deposits are being taken now and the deposit deadline is March 4. Final payment is due by April 25, 2009.

To register for the CEU portion of this event, contact LLUMC staff development at

(909) 558-3500, fax (909) 558-3541, or e-mail <[StaffDevelopment@LLUAHSC.org](mailto:StaffDevelopment@LLUAHSC.org)>.

Payment methods include cash, check, and credit card. CEU cost is \$150.

Visit the website <[www.llu.edu/sahp/cruise/2009.html](http://www.llu.edu/sahp/cruise/2009.html)>.

## First Annual Coats 4 Kids Drive

Spread the word!! CAPS invites you, your family, department, and even church to join in giving at least 200 youth seen in the SACHS clinics a chance to keep warm this winter.

**When:** The *entire* month of February.

**What:** Donate NEW or USED (in good condition) coats, jackets, or sweaters to help children in San Bernardino have a warm winter (children 18 and under).

**Where:** Drop-off boxes in

- + Drayson Center lobby
- + Del Webb Memorial Library
- + Student services office
- + Nichol Hall rotunda
- + School of Pharmacy lobby
- + Magan Hall lobby
- + Children's Hospital volunteer services
- + CAPS booth following chapel on Wednesday mornings.

For additional information, contact CAPS at <[caps@llu.edu](mailto:caps@llu.edu)> or call (909) 651-5011.

of how those communication factors may influence health outcomes and disparities among minority populations.

Dr. Hernandez's study will be conducted in two phases. The first phase will concentrate on focus groups, while during the second phase, a self-administered question-

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1881 Commercenter E. Suite 232, San Bernardino, CA 92408 \* Tel. (909) 890-0111 \* Fax (909) 890-4278 \* Email: [abovethebar2@aol.com](mailto:abovethebar2@aol.com) \* Website: [www.abovethebar.com](http://www.abovethebar.com)

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- Hear first-hand stories from other teens who have made drastic improvement in their lives.

\$50 for an individual parent  
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Skills Workshop  
For 7th - 12th Graders

Mon, - Thurs. March 23 - 27, 2009

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Workshop Fee: \$300  
Textbook: \$20

Call (909) 890-0111 for more information!



Elvin A. Hernandez, DrPH, CHES

assistant professor of pharmacotherapy and outcome sciences



## Piano recital...

*Continued from page 5*

ken by Mr. Kaiser as German, and introduced herself. Much to her surprise, one of the first questions Mr. Kaiser asked her, after explaining that he was in Loma Linda to receive therapy at the Slater Center, was whether she might be able to help him find a pianist with whom

to create music. Since Dr. Diehl is a highly regarded concert pianist and piano educator, she proposed that the two of them collaborate on the endeavor.

Mr. Kaiser knew, at an early age, that he wanted to play the piano. But World War II limited his ability to pursue his dream in his native Europe.

But at various times during his

adult career—which included a stint as a United Nations official in the Middle East—he would seek out the piano for artistic expression and solace.

Dr. Diehl, on the other hand, developed her musical skills as a child in the Philippines before emigrating to the United States. She was described by Dan Matthews as “the foremost pianist

of not only the Inland Empire, but also of Southern California.”

During the intermission, Pastor Matthews turned the occasion into a celebration of love. Calling on the audience to recall that Valentine’s Day had just past, he introduced the world premiere of “Simply Loving You,” an artistic collaboration of Dr. Hans Diehl and composer Woody Wright.

The text—a poem Dr. Hans Diehl wrote to commemorate the 40th anniversary of his marriage to Dr. Lily Diehl—was set to music by Mr. Wright, a professional musician with the Bill Gaither organization.

“But this I will remember,” Dr. Hans Diehl wrote, “when the rest of life is through, the finest thing I’ve ever done is simply loving you.”

After the romantic interlude, Dr. Lily Diehl and Mr. Kaiser returned to the stage to interpret three pieces by American composers. They were joined in the performances by Jackie Aronowitz on flute and piccolo, and by David Zuniga, Joel Oswari, and Blake, Zackary, and Brooke McNamara.

The final performance of the evening featured John Philip Sousa’s iconic “Stars and Stripes Forever” march. The duo brought it to a thunderous conclusion with Dr. Diehl taking the high notes and Mr. Kaiser anchoring a vital and enthusiastic backfield momentum of the bass clef.

## AACP grant...

*Continued from page 6*

naire will be disseminated to a diverse ethnic population. Many of those patients who are expected to participate in the project will be from the SACHS-Norton clinic and East Campus hospital.

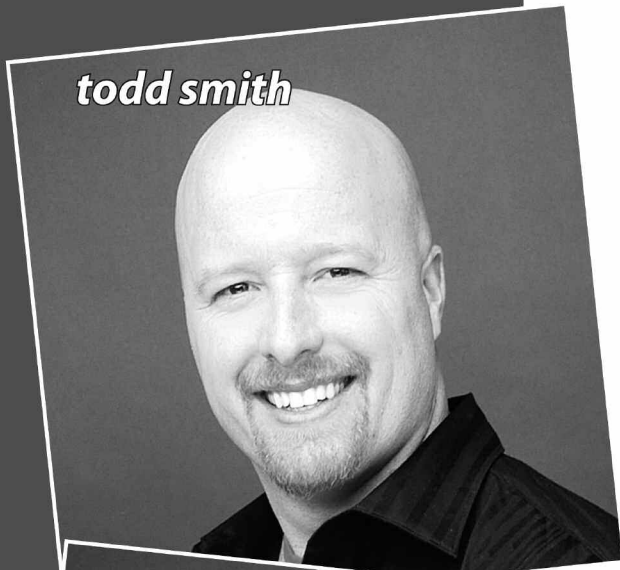
“We plan to conduct our study in internal medicine and ambulatory care settings where opportunities for patient-pharmacist interaction are more readily available,” Dr. Hernandez states.

“We hope the study results may lay the foundation for future patient-pharmacist communication research in clinical settings—particularly among minority populations.”

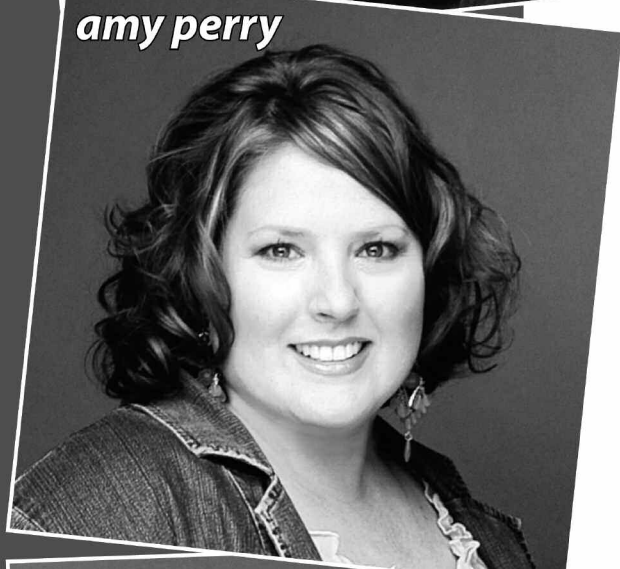
Co-investigators on the project with Dr. Hernandez include Joycelyn Mallari Yamzon, PharmD, assistant professor of pharmacotherapy, and LaDonna M. Jones, PharmD, assistant professor of pharmacotherapy.

Dr. Hernandez received his doctor of public health degree from Loma Linda University School of Public Health in 2005. He joined the School of Pharmacy faculty in July 2005.

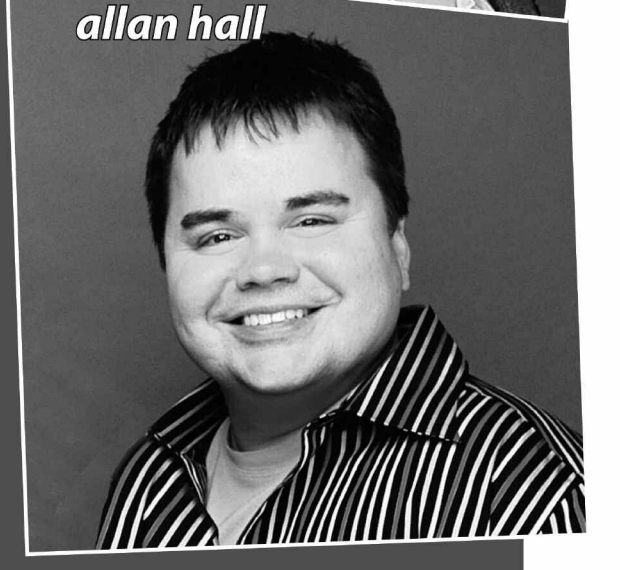
Part of his responsibilities in the School of Pharmacy include developing courses that involve an introduction to fundamental concepts, models, and theories related to public health practice, biostatistics, and epidemiology, and how they apply to pharmacological clinical practice.



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Call the Concert Line at (909) 795-4960

**Saturday  
March 21, 2009  
7:30 p.m.**

**Loma Linda University Church  
11125 Campus Street  
Loma Linda, CA**

Next TODAY  
March 9

[www.llu.edu](http://www.llu.edu)





On January 22, 2009, Patti Cotton Pettis, MA, executive director, office of philanthropy (center), accepts a \$1,100 donation and a Kiwanis teddy bear from Barstow High School Key Club officers. The students plan to continue their support of Loma Linda University Children's Hospital initiatives as their club raises funds each year.

## Barstow High School Kiwanis Key Club members raise \$1,100 for the LLU Children's Hospital

BY NANCY YUEN, MA

Two years ago, when students from Barstow High School were searching for ways to impact their community, they initiated a Key Club in their school. Key Clubs are groups of high school student leaders who are affiliated with Kiwanis International.

In 2007, the club held a fundraiser and donated money it had raised to support a local teen mom's class, giving each young mom a humidifier and baby thermometer as a Christmas present. As the group was choosing their philanthropic project for 2008, Solveig Kruse, a teacher at Barstow High School and Key Club faculty advisor, contacted Loma Linda University Children's Hospital Foundation.

After sharing with her students how Loma Linda University Children's Hospital (LLUCH) helps kids, and telling them how important the hospital is to children in the Inland Empire, club members chose to hold this year's fundraiser in support of LLUCH initiatives.

"This year," says Ms. Kruse, "we sold items from Cookie Lee Jewelry catalogs." As the students called on friends and relatives, they found it more difficult to make a sale than they had in the past. "It was challenging for them to try to raise funds in this economy," says Ms. Kruse. "One of the students told me that his grandmother, who buys items from every fundraiser, turned him down!" The students didn't give up, however, and when the event was over they had raised \$1,100.

On Thursday, January 22, 2009, Key Club members boarded buses in Barstow. After traveling two hours, they arrived at Loma Linda at 9:30 a.m., where Michael Bautista, grants officer, had planned a full morning of activities for them.

The students were welcomed by Dr. Andrea Thorp, a Kiwanis-sponsored physician who works in the LLUCH emergency department. They listened to a presentation from Dr. Pejman Katiraei, director, LLU pediatric 'wholistic' medicine clinic, who told them about wholistic medicine and shared some of the negative effects stress and anger can cause. Dr. Katiraei then showed them simple

biofeedback and stress reduction techniques.

During their visit, Key Club members also visited the medical simulation lab, where students practice medical procedures on mannequins (from newborns to adults), to help prepare them to work with patients.

"While working on this project," says Ms. Kruse, "the students learned valuable lessons about giving. And after seeing how Children's Hospital impacts the lives of kids, they decided to make raising funds for LLUCH an annual project."

After their visit, Key Club officers put their experience into words, which they later shared with Children's Hospital Foundation staff:

♦ Ilse Kruse, president: The trip to Loma Linda was amazing! The guides were extremely nice and informative. They made our trip more enjoyable with their friendliness and genuine personalities. I learned tons and was happy to get a better glimpse at what the money we donated helped with. It became more personal."

♦ Holly Murphy, vice president: "Visiting Loma Linda was a great experience. Instantly, as we entered the premises, we felt a warm welcome from all the staff. The Key Club learned a lot about what Children's Hospital does regarding their patients and the medical students. The dummy simulation was a fun experience. The stress-simulation exercises helped me; I have taken that experience home with me and have used it whenever I am stressed. I am appreciative to all those who have made our trip a success and am thankful for what they do for their communities and their patients."



During their tour, Tony San Lucas, coordinator, Medical Simulation Center (right), shows the Barstow High School Key Club members features of an infant mannequin.

# First Annual Believe and Walk for the Cure event raises \$200,000 for LLU Cancer Center

BY NANCY YUEN, MA

Annie Sellas, Cathy Stockton, and Nancy Varner, members of Inland Women Fighting Cancer, approached the office of philanthropy in early 2008 with plans to hold a fundraiser to benefit the LLU Cancer Center. Stater Bros. Charities agreed to co-sponsor the event, and before year's end, the First Annual Believe and Walk for the Cure became a reality.

The community responded to the need—and on October 12, historic Redlands became a sea of walkers, many dressed in pink. According to Mark Reeves, MD, PhD, director, LLU Cancer Center, the event fostered many good feelings in the community about the center and the care Loma Linda University is providing to families in the Inland Empire, and it funded research that will impact future

treatment of the disease.

Recently, the office of philanthropy hosted a luncheon at Wong Kerlee International Conference Center to say thank you to event organizers and sponsors. During

the luncheon, Stater Bros. Foundation presented a \$200,000 check to LLU Cancer Center. The date for the Second Annual Believe and Walk for the Cure—October 4, 2009—was also announced.



From left, Annie Sellas; Cathy Stockton; Jack Brown, president and CEO, Stater Bros. Markets; Nancy Varner; Susan Atkinson; and Sarah Cain, executive director, Stater Bros. Charities, present a check for \$200,000 to Loma Linda University Cancer Center.

## Pediatric 'wholistic' medicine clinic receives \$221,725 grant from Riverside foundation

BY JAMES PONDER AND NANCY YUEN

"What would you do with \$221,725?"

That's the question Pejman Katiraei, DO, recently found on his pager. The message, from Michael Bautista, a grants officer with the Loma Linda University Children's Hospital Foundation, heralded the news that Riverside Community

Health Foundation had funded a grant to allow the Loma Linda University pediatric 'wholistic' medicine clinic to add staff and expand its hours of service from one to two-and-a-half days per week.

Dr. Katiraei, clinic director and instructor in pediatrics at the LLU School of Medicine, says the grant

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TODAY

• LOMA LINDA UNIVERSITY  
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• LOMA LINDA UNIVERSITY Children's Hospital  
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LOMA LINDA UNIVERSITY

Volume 22, Number 4  
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