



2 College of Nursing Names Nightingale Award Winners



3 Medicine Rolls Out Proudly Pennies Student Campaign



5 Kidney/Pancreas Transplant Program Unique to Region

Academic Health Center FINDINGS



Vol. 12, No. 5

MAY 2010

HealthNews.uc.edu

Woman Saved From Prolonged Neurological Nightmare

Discovery of 'Monster Tumor' and Rare Form of Encephalitis Leads to Heightened Public Awareness

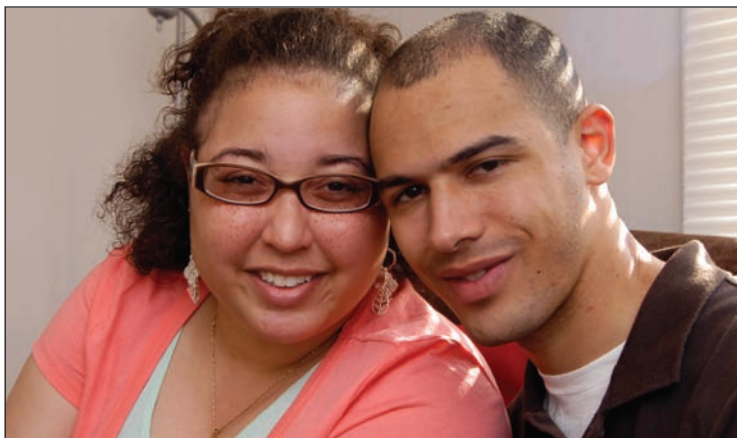
By **Keith Herrell**
keith.herrell@uc.edu

The headline on the front page of the *Cincinnati Enquirer* included the words, "monster tumor." A photo on the newspaper's website showed a bug-eyed, hallucinating young woman. A video posted on YouTube showed her screaming and babbling incoherently.

All of that was just fine with Kiera Echols. The important thing

was that she recovered—with the help of doctors at UC Health University Hospital—and that her story will help educate doctors and the public about a recently identified disease that may have gone undiagnosed for many years.

"It's been life changing, that's for sure—spiritually, emotionally and physically," Echols, 22, says of her bout with what turned out to be a form of encephalitis caused by a tumor known as a teratoma on



Just 22-years-old, Kiera Echols, pictured with her husband, Mike, developed a rare form of encephalitis caused by a teratoma tumor on her ovary. The "monster tumor" caused her to experience psychotic episodes.

one of her ovaries. "I believe God gave this challenge to me for a reason, and if that was to raise awareness for this disease, then that's what I want to do."

Echols, of Springfield, Ohio, began having problems last November, when she thought she had the flu. After she passed out, her parents, David and Chellie Givens, took her to a community hospital where she was diagnosed with meningitis. After a six-day stay, she was sent home but began hallucinating.

See **TUMOR** page 2

Kicking the Habit: UC Researchers Test New 'Stop-Smoking' Vaccine

By **Keith Herrell**
keith.herrell@uc.edu

Many smokers want to end their habit but can't seem to quit despite the availability of prescription and over-the-counter aids to smoking

cessation such as pills, gum, patches and lozenges.

Now, a vaccine designed to help people quit smoking and avoid relapses after they quit is being tested at the Tri-State Tobacco and Alcohol Research Center (Tri-

TARC), which is affiliated with the psychiatry and behavioral neuroscience department at the UC College of Medicine, the Cincinnati Department of Veterans Affairs Medical Center and University of Cincinnati Physicians.

"The idea of using immunotherapy for treating tobacco dependence is an exciting one, and we're looking forward to Tri-TARC's participation in this study," says Robert Anthenelli, MD, Tri-TARC's director and a professor in the psychiatry and behavioral neuroscience department at UC.

The vaccine, called NicVAX (Nicotine Conjugate Vaccine) is being developed and manufactured by Nabi Biopharmaceuticals. This is a phase III clinical trial, the

See **SMOKING** page 2

Allied Health Sciences, Nursing Expand to Clermont Campus

By **Katy Cosse & Angela Koenig**
uchhealthnews@uc.edu

When UC begins offering classes at the newly expanded Clermont campus in fall 2010, nursing and physical therapy assisting programs will be among the initial course offerings.

UC Clermont College will occupy a portion of the building, housed in a former Ford plant in Batavia Township. The space also will hold UC East, including four-year programs from the colleges of nursing and allied health sciences. There will be shared classrooms, a clinical simulation lab and professional offices for faculty stationed there.

"It is gratifying to have such an exemplar collaborative relationship for the past five years with our nursing program being at Clermont College. This relocation to new space will enable us to fur-



King



Lindell

ther enhance our partnership in the offering of our academic programs," says Andrea Lindell, PhD, dean of the College of Nursing.

The College of Allied Health Sciences has moved the associate degree in physical therapy assisting track to the Clermont campus and is expanding the bachelor's degree in health sciences there. Plans also are in the works to offer a degree in social work at the new site.

The expansion will not only allow students to start baccalaure-

See **CLERMONT** page 4



UC Health physicians affiliated with the Tri-State Tobacco and Alcohol Research Center have begun testing a new vaccine that may help people quit smoking and prevent relapses.

Once-Troubled Teen Donates Kidney to Mentor

In Rare Coincidence, Young Man Offers Organ to Man He Hadn't Met, Becoming More Than a Perfect Match

By **Katy Cosse**
kathryn.cosse@uc.edu

When describing his old self, Travis Durbin will just say that he wasn't one of the good guys. Growing up, the North College Hill teenager dropped out of school and became involved in violent crowds. He says he was deceitful and had trouble with the law.

But getting prepped for surgery at UC Health University Hospital on the morning of April 15, he was about to become one of the good guys.

Durbin was donating a kidney to

his new friend and mentor Volker Rieser, PhD. Though this time last year Rieser and Durbin had never met, they've now formed an unusual friendship around Travis' decision.

Durbin learned about Rieser last summer after his stepfather, Rick Saylor, mentioned him at dinner. Rieser, one of Saylor's clients in his financial advisory business, had requested that a notice be put in the next client newsletter about organ donation.

After a struggle with diabetes, a car accident that left with him with a bruised kidney among other seri-



Awaiting the transplant surgery in separate rooms, donor Travis Durbin (left) and recipient Volker Rieser share a smile as they tell their story.



ous injuries and then two years on dialysis, Rieser was in desperate need of a donor. Unprompted, Durbin volunteered to be tested—

and he was a perfect match. "He's a miracle," says Rieser.

See **TRANSPLANT** page 6

Ride Cincinnati Slated for June 13

Ride Cincinnati, the annual cycling event benefiting local breast cancer research at UC, will be held Sunday, June 13, at Sawyer Point's Yeatman's Cove.

Non-competitive rides of 62.8, 45.2, 26, 18.4 and 8.2 miles are scheduled and open to all skill levels.

Ride Cincinnati was founded by Harvey Harris, DDS, Ronald Stern and Craig Cowit, three Cincinnati men whose families have been touched by breast cancer. The event is dedicated to the life of Marlene Harris and all women who have been affected by breast cancer.

To register or make a donation, visit ridecincinnati.org.

TUMOR: Harrowing Disorder Creates Life-Changing Experience

from page 1

Back at the hospital, doctors recommended to her parents that she be admitted to a psychiatric unit. The Givenses, convinced that there must be a physical cause for the hallucinations, sought a second opinion and Echols was transferred to University Hospital.

Echols immediately underwent a number of tests, including one for anti-NMDA receptor encephalitis. The disorder was identified in 2007 by Josep Dalmau, MD, PhD, a professor of neurology at the University of Pennsylvania.

In Echols' case, the teratoma—a tumor made up of different types of tissue—caused the body to develop antibodies against it. The antibodies attacked cells in her brain, resulting in the encephalitis and accompanying hallucinations.

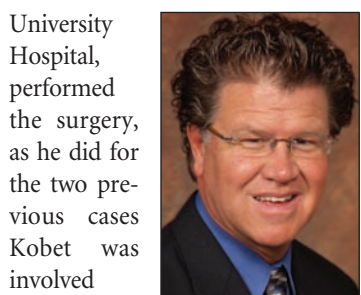
Coincidentally, fourth-year neurology resident Christopher Kobet, MD, was at University Hospital, taking call with a junior resident and helping admit patients. Kobet

had developed an interest in anti-NMDA receptor encephalitis and had already seen two cases since the previous April.

"I was walking down the hallway and I heard her vocalizations—she was making some very strange noises," Kobet says of Echols. "So I walked in to find out what was going on and talked with her mother and later the medicine rotator (physician). I realized this resembled some of the prior cases I've been involved in."

The encephalitis test indeed came back positive, and Echols' physicians were convinced that the tumor was present even though it was not visible on any imaging study. (The "monster tumor" headline came from the fact that "teratoma" originates from the Greek word meaning monster, because teratomas can contain hair, teeth and other parts of the body.)

W. Edward Richards, MD, associate clinical professor at UC and director of gynecologic oncology and advanced pelvic surgery at



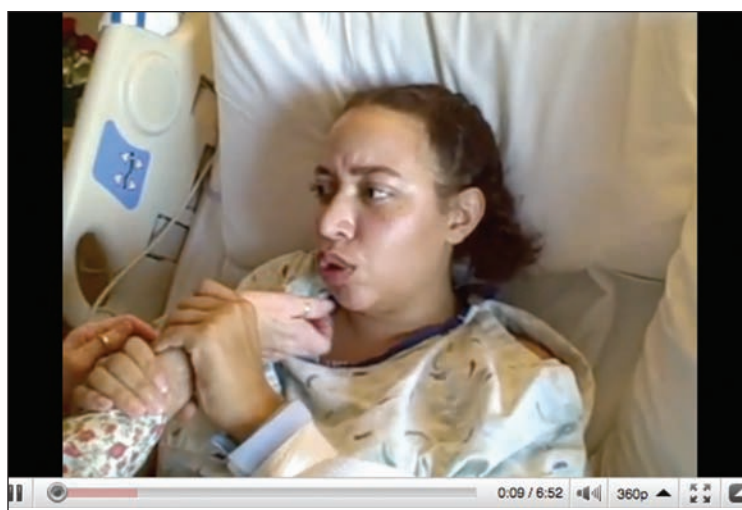
Richards

University Hospital, performed the surgery, as he did for the two previous cases Kobet was involved with. Using robotic technology that provides a 3-D view of the ovary, Richards was able to find and remove the tumor.

"I was pretty much convinced in the operating room that she was going to get better," Richards says, "and in a matter of hours she started responding to questions that she hadn't responded to or she had no idea of the answers to the day before."

Doctors involved in her case agree with Echols that it's important to get the word out about this recently identified disorder so it won't go undiagnosed.

In fact, Kobet entered a short film about Echols' story in the American Academy of Neurology



A video of Kiera Echols hallucinating and responding incoherently to questions has been viewed more than 12,000 times on YouTube. The film was entered into the American Academy of Neurology Foundation's 2010 Neuro Film Festival to help raise awareness of the disorder

Foundation's 2010 Neuro Film Festival in Toronto. While it didn't win a prize, it was viewed more than 12,000 times on YouTube.

Echols is continuing follow-up care with Alberto Espay, MD, a UC Health neurologist and assistant professor at UC who was also involved in the first diagnosis of

anti-NMDA receptor encephalitis at University Hospital in April 2009 and is one of Kobet's mentors.

"All my doctors have been just amazing," says Echols, who extends her praise to nurses and staff at University Hospital. "I couldn't ask for better care." ■

Former Emergency Department Nurse Among Top Nightingale Winners

By Angela Koenig
angela.koenig@uc.edu

Each year, the UC College of Nursing's Board of Advisors takes on the task of naming just 16 Greater Cincinnati nurses who best exemplify excellent direct patient care. On April 21, at the 18th annual Nightingale Awards ceremony, they recognized two of their own among those named for dedication and service.

Jeanette Buckholz, of the UC College of Medicine Department of Environmental Health, was named among the six top winners presented with a bronze bust of Florence Nightingale, the founder of modern nursing, and \$1,000.

After retiring from the emergency department at UC Health University Hospital, Buckholz could have been excused for heading to the nearest beach and kicking back with a cool beverage. Instead, in 1999, she became program coordinator for the Fernald Medical Monitoring Program and an integral part of the lives of almost 10,000 people.

"Nurse Jenny" was the face of



Jeanette Buckholz, of the College of Medicine's environmental health department, accepts her 2010 Florence Nightingale Award.

the program for many of its participants, who lived within five miles of the now-closed Fernald uranium processing plant site. She didn't mind being known as one of the "nag nurses" if it meant that program participants were seeing their physician and getting tested.

Although the program ended in 2008, Buckholz remains employed by the environmental health de-

partment and is known to personally drive films and records from UC to the Mercy Hospital Fairfield offices.

"Nursing has always been very important to me. Sometimes life is hard enough, so it's gratifying to make sure that people have what they need in the health care system," says Buckholz who has a 40-year nursing career. She earned her

nursing diploma in 1970, her bachelor's in 1983 and a master's in community health at UC in 1997.

University Hospital nurse Cynthia Hughes was among 10 finalists honored with the Dean's Award. Dean's Award winners receive a plaque and \$400. Hughes is the primary contact for patients and families of patients who are admitted for epilepsy monitoring at University Hospital, from pre-admission to discharge and beyond.

Award winners were nominated by patients, family, friends of patients, colleagues, physicians and other health care workers. Nominees must have demonstrated excellence in direct care, live and be employed in the Greater Cincinnati area and be a licensed registered nurse.

Nightingale Award Winners:

- Jeanette Buckholz, UC Environmental Health
- Alysha Behrman, Cincinnati Children's Hospital Medical Center
- Mary Duennes, TriHealth
- Julie Everett, Hamilton County

Department of Developmental Disabilities Services

- Cindy Stepanek, Caregivers Health Network
- Angela Strader, Cincinnati Children's Hospital Medical Center

Dean's Award Winners:

- Cynthia Hughes, UC Health University Hospital
- Nancy Baron, TriHealth Nurse Midwives
- Suzanne Black, Cincinnati Children's Hospital Medical Center
- Audricia Brooks, Cincinnati Department of Veteran Affairs Medical Center
- Lynne Eckstein, Cincinnati Children's Hospital Medical Center
- Cathy Frank, Cincinnati Health Department
- Cheryl Herrle, Medtronic Diabetes
- Patricia Hoerst, Christ Hospital
- Susan Siegal, Christ Hospital
- Sherry Simpson, Cincinnati Health Department

For more information on the awards, visit nursing.uc.edu. ■

Academic Health Center Findings

MAY 2010 Vol. 12, No. 5

Findings is a publication of the University of Cincinnati Academic Health Center, published on the first Monday of every month by the public relations and communications office, Richard Puff, assistant vice president. Its mission is to highlight current research, education and patient care news and happenings at the Academic Health Center. Findings is distributed to students, faculty, staff and community members.

Editor: Jill Hafner

Writers: Katy Cosse, Keith Herrell, Dama Kimmon, Angela Koenig, Katie Pence, Richard Puff and Cindy Starr.

Layout: Jill Hafner

To submit news, suggestions or address changes, or to join the mailing list, e-mail uhealthnews@uc.edu.

Contact Us:

Phone: (513) 558-4553

E-mail: uhealthnews@uc.edu

Web: healthnews.uc.edu/findings

Twitter: twitter.com/UCHealthNews

Facebook: facebook.com/UCHealthNews

YouTube: youtube.com/UCHealthNews

Mail: Academic Health Center Findings

University of Cincinnati

PO Box 670550

Cincinnati, OH 45267-0550

Copyright © 2010 University of Cincinnati. Material may be reproduced provided permission is granted and acknowledgement is given. The University of Cincinnati is an affirmative action/equal opportunity employer.



SMOKING: Vaccine May Help People Quit

from page 1

third phase of testing on human subjects, and will involve about 1,000 people at 25 sites nationwide. Results are anticipated in early 2012.

When nicotine from tobacco enters the bloodstream, it crosses the blood-brain barrier and binds to nicotine receptors in the brain. That triggers the release of "feel-good" compounds such as dopamine that provide the smoker with a positive sensation that eventually leads to addiction.

During the trial, which lasts

about a year, NicVAX will be delivered several times via injection. The vaccine is designed to stimulate the immune system to produce antibodies that bind to nicotine, creating an antigen/antibody complex that is too large to cross the blood-brain barrier. Thus, the nicotine never reaches the brain receptors.

Because nicotine antibodies circulate for up to 12 months or longer, NicVAX may also be effective in preventing smoking relapse. That's crucial to smoking-cessation efforts, because relapse in the first six to 12 months after quitting is a significant challenge facing smok-

ers using currently available therapies.

"This study also involves a counseling component to provide support," Anthenelli adds, "so we're hoping that any slips—for example, a cigarette during a stressful time—won't become a full-blown relapse."

Smokers ages 18-65 interested in participating in the study should call Tri-TARC at (513) 558-7179 or visit tritarc.org. Participants are compensated for their time and travel. Anthenelli reports no financial conflicts of interest with Nabi Biopharmaceuticals. ■

PROUDLY CINCINNATI UPDATE

Medicine Rolls Out Proudly Pennies Campaign

By **Jill Hafner**
jill.hafner@uc.edu

“Transformation” was the theme as students, staff and faculty—many decked out in red and black attire—gathered in the CARE/Crawley Building atrium on April 19 to celebrate the official rollout of the College of Medicine’s Proudly Pennies campaign.

Running in conjunction with Proudly Cincinnati, the university’s \$1 billion capital fundraising campaign, Proudly Pennies is a student-led initiative that seeks to collect 1 billion pennies, the equivalent of \$10 million.

The noon event featured a lunch and talks by UC President Gregory Williams, PhD, College of Medicine Dean David Stern, MD, and several alumni and students, all of whom stressed the importance of private support in transforming lives.

In his address, Stern gave visual cues of how donors have impacted the College of Medicine: “Look around ... this lovely building is due in major part from the generosity of Edith J. Crawley. Around the corner, we enjoy a first-class health science library thanks to the generous support of former Senior Vice President and Provost Donald Harrison.

“Generous gifts from individuals and institutions allow us to recruit the best and brightest facul-

ty and conduct teaching and research in state-of-the-art facilities,” Stern said.

Although the mood was lively, an emotional chord was struck as attendees watched a video, which largely featured student scholarship recipients sharing their personal stories of how private support has changed their lives.

“I was a Gaston scholar, which is one of the scholarships they offer through the College of Medicine,” said Callisia Clarke, MD, a 2006 College of Medicine graduate, in the video. “I think I kind of went from having these rose-colored glasses of what being a surgeon was really going to be like, and then really knowing all the work and dedication it really took.

“(A scholarship) to me,” she said, “is a gift that keeps on giving. For every person that gets the opportunity to get an education, there are hundreds of people who they are going to impact.”

Presenters were also moved: “I cannot watch that video without getting a lump in my throat,” said Williams. “The stories we just heard are a sampling of the thousands of students, patients and alumni who have had their lives transformed by private support at the University of Cincinnati.”

Before the event wrapped up, College of Medicine alumni Bill Knight, MD, and Jen Ernst, MD, explained how financial support



Leading the Proudly Pennies campaign for the College of Medicine are students Jonathan Hassel (second from left) and Michael Donaworth (far right), pictured here with College of Medicine Dean David Stern, MD (left), and UC President Gregory Williams, PhD.

can either “make or break” a student’s chance of becoming a doctor. They said this was one of the reasons why their graduating class of 2003 created the IvaDean Medical Student Scholarship Fund.

“We wanted to do something different—something that would benefit future classes,” said Ernst. “Since the fund started, we have raised \$1.3 million and financially supported over 46 students.”

It was also noted that medical students typically graduate with an excess of \$150,000 in student loan debt.

Student-led fundraising initia-

tives, such as Proudly Pennies and the IvaDean Fund, have been regarded as successful ways to get students invested in their own future and the university.

“This is not the foundation’s campaign—this is the university’s campaign,” reminded Williams. “And it’s up to each of us to make Proudly Cincinnati part of the university’s DNA—and to share the university’s story of transformation, which each of us help write every day.

“While some of the major gifts have been highlighted today, keep in mind that all gifts truly make a difference,” he said. ■

Proudly Cincinnati

TOWER OF STRENGTH. ROCK OF TRUTH.

Proudly Pennies cans—used to house donated loose change—are continually popping up throughout the UC Academic Health Center, providing a visual reminder that even the smallest donations can add up to big investments for the university and its students.

Haven’t seen any Proudly Pennies cans? Check out the following locations. You can also donate at proudlycincinnati.org.

Proudly Pennies Locations

Allied Health Sciences—French East Building

- Dean’s office
- Computer lab
- Department administrative offices

Nursing—Procter Hall

- First floor (computer lab help desk)
- Second floor (faculty/staff mail and break rooms, guard booth)
- Third floor (student affairs reception desk)

Pharmacy—Wherry Hall

- Dean’s suite

Medicine—CARE/Crawley and Medical Sciences Buildings

- Dean’s suite
- IvaDean Lair’s office, E-251.

Concern Still Prevalent Among Users of Popular Anti-Clotting Medication

UC Docs Try to Reduce Public Fear That Drug’s Effectiveness Is Reduced

By **Katie Pence**
katie.pence@uc.edu

In mid-March, the U.S. Food and Drug Administration added a warning label to the box of the anti-clotting drug Plavix, letting both patients and health professionals know that the drug can be less effective in people who cannot metabolize it correctly to make it active in the body.



Leesar

Since then, UC Health cardiologists have seen many patients who are frightened by the warning, but experts say it only affects a small percentage of the population.

Plavix, the brand name for Clopidogrel, reduces the risk of heart attack, stroke and cardiovascular death in patients with cardiovascular disease by making platelets less likely to form blood clots. It does not have its anti-platelet effects until it is metabolized into



In March, the U.S. Food and Drug Administration added a boxed warning to Plavix alerting people that the drug can be less effective in users who cannot metabolize the drug and convert it into its active form.

its active form by the liver enzyme CYP2C19. It is marketed by Bristol-Myers Squibb and Sanofi-Aventis Pharmaceuticals.

“Without this important enzyme, patients will essentially be taking a placebo, with no effect on their cardiovascular health,” says Massoud Leesar, MD, UC Health interventional cardiologist.

“We’re taking this new development seriously, but we want patients to know that it doesn’t apply to everyone and that the drug has been proven to be beneficial to many.”

According to reports, people of Chinese descent may have up to a 14 percent incidence of having impaired CYP2C19 enzyme activi-

ty. For blacks, it is about 1 in 25, and for Caucasians the incidence drops to 1 in 50.

Testing for the impairment can cost \$500 or more; however, with this recent discovery, widespread testing could lower the cost.

For now, Leesar says patients and doctors are considering their choices, and patients should not stop taking their Plavix without advice from their physician.

“Patients should consult their doctor if they have questions, but I urge the general population to continue to take the medication that was prescribed to them until further notice,” he says. “Otherwise, they could be putting themselves in harm’s way.” ■

UC Doc Gives City Council Lesson on Bystander CPR

UC Health recently partnered with the American Heart Association (AHA) and the Cincinnati Fire Department (CFD) to host a CPR training event for City of Cincinnati council members on April 14 at City Hall. The goal was to increase awareness of the importance of bystander CPR in Cincinnati.

UC emergency medicine associate professor Donald Locasto, MD (bottom photo, left), led the training with Doug Martin and Lori Fovel, both of the AHA, and Michael Washington, of the CFD (top photo, far right), working with council members Jeff Berding and Laketa Cole.

Locasto, who also serves as CFD medical director, says the average performance rate of bystander CPR from cities that participate in a cardiac arrest registry is 25 percent.

A cardiac arrest victim in Cincinnati only gets bystander CPR 12.5 percent of the time, half the rate seen in other cities. Of the patients that received bystander CPR in Cincinnati, their survival rate was increased by almost 6 percent. ■



Minimally Invasive Brain Surgery Has Multiple Benefits, Study Finds

By **Cindy Starr**
cstarr@mayfieldclinic.com

A minimally invasive endoscopic procedure holds promise for safely removing large brain tumors from an area at the bottom of the skull, near the sinus cavities, clinical researchers at the Brain Tumor Center at the UC Neuroscience Institute (UCNI) at University Hospital have found.

The findings, published in the April 2010 issue of *Journal of Neurosurgery*, have important implications for patients with large pituitary tumors (macroadenomas).

"This is the first time that a quantitative advantage has been shown for the use of endoscopy in cranial surgery," says Philip Theodosopoulos, MD, principal investigator of the study, director of skull base surgery at UC and a neurosurgeon with the Mayfield Clinic.

"This signals the dawn of a new era in minimally invasive cranial surgery. We have moved from the realm of assessing whether it is feasible to studying its clinical effectiveness. In this way, it is slowly starting to change from a novelty to standard treatment, setting the bar for the quality of surgical outcomes higher than ever before."

Although tumors of the pituitary gland are benign, pituitary macroadenomas can wreak havoc, causing acromegaly (an overproduction of growth hormone), Cushing disease (an overproduction of the hormone cortisol) and hyperthyroidism, as well as visual problems, headaches and dizziness.

When removing pituitary macroadenomas (tumors that are larger than 10 millimeters), surgeons have employed three distinct routes to the tumor:

- Through the skull in a procedure called a craniotomy.



Philip Theodosopoulos, MD, led a study that found benefits in a minimally invasive endoscopic procedure for removing large brain tumors from an area at the bottom of the skull, near the sinus cavities.

- Through an incision under the upper lip and then through the septum, which must be split apart.
- Through the nostrils—a transnasal approach—without an incision.

The endoscopic transsphenoidal approach, Theodosopoulos says, follows natural anatomical corridors and causes less disruption of nasal tissues. This approach, as the new study reveals, also holds benefits related to complete tumor removal, which is important for the patient's quality of life.

Removing an entire pituitary macroadenoma can be difficult because the tumor's growth pattern can cause it to extend through the sinus corridor, which is out of the surgeon's view.

Surgeons can ensure that the entire tumor has been removed by using a technology known as intraoperative MRI, or iMRI. The surgery-prolonging technology enables surgeons to take MRI scans

while the patient is still under anesthesia and on the operating table.

An endoscopic approach, by contrast, allows the surgeon to check for remaining tumor with "intrasellar endoscopy." Using a tiny, sophisticated camera on an angled endoscope, the surgeon can peer around bends and into crevasses to identify any remaining tumor.

"The endoscopic approach holds the potential for less invasive treatment for all patients and more complete tumor resections for individuals treated in hospitals without access to intraoperative MRI," Theodosopoulos says.

The study showed that maximum tumor removal can be successfully achieved with endoscopy and without intraoperative MRI, Theodosopoulos says. He adds, however, that the findings could be strengthened by a larger study.

To read more about this study go to healthnews.uc.edu and search keywords, "brain surgery." ■

CLERMONT: Allied Health, Nursing Expand Offerings

from page 1

ate programs on the Clermont campus, but also to remain there to complete their degree.

"Under the leadership of Dr. Tina Whalen, we were pleased to relocate our physical therapy assisting program to the UC Clermont East Campus and are now enthusiastic about the opportunity to give these students and other students the opportunity to earn their bachelor's degrees on the Clermont campus," says Elizabeth King, PhD, dean of the College of Allied Health Sciences.

The UC Clermont campus has experienced unprecedented growth in recent years, with a 17 percent increase in enrollment this past winter quarter. Overall, enrollment has increased by 33 percent over the past three years.

Industrial Realty Group LLC finalized the acquisition of the former Ford plant in April, paving the way for UC to begin offering classes at UC Clermont East Campus in the fall of 2010.

UC signed a lease for approximately 81,000 square feet of space at the location.

The multi-tiered development deal cleared a final hurdle in March when the Batavia Township trustees unanimously approved zoning plans for UC to use an 18-acre portion of the 230-acre Ford site.

"We are proud to have UC up there," says Trustee Archie Wilson.

"I am pleased to say that UC East is going to become a reality," says UC Clermont East Campus Interim Dean Robert "Mick" McLaughlin. "We plan on moving swiftly." ■

Program Tracks Doctors' Success in Delivering Care

Medicine Faculty Create New Measurement Tools in Quality Initiative

Katie Pence
katie.pence@uc.edu



Graham

Susman

Without that pop quiz from a teacher or the yearly evaluation from a boss, one may never know if they are truly learning or performing to their fullest potential.

This idea can be applied to physicians and the quality of care they provide to their patients.

After more than six months, Jeffrey Susman, MD, chair of the Cincinnati Aligning Forces for Quality (AF4Q) Quality Measurement and Public Reporting Workgroup, says this initiative, supported by the Health Improvement Collaborative (HIC) of Greater Cincinnati and the Robert Wood Johnson Foundation, is doing just that to improve health care in the Tristate.

The Health Improvement Collaborative is also the sponsor of the patient-centered medical home pilot which began last August under the leadership of Robert Graham, MD, professor of family and community medicine, and is continuing to develop as well.

"About one-third of primary care physicians in Greater Cincinnati, including UC internal and family medicine practices, are on board to track and evaluate how they are performing against selected evidence-based diabetes measures," says Susman, who is also the chair of the department of family and community medicine at UC. "Our goal is to eventually have the participation of all primary care physicians in the region."

Susman says that so far, practices have been submitting patient data once annually. It is analyzed, and physician ratings are assigned based on an agreed-upon methodology.

Participating physicians get immediate access to the data so they can begin to use it for quality improvement purposes.

A pilot was conducted in 2009 to test the process of data submission, measuring and reporting. Approximately 258 physicians—50 practices—took part.

Focus groups with physicians have also been held to continue to gain insight into how to sustain this work locally in a manner that will improve the overall quality of care in the community.

"Participating practices have submitted their data, and AF4Q is now completing audits," Susman continues. "Reports will be shared among these groups for quality improvement purposes, and the public will have access to the annual ratings through a consumer-friendly website, where they will also find information regarding the patient's role in achieving quality care, in summer 2010."

"We can't improve what we can't measure," he adds. ■

Graham Named AF4Q Director

In April, Robert Graham, MD, was appointed director of the AF4Q initiative. For the last 18 months, Graham has led the AF4Q's patient-centered medical home project and will now focus on the multi-faceted health reform effort. He will work closely with Melissa Kennedy, HIC director of operations, who was named the AF4Q deputy director.

Many Gather to Celebrate 'Sabin Sunday'

The University of Cincinnati and Cincinnati Children's Hospital Medical Center—along with more than 120 guests—celebrated the anniversary of "Sabin Sunday" with an event April 23.

"Sabin Sunday" (Sunday, April 24, 1960) is noted as the historic date when more than 20,000 children in Hamilton County received the Sabin oral, live-virus polio vaccine in its first public distribution in the United States. This day kicked off a series of vaccine distributions that within two weeks reached over 180,000 of the region's children ages 3 months to 6 years.

Albert Sabin, MD, developed the vaccine while on faculty at the UC College of Medicine and a member of the research staff at Cincinnati Children's Research Foundation.

During the event, College of Medicine Dean David Stern, MD, reflected on the impact of Sabin's work on the local community and the world. Joining Stern with comments were Philip Russell, PhD, for-



Heloisia Sabin, wife of the late Albert Sabin, MD, traveled from Washington, DC, to attend the Sabin Sunday celebration.

mer chairman of the Sabin Vaccine Institute Board of Directors, Mark Dine, MD, a community pediatrician who distributed the Sabin vaccine in 1960, and David Bernstein, MD, a professor of pediatrics at UC and director of the infectious diseases division at Cincinnati Children's. ■



Mardavij Hamedani stops to look at an iron lung that was on display at the event.

Region's Only Kidney/Pancreas Transplant Program Provides Life-Saving Service for UC Health Patients

By **Katie Pence**
katie.pence@uc.edu

Ice cream never tasted so good to Danyelle Brown, 38.

"I'm not much of a sweets person, but if you hand me a bowl of ice cream ... it's gone," she laughs.

The pleasure in eating this favorite treat is two-fold for Brown because she was never able to eat what she wanted until eight months ago.

In fact, she wasn't able to do much of anything because of the fatigue and pain she felt almost constantly.

Brown has had type 1 diabetes for 18 years, and in September 2009, after experiencing both congestive heart failure and kidney failure within a year and a half of each other, she received a kidney/pancreas transplant at UC Health University Hospital.

Amit Tevar, MD, UC Health transplant surgeon and surgical director of the pancreas transplant program, performed the surgery.

"It changed my life," says Brown, a pediatric nurse, adding that she's battled rejection and some other complications since, but overall, it's been a great change.

"It had been so long since I felt 'good' that I didn't know what 'good' was anymore. I'm now able to be a wife to my husband and a mother to my two sons. I'd go

through it all again in a heartbeat, and I wouldn't go anyplace other than University Hospital to do it."

Brown's nephrologist referred her to University Hospital—the only hospital in the region that offers pancreas transplants—because of its reputation. Brown has been driving all the way to Cincinnati from her Georgetown, Ky., home for follow-up care every week since her transplant.

"And I don't mind it a bit," she adds. "The nurses and physicians are wonderful. I told Dr. (Amit) Govil that they needed to adopt me."

Amit Govil, MD, recently named medical director of the UC Health pancreas transplant program and assistant professor in the division of nephrology and hypertension at UC, says he is hoping to expand the local program further.

"We really have an asset," says Govil. "The pancreas transplant program is growing, and we hope to attract more funds for research to examine ways to prevent and treat rejection."

The pancreas is a small organ located behind the stomach that produces hormones, including insulin, which controls the amount of sugar in the blood. These juices are enzymes that help digest food in the small intestine.

Govil says individuals like Brown, with type 1 diabetes and



Danyelle Brown got a new lease on life thanks to a kidney/pancreas transplant she had at UC Health University Hospital.

kidney failure, benefit the most from kidney/pancreas transplants.

"There is a need for public awareness, especially to type 1 diabetics, regarding the benefits of pancreas transplant," he says. "Most type 1 diabetics have never lived a normal life and have resigned themselves to the uncertainties of glycemic control and its complications."

Govil, along with the UC Health transplant team, hopes to expand and strengthen the program with broader outreach efforts.

"Between the expertise that both UC Health transplant surgeons and nephrologists bring, the ongoing research and the renal trans-



Amit Govil, MD, medical director of the pancreas transplant program, is hoping to expand the program so that more patients, like Brown, can have the chance to lead normal lives when vital organs start to fail.

plant fellowship offered at the UC College of Medicine, this program has the potential to make great strides in the field of pancreas transplantation globally," he says.

"We hope to create some very successful, promising medical treatments—and train physicians—that save and improve the lives of patients everywhere."

Brown says the hope is alive and has been passed on to her.

"This transplant hasn't been all about me," she says.

"I try to help others understand type 1 diabetes and cope with its effects as well as the promise transplantation brings. And in the meantime, I enjoy life to the fullest." ■

UC Professor Leads Charge to Set FDA Standards on Salt in Food

Reducing Americans' excessive sodium consumption requires establishing new federal standards for the amount of salt that food manufacturers, restaurants and food service companies can add to their products, says a new report by the Institute of Medicine and requested by the U.S. Congress.

Because the vast majority of people's sodium intake comes from salt that companies put in prepared meals and processed foods, this regulatory strategy would make it easier for consumers to eat lower, healthier amounts of salt without companies having to compromise flavor, said the committee that wrote the report.

The committee was chaired by Jane Henney, MD, professor of medicine at the UC College of Medicine. Henney also served as commissioner of the U.S. Food and Drug Administration (FDA) from 1998 until 2001.

The FDA should gradually step down the maximum amount of salt that can be added to foods, beverages and meals through a series of incremental reductions. The goal is not to ban salt, but rather to bring the amount of sodium in the average American's diet below levels associated with the risk of hypertension, heart disease and stroke, and to do so in a grad-

ual way that will assure that food remains flavorful to the consumer, the committee said.

"For 40 years we have known about the relationship between sodium and the development of hypertension and other life-threatening diseases, but we have had virtually no success in cutting back the salt in our diets," Henney says.

"This report outlines strategies that will enable all of us to effectively lower our sodium consump-



Henney

tion to healthy levels."

On average, Americans consume more than 3,400 milligrams of sodium—the amount in about 1.5 teaspoons of salt—each day. The recommended adequate intake of sodium is 1,500 milligrams per day, and people over 50 need even less.

Americans' salt consumption has been shaped in part by changes in eating habits as people consume more processed foods, dine out more frequently and prepare fewer meals from basic, raw ingredients in the home.

The FDA has the authority to regulate salt as a food additive, the report says.

Read more about this report at healthnews.uc.edu. ■



Jane Henney, MD, professor of medicine at UC, is leading the effort to set FDA standards on the amount of salt added to prepared food.

Organ Donors Honored at University Hospital Event



Paul Volek, UC Health University Hospital administrative director of dialysis, transplantation and research administration, displays the "Donate Life" flag during the second annual Donate Life Day ceremony held April 9.

University Hospital partnered with LifeCenter Organ Donor Network and the Cincinnati Eye Bank to recognize those who donated their organs, tissues and eyes to save and improve the lives of others. Donate Life Day is a national event in which organ procurement organizations' affiliate donor hospitals and transplant centers raise donor flags to pay homage to donors and their families.

"This event is about honoring our donors and the families of our donors," said Volek. "We want to remember these selfless acts that have saved hundreds of lives."

During the event, Karl and Cindy Weisenberger shared the story of their son, Kyle, whose organs and tissues were donated last fall. In addition, Cincinnati City Council Member Cecil Thomas presented a proclamation declaring April 9 "Organ Donation Day." ■

TRANSPLANT: Boy Is Perfect Kidney Match for Mentor

from page 1

“It’s a miracle. It’s like hitting the jackpot.”

Durbin started going to Rieser’s home to help with yard work and repairs. Rieser, a retired professor and German teacher, began mentoring him for the General Education Degree. Over several months, they became friends.

“My relationship with Travis is a win-win situation,” says Rieser. “I’ve influenced him and I’ve noticed him change. He’s a nice person with a big heart, but he was a fighter. Now he’s getting back his self esteem, his self respect.”

The pair even survived a frightening setback when doctors had to remove a cancerous tumor from Rieser’s kidney. For some time, they weren’t sure whether he would be eligible for the transplant.

“I remember on Feb. 22, my birthday, I got a phone call from the transplant coordinator to schedule my transplant,” says Rieser.

“It was the greatest birthday present I’ve ever received.”

To learn more about organ donation, including how to become a donor, visit lifepassiton.org or call LifeCenter Organ Donor Network at (513) 558-5555. ■

College of Nursing Adds Doctoral Program

New Program Expected to Help Produce More Nurse Educators

By **Angela Koenig**
angela.koenig@uc.edu

To help meet the growing demand for advanced practice nurses and nurse educators, the UC College of Nursing is in the final stage of approval to add a new doctoral degree—a Doctorate in Nursing Practice (DNP)—to the nursing program.

“The ability to provide a doctoral degree that remains practice focused allows graduates to make a huge impact on health care delivery by providing the enhanced knowledge needed to improve nursing practice in increasingly complex leadership roles,” says Andrea Lindell, PhD, dean of the College of Nursing.

“This option,” she adds, “provides even greater flexibility to the nursing role allowing us to attract and retain nurse leaders in the practice setting.”

The focus nationwide is to prepare advanced practice nurses who are better grounded in science and functioning in leadership roles, says the new program’s development director, Robin Dennison, DNP, an associate professor in the



Robin Dennison, DNP, associate professor in the College of Nursing, serves as the doctoral program’s new development director. She says that the DNP program—one of only about 100 in the country—will provide more opportunities for advanced practice nurses who exhibit leadership skills and an interest in science.

college who earned her DNP at the University of Kentucky in 2005.

There are only about 100 DNP programs in the country, she says, with her graduating class the first to receive this doctoral degree.

By establishing the program, the UC College of Nursing is consistent with an effort among leaders in nursing education to provide nurses the opportunity for a clinical

doctorate with a strong emphasis on evidence-based practice.

With a DNP, Dennison says, graduates may choose to continue in their advanced practice role or assume roles such as faculty members, health policy nurses or nurse executives “where they would be better prepared to evaluate the current evidence and implement that evidence into practice.”

According to the most recent American Association of Colleges of Nursing (AACN) reportings, almost two-thirds of the nursing school survey responders pointed to faculty shortages as a reason for not accepting all qualified applicants into entry-level baccalaureate programs.

Additionally, nursing schools in the United States turned away 49,948 qualified applicants from baccalaureate and graduate nursing programs in 2008 due to an insufficient number of faculty, clinical sites, classroom space, clinical preceptors and budget constraints.

This lack of nurse educators is among many factors leading to an expected nursing shortage. While not a panacea, the DNP option provides one more facet to the complex solution.

“Before the DNP, nurses who desired a doctorate only had the option of earning the research-focused PhD. Now, a nurse can maintain their clinical focus through the DNP and use this advanced knowledge to positively affect patient outcomes,” says Dennison.

“Therefore, we look forward to the positive impact graduates from this program will have in health care delivery and nursing education both locally and globally.” ■

NEWS EXTRAS

Hoxworth Blood Center Needs Blood Donations

Hoxworth Blood Center continues to request blood and platelet donations as supplies deplete. The center has recently reported critically low levels of O blood supplies.

“Hoxworth is faced with a critically low inventory of type O blood which is the result of heavy hospital usage,” says Alecia Lipton, Hoxworth spokesperson. “We need donors in the Tri-state to step forward to meet the demand locally.”

“We are asking eligible type O donors to make a donation at their earliest convenience in order to support patients at the 32-area hospitals we serve.”

Hoxworth operates eight neighborhood donor centers in Anderson, Blue Ash, the UC Academic Health Center, Downtown, Ft. Mitchell, Mason, Tri-County and Western Hills. In times of shortages, walk-ins are always welcome.

Donors can call (513) 451-0910 or (800) 830-1091 to schedule an appointment at a neighborhood donor center. Appointments can also be scheduled online at hoxworth.org.

Faculty/Staff Campaign Kicks Off This Month

The UC faculty/staff fundraising campaign begins this month and runs through June 30, although all gifts made since July 1, 2009, count toward the campaign goal.

Like years past, the campaign—part of the university’s \$1 billion “Proudly Cincinnati” capital campaign—places more emphasis on participation rather than a specific

dollar amount. No amount is too big or small to donate.

To donate online, go to proudlycincinnati.org, send a check, payable to the UC Foundation, to mail location 0064 or call (513) 556-6781 for a pledge card or to make a credit card gift.

UC Obesity Researcher to Receive Top Field Awards

Matthias Tschöp, MD, professor in the endocrinology, diabetes and metabolism division, will receive the André Mayer Award from the International Association for the Study of Obesity at the 2010 International Congress on Obesity meeting July 11-15 in Stockholm.



Tschöp

The award is given every four years to one scientist worldwide for “outstanding research in the field of obesity.”

In addition, Tschöp has been selected by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health to receive the NIDDK 60th Anniversary Early Career Investigator/Scholar Award for 2010.

Twelve scientists whose work exemplifies excellence in medical research funded or supported by the NIDDK were selected for this honor and Tschöp was selected as the recipient for the field of obesity research.

Tschöp leads a laboratory at

UC’s Metabolic Diseases Institute and investigates novel pathways participating in cross-talk between the central nervous system and peripheral organs in the control of nutrient metabolism.

Honors Day Winners Announced, Event May 23

David Fischer, MD, chief of general surgery, has been selected for the fourth consecutive time to receive the Golden Apple teaching award during the College of Medicine’s Honors Day Program to be held at 1 p.m. Sunday, May 23, at Music Hall.

LeAnn Coberly, MD, internal medicine, and Thomas deHoop, MD, obstetrics and gynecology, will be awarded Silver Apples. In addition, Michael Donaworth and Jonathan Hassel will both be presented with the 2010 alumni awards. This year’s class speaker and university commencement representative is Jared Bentley.

All winners were selected by the fourth-year class. For more information, contact IvaDean Lair at ivadean.lair@uc.edu or (513) 558-5577.

Humanism in Medicine Awards Presented

Two UC Health University Hospital associates received this year’s Humanism in Medicine Awards, which honor non-physician staff members who exemplify humanism in their daily work.

Clarissa Blackmon, housekeeper in the neurology unit, and Theresa Lester, health unit coordinator in the emergency department, will both receive a certificate and \$100

from grant monies from the Arnold P. Gold Foundation, which sponsors the awards program.

Reunion Weekend Date Set for Health Colleges

The four health colleges—allied health sciences, medicine, nursing and pharmacy—will welcome alumni back to campus during the 2010 Reunion Weekend, slated for May 14-15. Each college will hold its own activities and events. For more information, visit each colleges’ respective website:

- Allied Health Sciences: cahs.uc.edu
- Medicine: med.uc.edu
- Nursing: nursing.uc.edu
- Pharmacy: pharmacy.uc.edu

College of Pharmacy Hooding Ceremony June 4

The James L. Winkle College of Pharmacy will hold its 2010 hooding and recognition ceremony at 7:30 p.m. Friday, June 4, at the Aronoff Center for the Arts.

Eighty-seven full-time and six non-traditional PharmD students are on track to graduate next month. In addition, eight graduate students are working towards master’s degrees—seven in drug development and one in distance learning cosmetic sciences.

Two doctoral students are also expected to receive their degrees in June.

11th Annual PRAISE Event

The College of Allied Health Sciences 2010 PRAISE (Presentations of Research and Innovative/Scholarly Endeavors) Conference will be held from 9 a.m. to 2:30

p.m. Friday, May 21, in both French East Building and UC Health University Hospital.

PRAISE is an undergraduate and graduate student research symposium which celebrates student accomplishments in research and recognizes their faculty advisors.

The event will feature an address by UC President Gregory Williams, PhD, followed by oral and poster presentations, an alumni awards ceremony and a luncheon.

For more information, visit cahs.uc.edu.

Nursing Professor Wins Health Champion Award

Jean Anthony, PhD, assistant professor in the College of Nursing, has received the 2010 Health Champion Award from the Center for Closing the Health Gap in Greater Cincinnati.



Anthony

The annual award honors medical and health professionals for their dedication and commitment to serving the underserved members of the Cincinnati community.

Anthony has a special interest in the self-advocacy of health care decision-making among elderly African-Americans, recognizing and managing depression, and the role of black clergy in the counseling of congregants with mental health problems.

Read more about Anthony at nursing.uc.edu. ■