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Loma Linda University Health

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Hospital, university celebrate Medical Center's 50th anniversary

A hospital building's impact on a community and on the world was the theme of a 50th anniversary celebration of the opening of Loma Linda University Medical Center's current cloverleaf structure. The program took place in the Loma Linda University Church, Sunday, August 27.

"Along with the original purchase of the Loma Linda property in 1905, the decision to construct the current hospital building and consolidate medical education on this campus is one of the most significant events in this institution's history," said Richard Hart, MD, DrPH, president of Loma Linda University Health.

That decision came against a background of controversy within both the United States and the Loma Linda organization internally.

"The mid 1960s was a tumultuous time for this country," said Kerry Heinrich, JD, medical center CEO. "There were racial tensions, controversy over the Vietnam War, factions that developed over how we should operate as a society. All of the controversy over the redesign of health care, through Medicare."

Loma Linda University faced additional pressure through demands that accrediting organizations were making for the medical school to combine the two years of science education and the two years of clinical education onto one campus. At the time, Loma Linda University had taught science courses on the Loma Linda campus, while the clinical rotations took place in Los Angeles at White Memorial Medical Center and County USC Medical Center.

After a series of vacillating decisions between consolidating in Los Angeles or in Loma Linda, the board of trustees settled on combining the two programs in Loma Linda. Because of that decision, physicians, who also served as faculty members for the clinical program, were forced to decide to either stay in Los Angeles or leave their lucrative practices and support the Loma Linda initiative.

While many physicians wondered if they would be able to survive financially in Loma Linda, it was the controversial establishment of Medicare that played a role in the ultimate success of the consolidation.

"In a way I would say it was providential," said Ralph Thompson, a long-time general surgeon at Loma Linda University. "Medicare gave us hope that we would have a way to finance a practice if we moved to Loma Linda."

It quickly became evident that the existing sanitarium building would be inadequate for the clinical education needs. So a project to construct a new medical center building began in 1964. Three years later, patients were transported from the sanitarium building to the medical center on July 9, 1967.

The cloverleaf-shaped tower has become a Loma Linda icon. But as important as the building itself has been, clinical treatment innovations developed at the medical center have gone on to change how health care is delivered internationally. Those include:

- **Proton therapy for cancer treatment** — The vision of James Slater, MD, to find a way to minimize damage to healthy tissue while attacking cancer sites with radiation. Loma Linda University Health's James M. Slater, MD, Proton Treatment and Research Center was a leader in the search for ways to target approaches to treating cancer.
- **Coronary angiography** — Melvin Judkins, MD, developed the tools and techniques to revolutionize the approach to cardiac medicine. Judkins invented three types of catheters that are now used by coronary care physicians internationally.
- **Perinatal research** — Lawrence Longo, MD, brought together researchers from various medical and scientific disciplines to study hypoxia and its effect on fetal development. Over 40 years, researchers have moved from relatively simple theories to now looking at genetic modification ideas.
- **Fetal heart monitoring** — Edward Hon, MD, began a residency at the White Memorial Hospital in 1961 after study at Yale University. His work in developing technological solutions to monitoring fetal heart rates has led to dramatic improvements in obstetrical care around the world.
- **Infant heart transplantation** — At the same time the medical center building opened, adult heart transplants were first being initiated internationally. It occurred to Leonard Bailey, MD, that those same techniques might be used



(Above) Richard Hart, Loma Linda University Health president, interviews people who were children of faculty members involved in medical center building opening in 1967. From left next to Dr. Hart are Richard Chinnock, MD; Patti Smith Catalano, BS, RN; Jeffrey Thompson, MD; David Hinshaw, Jr., MD; Jay Jutzy, MD; and Robert Rosenquist, Jr., MD.



(Left) Richard Hart shares memories with Harvey Elder, MD, one of the physicians involved in the early days of the current Medical Center building.

to save babies' lives. Bailey's research included the concept of cross species transplantation, which was ultimately attempted in the Baby Fae case. With the support of the institution, Bailey transplanted a baboon heart into an infant girl known publicly only as Baby Fae. About a year later, Bailey performed the first infant-to-infant heart transplant on a patient known as Baby Moses. Infant heart transplant procedures are now done internationally.

Along with the dozens of personal recollections shared during the program, the anniversary event also triggered a look at Loma Linda University Health's future. Again, the organization is in the process of constructing a new medical center building, this time to meet seismic safety requirements imposed by the State of California. This project is taking place during a time of renewed social unrest and racial tension in the United States. And how health care will be financed is again being addressed by the government, through the Affordable Care Act and efforts to modify that program.

"I'm struck by the societal similarities surrounding the two construction efforts," Hart said. "Internally, in 1967 we created a single Loma Linda operation in a physical sense. Today we are progressing toward 'One Loma Linda' organizationally, as we unite under common bylaws and policies.

"We had lots of questions about fundraising," Hart added. "We need to raise \$360 million through philanthropy to support the project. We have never raised that amount in a campaign before. We've been blessed, though, as Vision 2020 – The Campaign for a Whole Tomorrow has generated \$267 million in support so far."

While the cost difference between the two projects is striking — \$22 million for the current building; \$1.5 billion for the new construction — the goal for Loma Linda University Medical Center remains the same: to continue the teaching and healing ministry of Jesus Christ.

Vision 2020 – The Campaign for a Whole Tomorrow is a comprehensive campaign that was launched to support a transformational vision for education and research, wholeness and clinical care including the new Adult Hospital and expanded Children's Hospital construction project.

A photo album of the anniversary program can be found at <http://bit.ly/2vpvUp>.

To view a 90-minute video of the anniversary program and learn how to get involved with Vision 2020, visit www.lluhvision2020.org.

Many Strengths. One Mission.

Leaving a legacy of support

The new hospital complex currently under construction at Loma Linda University Health will rest on 126 steel pedestals, each weighing approximately 19,000 pounds. These pedestals serve as the cornerstone of the earthquake protection system for the hospital. Sliding bearings mounted to the top of the pedestals will serve to isolate the building from the damaging effects of horizontal earthquake shaking. During the week of August 21, Congressman Pete Aguilar and Children's Hospital patients participated in the first of several pedestal signing

sessions. As the week continued, hundreds of employees, leadership, special guests and supporters, and members of the Board of Trustees took advantage of additional opportunities to sign one of these pedestals, each person forever leaving their mark on the new facility.

To keep up with the most current news regarding this new era in the life of Loma Linda University Health, keep checking the website for Vision 2020—The Campaign for a Whole Tomorrow, at lluhsvision2020.org.





Loma Linda University Surgical Hospital wins three excellence awards from NRC

By James Ponder

Loma Linda University Surgical Hospital received three 2017 Excellence and Improvement Best Practice Awards during a ceremony at the 23rd annual NRC Health Symposium for Patient-Centered Care, Sunday, August 6, in Boston.

The awards are given to health care organizations for dedication to improving the patient experience. Surgical Hospital received Patient-Centered Care Dimension Awards in three categories: continuity and transition, physical comfort, and respect for patient preferences.

NRC Health recognizes hospitals and health systems that have exhibited an exceptional commitment to understanding individuals' complete care journey. It calls award winners "elite organizations that have received the highest ratings of overall satisfaction by patients and their families."

Jonathan Jean-Marie, MHA, vice president/administrator of LLU Surgical Hospital, said that although 426 hospitals were eligible, only 30 hospitals from the United States and Canada received awards at the symposium. A top performer, LLU Surgical Hospital was the only organization to receive more than one award, earning recognition in three out of eight patient-centered care categories.

"It is a tremendous honor to be recognized for the amazing care we provide to our patients and their families," Jean-Marie said. "It highlights our team's incredible work and commitment to patient-centered care."

Jennifer McDonald, executive director of patient experience for Loma Linda University Health, said the awards reflect the staff's efforts to provide the highest quality of care in the safest, most compassionate environment. "Receiving these awards demonstrates how much talent and commitment exists within our walls and our hearts," McDonald said.

Two former patients, Andrew Rybak and Chris Carney, were so impressed with the quality of care and service they received at Surgical Hospital that they wrote letters to the staff.

In his letter, Rybak noted that Mark T. Dickinson, MD, and his entire staff were not only professional, but also caring and concerned. "From the receptionist to all the nurses and doctors, their concern and calm, professional and genuine care for me was truly overwhelming and humbling," Rybak said, noting that the hospital seemed more like a great resort than a hospital to him.

In his letter, Carney, mentioned the entire care team, including the "Vampire friend" who drew his blood every day during his May 2017 stay. He was especially grateful to Herbert Ruckle, MD, chair of urology, for saving 80 percent of his kidney, after a physician at another facility had told Carney that he would lose the entire organ. "My family and I want to thank all of your staff for taking care of me," Carney said. "There was not one bad



Helen Hrdy (left), senior vice president of client service at NRC Health, celebrates with Anette Nunn, director of patient care at LLU Surgical Hospital, and Jonathan Jean-Marie, vice president and administrator of Surgical Hospital.

apple in your group. Your staff is very special to us, and again we thank you very, very much for all of your caring and support."

Natalya Virkh, RN, a nurse on unit 2100, said there are two reasons for the high level of patient satisfaction at Surgical Hospital: open lines of communication and educating every member of the staff in the organization's high standard of care.

Virkh said she encourages patients to express their needs, advocates for them, and urges them to advocate for themselves. She had high praise for the hospital's standard of care which, she said, is reinforced every day by doctors, charge nurses and directors of the Hospital. "I am happy to work here!" Virkh said. "I've worked in a lot of other places and it's like I just won the lottery getting to work here. When we feel supported as the nursing staff, we feel great happiness about our working environment as a whole."

Loma Linda University Surgical Hospital offers a high degree of expertise and specialization by restricting its focus to metabolic and bariatric surgery and robotic surgery for urologic and gynecologic concerns.

Recognized as a top market-research firm, NRC Health offers analytics and insights that help health care organizations measure patient satisfaction and engagement and customer loyalty.

University website goes live with redesign

By Heather Reifsnnyder

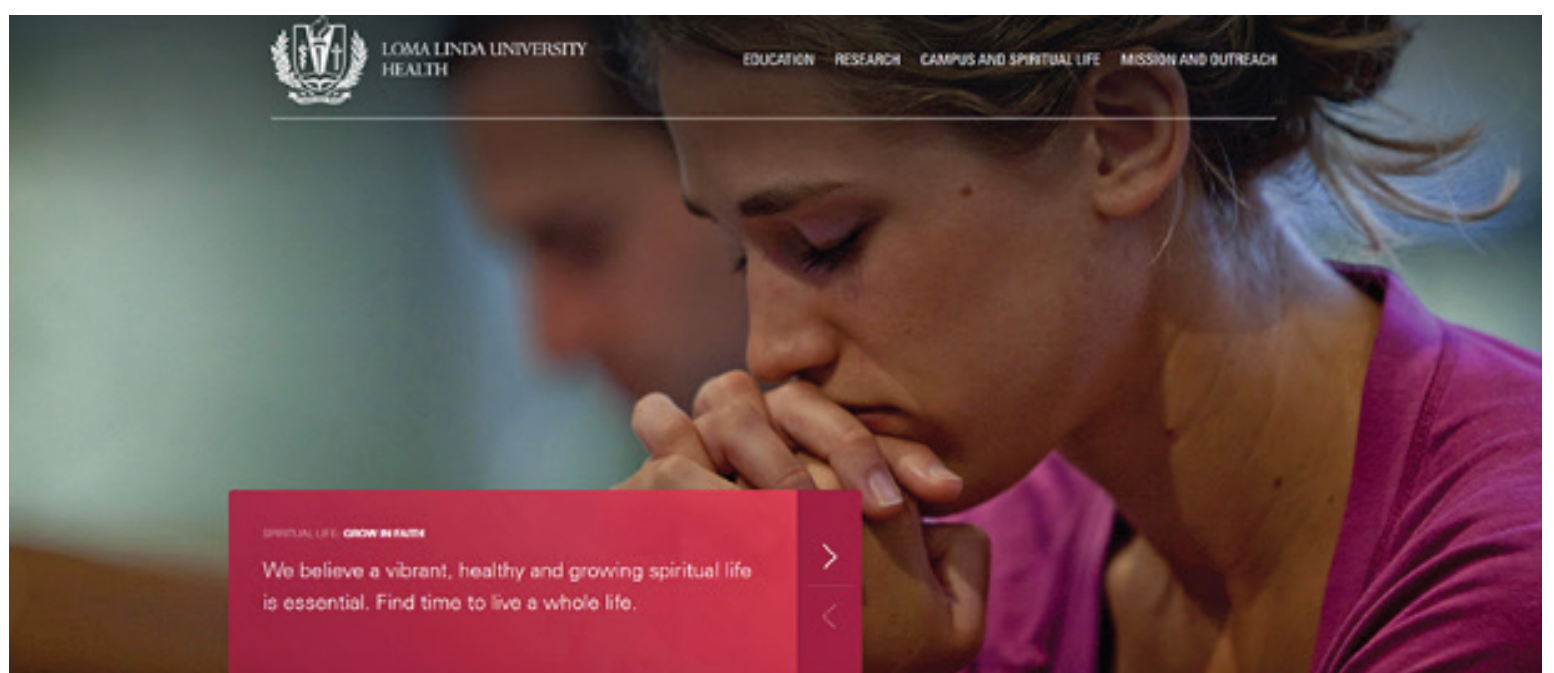
The Loma Linda University website has relaunched, giving a first look at an organization-wide website redesign improving upon form and function. All Loma Linda University Health webpages will receive the same treatment by year's end, hence the redesign's moniker: "Look 17."

The visual experience at llu.edu offers new eye-appeal that, through deliberate use of color, imagery, text and video in a modular layout, guides readers to the content they most want. This experience also translates to mobile viewing.

All this works together with curated content that highlights the integration of health, science and Christian faith that is the hallmark of a Loma Linda University education. Along with better presentation of key information, the homepage now highlights student testimonials and storytelling.

"Sharing your story invites others into your life," said Ralph Ambrose, director of web services. "Stories build community, inspire hope, teach, even heal. Look 17 empowers storytellers to convey our unique narratives."

In addition to this improved on-page experience, a new top navigation and a



new page footer will ensure easy linkage to the most essential and frequently visited webpages, making it easier for website visitors to find the information they need.

The Web team will relaunch a few more sites, and occasionally an additional feature, every couple of weeks. With these improvements in place, website users will find it easier to locate the information that is vital to their health and education.

National healthcare industry publication names Behavioral Medicine Center as a top workplace

By Larry Becker

Loma Linda University Behavioral Medicine Center (BMC) has been identified as one of the top workplaces in the healthcare industry, according to Modern Healthcare magazine.

Recognized as the leader in healthcare business news, research and data, Modern Healthcare revealed the 150 companies and organizations on its 2017 Best Places to Work in Healthcare list. This recognition program is now in its 10th year. The annual survey allows Modern Healthcare to honor workplaces throughout the healthcare industry for empowering their employees to provide patients and customers with the best possible care, products and services.

Organizations are selected based on an assessment process the magazine operates in partnership with the Best Companies Group. Nearly 350 randomly-selected BMC employees completed an extensive employee survey.

Kerry Heinrich, JD, CEO of Loma Linda University Medical Center, said the recognition from Modern Health Care validates the sense of purpose Loma Linda University Health employees demonstrate at work every day.

“Our commitment to whole person care at Loma Linda University Health applies not only to our patients, but to our employees as well,” Heinrich said. “The Behavioral Medicine Center team serves with dedication and compassion as they support patients facing critical moments in their lives. This survey reveals our employees value their respectful, team-focused workplace. We are grateful that Modern Health Care has identified our team for this singular honor.”

Edward Field, MBA, vice president for the Behavioral Medicine Center, said the award from Modern Health Care is an affirmation for the integrated treatment approach the BMC staff uses in addressing mental health issues.

“Each day our leadership team is focused on engaging our staff,” he said. “We believe our work to create an environment where they can learn, grow and thrive together as a team demonstrates the value we place in them. This award validates those efforts.”

Kristyne Armenta, a clinical therapist who works in the social services department on the adult unit, confirms the BMC offers employees a positive workplace.

“Anytime I need to speak to a director or my direct



Loma Linda University Behavioral Medicine Center employees celebrate the recent award from Modern Health Care.

supervisor, they always offer abundant support,” Armenta said. “I never feel afraid to come to them with something. They have your back no matter what.”

Armenta joined the BMC staff in September 2016 after working as a San Bernardino County social worker.

“I’ve had an amazing experience,” Armenta said. “Here you really feel like teamwork makes the dream work. Each person who works on a case, whether psychiatrist, dietician, occupational therapist, nurse, even the chaplains, we all come together to provide the best possible care.”

Jane Pasuhuk, a registered nurse who has worked at the BMC for nearly 20 years, agrees that the team-based approach to patient care is an essential value to the employees there.

“The BMC is a great place to work because of the people,” Pasuhuk said. “By practicing living our values, compassion, integrity, excellence, teamwork, and wholeness, we become a great team.”

“Management is very supportive,” Pasuhuk added. “They are very caring, and always take time to listen regarding concerns and suggestions.”

Pasuhuk also points to the BMC’s faith-based perspective as significant.

“Reflecting God’s love through caring, respect and empathy is very important to our work environment and for our patients’ healing,” she said.

The BMC will be honored at the 2017 Best Places to Work Awards Dinner on Thursday, September 28, in Las Vegas, Nevada.

Anaheim Ducks Power Players, mascot visit Cancer Center

Patients at Loma Linda University Cancer Center recently received a spirited visit from the Anaheim Ducks mascot, Wild Wing, and two of their Power Players. The hockey enthusiasts delivered Ducks paraphanelia and visited with patients undergoing treatment. This was the Ducks’ fourth visit to the Cancer Center since 2013.

The Anaheim Ducks have supported the Cancer Center since October 2013 after they hosted the first Hockey Fights Cancer Night at the Honda Center, their home arena in Anaheim. They’ve since hosted two such events at the arena in 2014 and 2015 and have raised nearly \$57,000 for the Cancer Center.



Loma Linda University launches diagnostic medical sonography bachelor's degree

By Ansel Oliver

Loma Linda University School of Allied Health Professions has introduced a bachelor's degree in diagnostic medical sonography, expanding the program from a certificate to supply an industry that is increasingly seeking graduates of a four-year program.

Applications are now being taken for the program's first bachelor's degree co-hort. The priority deadline to apply is October 15, with a final deadline of December 15.

Medical sonography, commonly known as ultrasound scanning, is a diagnostic medical procedure that uses high frequency sound waves to produce dynamic visual

images of organs, tissues, or blood flow inside the body. Unlike X-rays, sonography is a radiation-free imaging modality.

Sonography is often used to examine many parts of the body, such as the abdomen, breasts, obstetrics & gynecology, prostate, heart and blood vessels. Sonography is increasingly being used in the detection and treatment of heart disease and vascular disease that can lead to a stroke. It is also used to guide fine-needle tissue biopsies.

A sonographer may provide this service in a variety of medical settings where the physician is responsible for the use and interpretation of ultrasound procedures. Sonographers assist physicians in gathering sonographic data necessary to reach diagnostic decisions.

"This is such a rewarding field," said Marie DeLange, program director for diagnostic medical sonography at Loma Linda University's School of Allied Health Professions. "There is great satisfaction and reward to be able to use critical thinking skills in partnering with physicians to determine a diagnosis to better care for the patient."

Loma Linda University's diagnostic medical sonography degree is a 27-month program, approximately 80 percent of which is classroom coursework and 20 percent completed online. Students spend more than 30 hours a week in a clinical setting. Classes are held once a week.

Loma Linda University also offers a cardiac sonography certificate, which involves more in-depth study of the heart, including heart hemodynamics, normal anatomy, disease processes and patient treatment.

The cardiac sonography certificate program begins each autumn, and the program length is 12-months. This program prepares students to sit for the board exam and RDCS credentialing exam. All students are required to take and pass the ARDMS Standard Physics and Instrumentation (SPI) exam before completion of the program.

The program announcement follows last month's news that the school has also expanded its nuclear medicine certificate into a bachelor's degree.

"We continue to offer newly expanded programs so our students — and their future employers — will receive the greatest possible benefit for serving patients," said Laura Alipoon, EdD, RT, chair of the school's Department of Radiation Technology.

Marie DeLange, DMS, program director, instructs a diagnostic medical sonography student.



Blood donor reaches 101 gallons benefiting Loma Linda University Medical Center

By Nancy Yuen

A post anesthesia care unit and recovery room nurse at Loma Linda University Health donated his 101st gallon of blood at LifeStream in San Bernardino on June 30.

Dexter Emoto, RN, a frequent marathon runner, regularly donates blood at LifeStream. Because multiple patients can benefit from each pint of blood, LifeStream estimates that the blood Emoto has donated has benefited between 1,500 to 2,000 people.

Donors may choose which facility receives their blood, and Emoto has chosen Loma Linda University Health to receive all 101 gallons.

Emoto said he is humbled to have passed the 100-gallon mark. "I consider it a privilege and honor to share my blood with the patients at Loma Linda University Medical Center and will continue as a donor," he said. "I give my Lord, Jesus Christ, all the credit — the ability to stay healthy, enjoy my job as an RN and to run marathons is His work, not mine."

Renee Sedillo, a donor specialist at LifeStream, has gotten to know Emoto well during his visits. Sedillo drew Emoto's blood Thursday, June 1, when he was honored by LifeStream for reaching 100 gallons in lifetime blood donations.

"I know that sometimes Dexter comes in straight from working," she said. "He may be tired, but that's how important he considers giving blood."

Emoto became a donor in 1974 while he was attending Pacific Union College in California's Napa Valley. "I knew then that my blood could help someone in need of healing," he said. "Ever since, I've just wanted to share my blood with someone in need."

Emoto joined Loma Linda University Health



LifeStream held a ceremony for Dexter Emoto, RN, on June 1 as he reached the milestone of donating 100 gallons of blood. His mother Nora Emoto joined him for the ceremony. Last week he broke through the milestone and achieved 101 gallons of donated blood.

full-time in 1984 after working as a volunteer nurse in the operating room at Kobe Adventist Hospital in Kobe, Japan. He met Hiroko, his wife of 36 years, while volunteering in Japan. The couple has two adult daughters.

Emoto recently received two medals — the first from LifeStream to commemorate his milestone blood donation of 100 gallons on June 1

and the second earned just three days later, when he completed a full marathon on June 4.

While Emoto usually takes a break from donating right before a race, he didn't want to miss the San Diego Rock 'n' Roll Marathon, which he had run 15 years in a row.

Emoto, whose nickname is "The Marathon Man," began running marathons after a colleague at work encouraged him to run the Los Angeles Marathon.

Emoto joined the Loma Linda Lopers, a club in the Inland Empire that trains walkers and runners. He completed his first marathon in 2004 and has gone on to complete 135 marathons and 137 half marathons with the goal of staying healthy and injury free.

"We all are running a race every day that begins as soon as we wake up in the morning," he said. "How we run it is the challenge we face. With God running with us, we can finish the race."

Dexter is assisting LifeStream with a September 17 5K Life Run/Walk to raise awareness about the importance of blood donation. "I'd like to invite everyone to participate," he said. "A 5K is 3.1 miles and is a great way for everyone, including non-runners to stay active."

Loma Linda University faculty member to deploy to Kandahar, Afghanistan

By James Ponder

A Loma Linda University School of Medicine faculty member will soon be heading to Kandahar, Afghanistan, with the California Army National Guard's 40th Infantry Division in support of Operation Freedom's Sentinel.

Nathan R. Wall, PhD, MBA, MS, associate professor and director of the graduate program in biochemistry at Loma Linda University, will on October 7 deploy as the mission's Deputy CJ-4 and Chief Medical Operations Officer.

"We will have operational control of the 82nd Airborne Division," he said, referencing the Army's elite airborne infantry division from Fort Bragg, North Carolina. Major Wall describes his duties as, "deputy chief logistician, responsible for planning, developing, and directing the logistical operations, both medical and non, of the deployment."

The division will have boots on ground in Kandahar for nine months, with a total service time of nearly a year.

"Prayerfully, with the wisdom of the Holy Spirit, we will provide support, training and care for our soldiers and the people of Afghanistan."

Wall will go without his wife, Jill Renae Schoepflin-Wall, and their five children: Jose, 21, Victoria, 18, John, 15, April, 10, and Valerie, 9. He says his family is very supportive. "When I joined the military, we joined the military."

"My wife manages the household with dedication and precision when I am gone to my military duties," Wall said. "She has taught the youngest children to respond when questioned about their Daddy's service, 'when he serves, we all serve.'"

Wall said he has been fortunate as a State Guardsman to have been able to serve here at home when the Governor of California calls for his citizen soldiers. "I am, however, looking forward to an experience like none I've ever had, serving in Afghanistan," he said.

Although Wall seems unimpressed to the danger he will face during his active duty in the war-torn nation, he admits to only truly feeling anxious for the



He may be known to his students as Dr. Wall (top), but Nathan Wall is Major Wall to his soldiers.

soldiers within his command and to the level of his and their preparedness.

"I love these soldiers," he said. "They stand ready to do their country's business at a moment's notice. Being a part of this, a part of them, is an honor. However, ensuring that we all come home, and safely, is a priority. I am proud to be a part of Operation Freedom's Sentinel and to support the amazing traditions and people of Afghanistan."

Wall said he hopes to be able to visit Wazir Akbar Khan Hospital in Kabul, where G. Gordon Hadley, MD, late dean of the Loma Linda University School of Medicine, and numerous other Loma Linda University physicians and health care workers have served for many years.

While Wall said he feels honored to serve his country in this fashion, he revealed where his heart truly is when asked what he most looks forward to about serving in Afghanistan.

"Probably coming home," he quipped with a smile.

Second annual Baby Conference supports new parents and parents-to-be

More than 200 new and expectant parents attended Loma Linda University Children's Hospital's (LLUCH) second annual Baby Conference on Sunday, August 20. Multiple vendors were on hand offering useful information about babies and parenting, giveaways, and even a little fun.

Alo Wellness provided a cooking demonstration on healthy, homemade baby food.

LLUCH's Courtney Martin, DO, an obstetrician and gynecologist, gave insight into the world of postpartum depression, and Raylene Phillips, MD, a pediatrician and neonatologist, informed guests of the importance of breastfeeding.

And, what's a baby conference without babies? Free child care was offered by event volunteers and LLUCH child life services so parents could have some free time to fully immerse themselves in the event.

Check out the highlight video to see what else happened at <http://bit.ly/2w1VUih>



Mutual support thrives at pulmonary hypertension group meetings

By Genesis Gonzalez

The Inland Empire's only support group for pulmonary hypertension is embarking on its second year of helping patients of all ages cope and manage this unique, but life-changing condition.

In August, the Pulmonary Hypertension Support Group met for the third time at the Drayson Center's Collins Auditorium. Paresh C. Giri, MD, FCCP, medical director for Loma Linda University Health's Pulmonary Hypertension Program, created the group to help patients gain a better understanding and a clear sense of what their condition entails.

Pulmonary hypertension is high blood pressure of the lungs and is often referred to as the "other type of high blood pressure." Patients experience shortness of breath, fatigue, chest pain or dizziness. Many of these symptoms can be associated with other cardiac and pulmonary conditions, such as heart failure and asthma. This is why it can sometimes delay proper diagnosis of pulmonary hypertension.

"We want to make sure individuals understand the complexities of the disease and learn about it from each other which is probably one of the main reasons for patients and their families to attend," Giri says.

The support group is an informative opportunity for patients to explore their condition through expert discussions, tips and resources and, of course, the strength of mutual support. Patients are invited to connect with others experiencing similar real-life hurdles of oxygen tanks, pumps, medications and treatments that have worked or failed. Many patients are open to sharing their personal stories of triumph and hardships during the meetings.

"To hear from other people and what they're doing to cope can often be a surprise," Giri says. "For example, to hear how one person has coped with and overcome side effects of continuous intravenous medications may be eye-opening to another. There are so many snippets of connections that happen when patients share their stories; there is certainly healing through sharing."

"Patients are truly enlightened by the educational aspects of coming to the meetings and learning more about the disease process," says Jeanette Merrill-Henry, RCP, RRT-NPS, pulmonary hypertension coordinator at Loma Linda University Health. "It awakens them to a sense of urgency, hopefully, about their condition, and to take it seriously."



Loma Linda University Health offers the Inland Empire's only support group for those suffering from pulmonary hypertension, which is high blood pressure in the lungs.

Group meetings are held quarterly at the Drayson Center. The meeting room offers sufficient space and accessibility for patients in need of greater mobility or access to power outlets for oxygen concentrator use. Previous meetings have included presentations from nutritionists, social workers and physicians. Attendees are encouraged to recommend future topics of discussion.

Giri is available at every meeting to answer questions. Lunch is provided. A local band usually performs after the meetings, giving patients time for fun.

The pulmonary hypertension support group's next meeting is scheduled for Nov. 5, 2017, at 12 p.m. Merrill-Henry says it's important for patients living with PH to remember support is always available.

"You're not alone, and living with pulmonary hypertension is something that should not and cannot be done alone," Merrill-Henry says.

For more information or to make an appointment, call 909-558-2896.

Redlands Sewing Center joins forces with hospital to create stockings for babies born during the holiday season

By Briana Pastorino

The Total Care Birth Center (TCBC) at Loma Linda University Children's Hospital (LLUCH) is already gearing up for Christmas.

Volunteers from the community gathered at Redlands Sewing Center in June to put together the stockings in readiness for Christmas 2017.

Two hundred stockings were made and will be given to babies born Dec. 10 through Christmas day at LLUCH.

In years past, TCBC nurses organized sewing parties to make the stockings.

Last year, TCBC's nurses made 100 Christmas stockings for all babies born from the second week of December until Christmas Day – but 100 wasn't enough. This year, they are getting ahead with the help of the local business and nursing staff from the hospital.

When asked why this project was important to them, TCBC nurses referred to scripture: "A gift opens the way and ushers the giver into the presence of the great." (Pro. 18:16).



Volunteers work diligently at Redlands Sewing Center in June to create 200 Christmas stockings that will be distributed at the Total Care Birth Center at LLUCH.

School of Nursing cuts tuition for RN-to-BS program

By Nancy Yuen

Loma Linda University School of Nursing has reduced tuition for its RN-to-BS degree program by nearly half in order to make the program more accessible for working nurses.

Tuition was reduced to \$19,600, down from \$35,000, to attract more nurses who wish to complete their bachelor of science degree in nursing, said Joanna Shedd, PhD, CNS, RN, program director of the school's RN-to-BS in nursing program.

Nurses who complete the program open the door to greater professional opportunities, including working as a nurse manager, supervisor or charge nurse, Shedd said.

She said nurses practicing with an associate's degree who have been unable to complete their BS degree due to high tuition costs or because of stringent prerequisite requirements are encouraged to try again.

The school's RN-to-BS degree program is now fully online and is structured to accommodate schedules of working nurses by allowing them to complete it full- or part-time.

Students in the program will explore areas of professional interest, including public health nursing, management and research under the guidance and instruction of expert and caring faculty. The faculty is committed to helping each student reach the highest level of success possible, Shedd said.

"Our faculty care about every student," she said. "The students in our program are not just a number."

Student evaluations support this. "The professors are easy to meet with or reach via phone or email," wrote one student. "The teachers in this program get to know the students and care about them," commented another.

Program vitals

School of Nursing faculty are taking great care to decrease the anxiety of nurses who are considering going back to school to pursue a BS degree after having strong experience as a professional nurse, said Andreia Lofthouse, executive director of student and alumni relations for the school.



The School of Nursing's RN-to-BS degree program is now 100 percent online and is structured to accommodate schedules of working nurses.

Nurses who may have inquired about the program several years ago will benefit from changes to program requirements, she said.

Applicants are no longer required to have taken physics or a second language, and there is no longer a five-year limit to have completed science courses if they are working full-time as a nurse, Lofthouse said.

Nurses are encouraged to contact the school's office of admissions before submitting an application. "We are committed to students even before they apply," she said. "We review transcripts and provide guidance as nurses complete prerequisites for the program in schools in their area."

For information, visit: <http://nursing.llu.edu.undergraduate-programs/rn-bs-nursing>

Loma Linda University expands nuclear medicine program to bachelor's degree

By Ansel Oliver

Loma Linda University School of Allied Health Professions has introduced a bachelor's degree in nuclear medicine, expanding the program from a certificate in an effort to meet the needs of the industry that is increasingly seeking graduates of a four-year program.

Nuclear medicine is a specialty that uses nuclear properties of radioactive and stable nuclides to make diagnostic evaluations of a body's physiological conditions on a cellular level. Unlike an X-ray, which uses radiation to scan a body, nuclear medicine uses radiation from a person's body to detect things on a microscopic level, such as tumors or abnormal vascular or cardiac function.

The nuclear medicine program at the School of Allied Health Professions includes computed tomography (CT), which means graduates can also sit for the CT boards. The program covers positron emission tomography, computed tomography (PET-CT) and single-photon emission computed tomography (SPECT), imaging modalities that have become more common in the past decade.

Graduates of the program can work in hospitals, clinics, stand-alone cardiology clinics, nuclear medicine clinics, research, teaching or administration.

Starting annual salaries in Southern California's Inland Empire range from \$90,000 to \$110,000, says program director Raynold Ho.

"You can really help people, and it's a great career and life," Ho says. "Very few people know about this profession, and there are so many good opportunities."

College pre-requisite courses for the program include introduction to physics, anatomy, physiology, algebra and chemistry.

Ho said the nuclear medicine program at Loma Linda University has had a 100 percent graduation rate for many years, and all graduates have found jobs soon after passing boards.

"I'll be honest, I wasn't exactly five years old and dreaming of becoming a nuclear medicine technologist," Ho says. "But when I came across it, I thought this was something I could absolutely do for the rest of my life."

For more information, visit llu.edu/nucmed or call 909-558-4931.



Starting salaries for graduates of the School of Allied Health's nuclear medicine program range from \$90,000 to \$110,000.

Children's Hospital patient keeps a promise

By Genesis Gonzalez

Former patient Josslyn Tramel arrived at Loma Linda University Children's Hospital the other week to make good on a promise more than a year in the making. With mom and twin siblings by her side, 10-year-old Tramel took her first steps back on the unit floor where her life was saved last year following an electrocution accident in a pool.

Her arrival was met with warm hugs, smiles and balloons as unit 5700 welcomed Tramel back. Janelle Cicero, RN, was by Tramel's side during her hospital stay and beamed at the sight of her walking on her own.

"It's amazing how far Josslyn has come," Cicero said. "This is truly a blessing to see her after a year."

Though her ability to walk and even jump on her own was incredible to witness, it was Tramel's growth spurt that first took Cicero by surprise.

"I'm taller than a 23-year old," Tramel exclaimed while standing back-to-back with her former nurse.

The visit brought fun surprises for both Tramel and staff. She handed out homemade thank you cards to each team member who cared for her during her eight days at the Children's Hospital. Her mother arrived with a cart full of sandwiches from Panera Bread as a sign of her appreciation.

"If Josslyn survives this, I promise she will walk through those doors on her own two feet to thank everyone who helped her," Tramel's mother, Kim, said. Given Tramel's poor condition at the time, few people believed the Tramels would ever be able to make good on such a promise.

Cicero and team had their own bag of goodies to give Tramel and her siblings, Calista and Nate, who also took part in the festivities. They were thrilled to receive new coloring books and crayons. Tramel opened a gift created just for her — a stuffed bunny dressed as a Loma Linda University Health nurse. When Tramel pressed on the bunny's hand, she was overcome by the heartfelt message: "Joss, Loma Linda's PICU loves you. We're so happy you're better." She held her new friend close to her heart.

But the gifts didn't end there; Tramel also received a beautiful necklace to complement her



Josslyn Tramel embraces Janelle Cicero, RN at Loma Linda University Children's Hospital who stood by her side during her hospital stay a year ago.

cheery disposition. Though overcome with happiness, it was difficult for her to recall the time she was a patient at the Children's Hospital. Cicero took Tramel to one of the vacant rooms on the floor to try and jog her memory. It was still tough for her to remember, considering she arrived and left in a coma. Her mother said she will always remember the two times her daughter had to be revived.

"They never gave up on her," said her mother, Kim.

Last year on Easter Sunday, Josslyn and her family were enjoying the holiday weekend at their Palm Springs residence. Family and friends were enjoying each other's company, with most of the party going in the pool. What was just another family function took a

turn for the worse when those swimming in the pool began to be electrocuted by faulty wiring, including Josslyn. Her father, Jim Tramel sprang to her rescue.

Josslyn was immediately transported to the Children's Hospital pediatric intensive care unit as the fight for her life began. While transported in a helicopter, Kim remained at her daughter's side offering her support and love. Though fearful for her daughter, it was devastating for Kim to learn 30 minutes prior to arriving at the Children's Hospital her husband — Josslyn's father — had passed away.

"I don't know if my kid would have survived anywhere else. They held her hand and mine through a very difficult time," Kim said. The staff cared

for her daughter not just as another patient, but like family and loved like family. Even her twins at the time were looked after by Cicero and team. "If I had to do something or even step away, I knew Janelle was going to be there."

Tramel was eventually transferred to the University of San Francisco Medical Center pediatric intensive care unit, where she remained until her health improved and moved into rehabilitation for the remaining three months. The move was to bring her closer to home.

Throughout Tramel's recovery process, her mother kept in touch with Cicero and nursing staff.

Tramel will return to school as a healthy, active fifth grader. Her mom said she's a different kid now because of her experience, but she hasn't lost her spirit for life, creativity and artwork. And while the family made good on one of mom's promises after Tramel pulled through, she hasn't forgotten about another one of mom's promises — a trip to Paris!

Patients treated to afternoon of fun at Fall Community Day



Patients at Loma Linda University Children's Hospital (LLUCH) were treated to an afternoon of games, activities, giveaways and photo ops at Luke's Pride Fall Community Day. Local businesses and organizations came out to the hospital Thursday, August 24 to give patients a little distraction from treatment.

LLUCH patient Holiday Sewell, 10, of Desert Hot Springs enjoyed the event with her mom while taking pictures with some friendly mascots including Chipper from the California Highway Patrol, Thummer the Pig from the L.A. County Fair, and of course Luke the Lion from LLUCH. The highlight of her day was getting crowned (left) by Miss Los Angeles County, Katie Bozner.

Community businesses and organizations in attendance were:

- 99 Cents Only Stores
- Make-A-Wish Foundation
- Homewood Suites by Hilton
- L.A. County Fair
- Ashley Furniture Homestore
- Miss Los Angeles County, Katie Bozner
- Fiesta Village
- California Highway Patrol
- 501st Legion Star Wars Characters
- Luke the Lion



From card catalog to digital age: Carlene Drake's storied career

By Nancy Yuen

Carlene Drake, MSLS, who guided Loma Linda University's libraries through innovation and emerging technologies and oversaw transformation of the Del E. Webb Memorial Library's physical space, retired June 30 after more than 30 years of service to the university.

As director of university libraries, Drake was responsible for daily library operations including long-range planning, implementing library programs and procedures and supervising library faculty and staff. She also initiated the current model in which a librarian is embedded in each of the university's eight schools.

"For decades Carlene Drake has served Loma Linda University with distinction," said Ronald Carter, PhD, provost at Loma Linda University. "Through her leadership, the library transitioned from a focus on bound collections to health science journals and texts that have distinguished our medical holdings as one of the finest in California."

Because library resources such as journals, books and audio and video recordings are now available online, Drake is often asked why a physical library space is needed. "Students don't have an office," she said. "The library is a place where they can meet to use the digital resources and collaborate in a safe environment."

Understanding the needs of those who use the academic library's services, Drake made an effort to change the Del E. Webb Memorial Library from a place where bound books and journals were checked out to a vibrant educational space for students, faculty and staff.

In 2012, damage from a water leak led to renovations of the third and fourth floors of the library. Working with administrators, designers and campus engineering, Drake managed the process to create a space that accommodates both students who wish to sit and study quietly and groups who gather to collaborate.

"The design of the furniture in each area lets the students know if they can talk or if it is a quiet area," Drake said. "Sometimes students like to stand as they work together and on the third floor, a collaboration counter invites interaction."

Students use the newly designed areas constantly, with busy students appreciative the library's policy of allowing food and drink in the library, Drake said.

Drake found her path into library science while she was a college student. "I worked in the library when I attended La Sierra University, which gave me a glimpse of what a career in librarianship would be like," she said.

After graduating from La Sierra University in 1973 with a BA degree in elementary education, Drake attended University of Southern California, earning a master of science in library science degree in 1978. She began her career as an educator, teaching at Alta Vista Seventh-day Adventist Elementary School in San Jose, California (1973 to 1976) and El Cajon Seventh-day Adventist Elementary School in El Cajon, California (1979 to 1980).

She joined Loma Linda University as a reference/interlibrary loan librarian in 1980 and was promoted to chair of the department of public services in 1984. From 1987 to 1991, she worked as reference librarian for life sciences at California State Polytechnic University in Pomona and then returned to Loma Linda University, where her titles have included chair of the public services department (1991-2000), associate director (2001-2005) and director since 2005.

Drake has participated as a representative of the faculty of the library in various key academic committees across Loma Linda University Health, Carter said. She has also served as a leader in the University Faculty Council and as a University Marshal with Carter during LLU commencement ceremonies.



Carlene Drake reviews remodeling plans that will continue after her retirement as director of university libraries at Loma Linda University.

A timeline on the wall outside of the administrative office of the Del E. Webb Memorial Library created by library staff to commemorate her retirement captures both advances in technology and milestones in Drake's life.

Though the library's card catalog was last used in the 1990s, each of LLU's educational programs continues to rely on resources provided by the library. "The library is still about access to information, though it may no longer be a book on a shelf," Drake said.

Connections between library services and information and LLU's faculty and staff are strengthened by liaisons who work with each of the university's eight schools.

"The liaisons work with the deans, department chairs and faculty to understand their needs," Drake said. "They provide instruction to faculty and students about how to use library resources and how to search for information, and visit the schools to provide in-depth orientation sessions."

According to Drake, some of the library's more intriguing holdings include oral histories of Loma Linda University Health told by key figures in the organization's history, bone boxes that contain every bone in the human body and Charlie, a human skeleton. The library also offers a selection of vegetarian cookbooks.

Loma Linda University Health employees may also use the library. "If we don't have a book they want to check out, they may request it on our webpage," Drake said. Often the book will be available in three days through Link+, a service shared by 20 libraries across California.

A retirement reception at the library attended by deans, faculty and colleagues on June 14 feted Drake. Administrators shared memories during a roast by librarian Shan Tamares highlighting Drake's passion for travel, photography, baking and her close connection to her staff.

Post retirement, Drake planned to move to the Sierra foothills of Central California with her husband, Eugene Drake, a retired entomologist and Thor, the couple's standard poodle/Australian shepherd mix.



Colleagues and friends gathered for a reception for Carlene Drake as she retired from her post as director of university libraries at Loma Linda University Health.



Ronald Carter, PhD, Loma Linda University provost, highlighted Drake's accomplishments during her career.

Kids learn healthy eating habits, active living at Operation Fit

By Nancy Yuen

This summer, 30 kids and their families participated in each of five Operation Fit camps at Loma Linda University Health. Operation Fit is a series of one-week camps that empower children and families to live more healthfully.

Nearly 1,000 children have attended the student-led camp since they were first held in 2008, said Marti Baum, MD, assistant professor of pediatrics at Loma Linda University School of Medicine.

Operation Fit participants learn to make healthy choices in areas including portion control, reading food labels, choosing food that is colorful on the plate, and the importance of physical activity, Baum said.

“In health care, physicians often have 15 minutes with a patient,” she said. “I look forward to Operation Fit each year because it is possible to make a bigger impact that can lead to healthy lifestyle changes in children and families.”

Camp alumni, ages 9 to 15, and their parents will now reinforce and build on the new healthy habits learned at Operation Fit during a five-session nutrition series that will be held weekly at SAC Health System, Baum said.

Fun at Operation Fit

Operation Fit camps are led and staffed by medical students, pediatric residents, and nutrition students from the School of Public Health, Baum said. Faculty and administrative leaders include Ernest Medina, DrPH, an assistant professor at the School of Public Health, and Camille Clarke, MD, assistant professor of preventive medicine at Loma Linda University School of Medicine.

Each summer, participants with intellectual and developmental disabilities (IDD) attend the second week of camp, led by Cameron Neece, PhD, associate professor in the department of psychology at Loma Linda University School of Behavioral Health, with Catherine Sanner, a student in the clinical psychology PhD program in the School of Behavioral Health. Psychology students are also involved in week of Operation Fit for youth with IDD in order to provide behavior management for the children. Obesity is a growing and concerning problem among youth with IDD, and this intervention is one of the first projects to address this public health issue. Neece and her team have collected data on the outcomes of this camp for youth with IDD, which has been presented at several national meetings.

Nutrition students prepare healthy snacks and lunches to fuel Operation Fit campers, while medical students lead them on scavenger hunts and in activities that teach healthy habits and active living, Baum said.

Parents learn, too

Parents learn about their own health Thursday evenings during parent education night as they participate in health screenings conducted by Loma Linda University students and community health workers, Baum said.

This year many of the participants were referred to Operation Fit by SAC Health System, while in the past referrals have been made by the San Bernardino School District, Baum said.

The Walter E. Macpherson Society provides funding for School of Medicine student participation, while supporters of Operation Fit include the Community Health Development Department, which is under the umbrella of the Loma Linda University Institute for Community Partnerships (ICP); Inland Empire Health Plan (IEHP); SAC Health System; Loma Linda University pediatric residency program; and San Bernardino County Medical Society. Loma Linda University School of Behavioral Health has provided funding for the week of Operation Fit focused on children with IDD.



Students, faculty and pediatric residents serve as staff for Operation Fit, a series of one-week health camps held each summer at Loma Linda University Drayson Center.

Reportable Crimes

The Crime Awareness and Campus Security Act of 1990 requires colleges and universities across the United States to publish interim reports on campus crime activities. Listed below are the crimes reported for Loma Linda University Health for the month of July 2017:

Type of Crime	Number of Crimes	Place of Crime
Burglary Motor Vehicle	2	Off Campus; P3 Parking Structure
Stolen Vehicle Recovery	1	Campus Hill Church
Burglary	1	LLU Medical Center
Threats	5	East Campus Hosp; Health Support Services (2); LLUMC; BMC
Narcotics	1	Emergency Room
Trespass	4	BMC; MC; Children's Hosp; ER
Disturbance	1	P3 Parking Structure
Annoying Phone Calls	1	East Campus Hospital
Assault	5	P2; BMC; R&L Thrift (2); ER
Alcohol	1	P3 Parking Structure
Fire	1	Shepardson Lot
Alarm – Fire	1	LLUMC

You can assist the Loma Linda University Health department of security in maintaining a safe and secure environment by notifying security immediately at extension 9-1-1 if you see or know about a crime taking place.



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