

ARTZ at Jeff: Jefferson Students Build Bonds with Dementia Patients and Hone Empathy Skills

For health professions educators, how best to train students in practices of empathy to counteract the decline of this critical skill is an urgent national question with implications for the wellness of both patients and providers. Research has linked greater physician empathy to fewer diagnostic errors, improved patient compliance with treatment, patient satisfaction, and greater professional fulfillment for doctors.

Jefferson is proud to be at the forefront of researching and benchmarking the clinical value of teaching empathy (having developed the widely used Jefferson Scale of Empathy) and has long been embedding this training in our curriculum. Our most recent example of this is a collaboration between Jefferson and ARTZ Philadelphia.

ARTZ at Jeff pairs students with mentors who are living with dementia-related diseases and/or their caregiver for six to eight weeks. Through this initiative, students spend extended time with their mentors — observing and discussing artwork at local museums and more — while simultaneously learning from them what it means to live with dementia, not as patients, but as people.

“Our basic principle is that the arts provide a rich context for practicing habits of emotional intelligence — empathy, prominent among them — that are essential to clinical practice,” said Megan Voeller, Director of Humanities in the Jefferson Office of Student Life and Engagement.

Because of the symptoms associated with dementia — memory loss, difficulty communicating, and confusion — patients often become voiceless and marginalized by society. *ARTZ at Jeff* reverses the traditional provider-patient hierarchy and enlists people with dementia to be the teachers and mentors.

The program also engages caregivers as mentors, amplifying the voices of those in roles too often under-recognized by society. The structure of *ARTZ at Jeff* creates a safe space for them to enjoy creative respite and serves as validation that they are helping to shape the emotional skills of the next generation of healthcare providers.

For students, the program serves as an “inoculation” against the future loss of empathy that sometimes occurs when they enter the clinical setting. It also offers an opportunity to stay connected with the interpersonal part of medicine that drew them into choosing a career in health care to begin with.

“The program gave me a mentor and a friend who so graciously shared her story about dementia with me,” said Jeffrey Lee, a first-year student at the Sidney Kimmel Medical College at Jefferson. “She taught me that listening to another person is just as important as the medicine we prescribe to our patients.”

For more information on *ARTZ at Jeff*, please contact Megan.Voeller@jefferson.edu or Shifrin@artzphilly.org.



“The focus on the program’s mentor-student partnership is completely unique in this context of arts-centered engagement that grows into an extended relationship between health professionals and people living with dementia over time,” said Susan Shifrin, PhD (standing), Founding Director, ARTZ Philadelphia and Director of *ARTZ at Jeff*, pictured leading a discussion with students, mentors and caregivers as they reflect on the art at Philadelphia’s Magic Gardens.

Jane and Leonard Korman Respiratory Institute™



In collaboration with Denver, CO-based National Jewish Health and with the generosity of the Jane and Leonard Korman Family Foundation, a long-time supporter of pulmonary care at Jefferson, we have established the Jane and Leonard Korman Respiratory Institute. The unique collaboration leverages the strengths of both organizations and will help us define best practices for the treatment and research of pulmonary and related diseases including COPD, asthma, sarcoidosis, and interstitial lung disease, among others.

"It's gratifying to have the generous support of Jane and Leonard Korman for a cause that is especially dear to them," said Stephen Klasko, MD, MBA, President and CEO, Thomas Jefferson University (TJU) and Jefferson Health. "They know what it's like to live with a disease that

threatens something as fundamental to life as breathing. It has long been their dream to help provide a premier resource for respiratory health for the community, and we are thrilled to help make that a reality."

The Jane and Leonard Korman Respiratory Institute will match the unique and deep patient care experience developed by National Jewish Health, the leading and only institution dedicated to research and treatment of respiratory disease in both adults and children. The Institute's services will be further tailored to meet the needs of Jefferson Health patients. It will also be affiliated with the Respiratory Institute that National Jewish Health and Mount Sinai in New York established in 2014. The partnership among our three organizations will help deliver exceptional care and treatment options to patients throughout the Northeast region.

'Thomas Jefferson University' to Be Name of Our Combined University

After careful research analysis led by global branding firm FutureBrand, as well as widespread consultation and extensive collaboration, the Philadelphia University and Jefferson boards of trustees have approved the name of Thomas Jefferson University for our combined university — pending regulatory approvals and the signing of the final agreement (expected in summer 2017).

The new Jefferson will be a comprehensive university with preeminence in transdisciplinary, experiential, professional education, research and discovery. Our shared characteristics of student-centered innovation, access to university leaders, education of the whole person, and a desire to grow our national reputation and ranking will be key brand attributes.

Stephen Klasko, MD, MBA, will continue to be the president and CEO of Thomas Jefferson University and Stephen Spinelli Jr., PhD, and Mark Tykocinski, MD, will co-lead the academic pillar, with Dr. Spinelli serving as chancellor and Dr. Tykocinski serving as Provost and Vice Chancellor. Dr. Tykocinski will also continue to serve as dean of Sidney Kimmel Medical College and executive vice president of academic affairs. Kathleen Gallagher will serve as the combined university's chief operating officer.

"This has been a long and thoughtful process, and it's incredibly gratifying to have the endpoint in sight — which, will of course, be the beginning of our next chapter together," said Dr. Klasko. "There will be much more to come."

Awards & Recognition

- Jefferson Health is honored to have our physicians featured in the Top Doctors issue of *Philadelphia* magazine. More than 400 of our physicians were named to the annual Castle Connolly "Top Doctors" list, including physicians from Jefferson, Abington and Aria.



- Jefferson Hospitals has been recognized as one of Healthgrades' 100 Best Hospitals™ for ranking in the top two percent of hospitals in the nation for exhibiting clinical excellence for at least three consecutive years. The honor is Healthgrades' highest distinction.
- The Leapfrog Group announced its newest scores for hospitals, grading them on patient safety. Thanks to the hard work and the commitment of our staff, Abington-Lansdale earned an "A", as did Jefferson Hospital in Center City and Methodist Hospital – Jefferson Health. Abington Hospital – Jefferson Health and Aria – Jefferson Health Bucks County each earned a "B."
- Healthgrades announced that Abington-Lansdale Hospital and Rothman Orthopedic Specialty Hospital are the recipients of its *Outstanding Patient Experience Award*. The award recognizes hospitals that provide an overall outstanding patient experience. Only hospitals in the top 15 percent with the highest overall patient experience scores are recognized as recipients.
- Jefferson's Acute Care of the Elderly Unit at Methodist Hospital – Jefferson Health is the winner of the prestigious silver-level *Beacon Award for Excellence* conferred by the American Association of Critical-Care Nurses. The award recognizes unit caregivers who successfully improve patient outcomes.
- Jefferson Health is the only hospital system in the tri-state area to be awarded the 2017 *Healthcare Supply Chain Achievement Award* from the ECRI Institute, an achievement made possible thanks to the dedicated efforts of our Supply Chain Management Department.
- *Becker's Hospital Review* has recognized Jefferson as one of the 100 Great Hospitals. The hospitals included on its list are renowned for excellence. They are industry leaders in innovation, high-quality patient care and clinical research, and have received recognition across various publications and accrediting organizations.



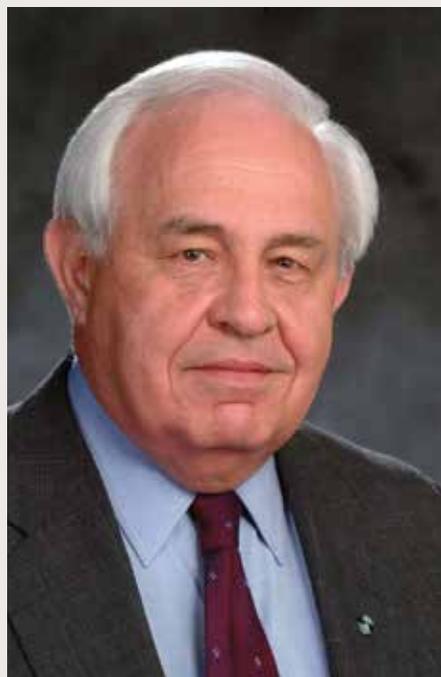
Adding to Jefferson services already available at the location, Jefferson Health will offer expanded services at the Navy Yard by mid-2018, and has signed a multi-year lease agreement with Liberty Property for additional space to open a 70,000-plus square-foot facility. The expansion aligns with Jefferson's clinical strategy by growing our footprint to meet health needs locally and serve more patients; offering shorter wait times, easy scheduling and convenient locations; and creating a more coordinated patient experience across the care continuum. Growing our services will also present a great opportunity for Jefferson to serve as a comprehensive healthcare provider at the location, as future development of the Navy Yard will support up to 13.5 million square feet of mixed-use space and more than 30,000 people.

In Memoriam



Mrs. Dorrance "Dodo" Hamilton

Jefferson was deeply saddened to learn of the passing of Mrs. Dorrance "Dodo" Hamilton, a longtime Jefferson citizen and friend, a generous benefactor and one of our city's leading philanthropists and socialites. One of our most charitable supporters, Mrs. Hamilton had made gifts to Jefferson for more than 47 years. Her intent was always to put the patient and the student first, evidenced through her ongoing support of research, professorships and scholarships, as well as breast imaging and other clinical programs. She also left her mark — a special mix of charm and authority — on the Jefferson community when she served as president of the Women's Board and became our first female trustee. Her leadership, service and generosity have made it possible for us to help many, and she will continue making lives better for generations to come as her legacy allows us to train Jefferson physicians, caregivers and healthcare professionals.



Paul C. Brucker, MD

This spring Jefferson also lost another Jefferson great. Dr. Brucker founded Jefferson's Department of Family and Community Medicine in 1973 — during an era of increasing specialization — and he developed and helped raise the discipline's reputation and stature here and across the region. Dr. Brucker's accomplishments and his leadership as department chair were so impressive that, in 1990, the Board of Trustees named him President of Thomas Jefferson University. He was the first family physician in the country to lead an academic medical center. Dr. Brucker will live on, through the annual lecture Jefferson sponsors in his name and as we continue his work to meet both the challenges and opportunities of the 21st century.

Discovery

- Matthias Schnell, PhD, Chair of Microbiology and Immunology at Thomas Jefferson University, recently completed testing of an oral vaccine to protect gorillas and chimpanzees against the Ebola virus. The results indicate that an oral vaccine may be possible. With this finding, there is hope to protect the animals' greatly affected populations.
- Jefferson researchers are training artificial intelligence models to identify tuberculosis (TB) on chest X-rays, which may help screening and evaluation efforts in TB-prevalent areas with limited access to radiologists.
- A multidisciplinary team at Jefferson conducted a virtual environment education program pilot study for radiation patients that showed that by using a simulated environment to teach patients about their upcoming radiation therapy treatments, they significantly reduce their anxiety.
- Jefferson researchers found that a simple fix to avoid unnecessary coronary stents is overlooked by cardiologists and current cardiovascular guidelines. The team published a case series describing how — prior to scheduled angioplasty and stenting — patients were given intracoronary nitroglycerin, which resolved the blockages, indicating the true diagnosis of coronary artery spasm.
- Physician researchers at our **Marcus Institute of Integrative Health** tested the neuro-emotional technique (NET), a mind-body therapy, for efficacy in reducing symptoms of traumatic stress in cancer patients. They found that patients who received NET reported much less distress, their overall emotional state improved significantly and the way their brains reacted to stress cues normalized.
- Scientists at Jefferson pieced together a 3-D atomic structure of a viral protein that acts like a door for DNA to get in and out. They discovered that it was much more like a sensor that helps measure out an appropriate length of DNA for each capsid particle, ensuring accurate production of new viral particles.

For more news and research breakthroughs, please visit Jefferson.edu/news.

People

Jefferson proudly announces the appointment of **Jack Ludmir, MD**, as Senior Vice President of Physician Engagement and Integration, and Associate Provost of Community and Global Initiatives for Thomas Jefferson University. Dr. Ludmir will lead clinical integration and implementation across Jefferson Health, and develop academic partnerships for the University.

Congratulations to **Donna Gentile O'Donnell, PhD**, Special Assistant to the President, and SVP for Innovation Partnerships and Programs, for being appointed by Governor Wolf to the Health Research Advisory Committee/CURE Board.

Jefferson congratulates **Sonya Lawrence, Esq**, Associate Counsel for Compliance and Enterprise Risk, recognized by *The Philadelphia Tribune* for her dedication and commitment to upholding our organizational values and named a **2017 Women Achieving Honoree**.

Congratulations to **Peter Ronner, PhD**, who recently published the first edition of *Netter's Essential Biochemistry* (Elsevier) with artist and physician Frank Netter, MD, and a multitude of TJU contributors. Dr. Ronner is Professor, Biochemistry & Molecular Biology at TJU.



For the first time ever, two teams were chosen as Grand Prize winners at JAZ Tank® – Jefferson's annual healthcare startup competition. Circalux, maker of portable circadian lights, and Mindset, maker of a stress management and mental health app, each earned \$10,000 and free business services for their innovative healthcare products. Jefferson's JAZ Tank was created to foster entrepreneurship and innovation, and engage the Jefferson community in bringing life to the products and companies that will drive the future of healthcare. The 2017 challenge attracted more than 100 original concepts.



After collapsing from a stroke at a local convenience store while ordering lunch, the 43-year-old Craig McAnally, Havertown resident and township manager of Lower Gwynedd, was quickly diagnosed and given a key intervention at Abington-Lansdale Hospital – Jefferson Health and then transferred to Abington Hospital – Jefferson Health for further treatment. “I saw a lot of Abington doctors for follow-up, and the one recommendation they all made was to exercise,” said Craig. “So in addition to taking a cholesterol-lowering medication and aspirin, I’m trying to get out and walk more every day. I still can’t believe this happened to me, but I know I was very fortunate to have come through it the way I did.” Craig is pictured with his wife, Jennifer, and Colin, Caitlyn and Erin. Abington Hospital – Jefferson Health and Thomas Jefferson University Hospital are both certified as comprehensive stroke centers – two of only three in the immediate Philadelphia area. Abington – Lansdale Hospital has earned status as a primary stroke center. See the full story about Craig in the *Touching Your Life* magazine, available online at Jefferson.edu/Abington (click on the Healthy Living link to see magazine).



Sidney Kimmel Medical College students and staff joined efforts recently to showcase our “magic,” innovation, creativity and their great spirit in a video created to attract students to our medical school. “We did the video to showcase our student body/program,” said Alexis Cooper, a second-year medical student here. “There are a lot of great activities/initiatives to get involved with on campus that we wanted to highlight. As a student in the JeffDESIGN program I was proud, in particular, to see our design vault [in 925 Chestnut] featured.” The video was first shown publicly at the April 20 second-look event for students who have been accepted to our medical school. Check out the video on the [SKMC Student Council YouTube channel](https://www.youtube.com/channel/UC...).

Kim Aliberto, RN, (right) and Madelyn Norbury (pictured with Scrooge) enjoyed taking part in the recent Teddy Bear Clinic at Aria – Jefferson Health Torresdale Campus. More than 400 attendees took part in the event at Aria and at Jefferson’s Center City campus as part of the Philadelphia Science Festival, of which Jefferson was a sponsor. The activity was designed to help children feel less afraid about medical emergencies and visits to the doctor’s office or hospital.



Developments

- Jefferson’s **Department of Obstetrics and Gynecology** entered a new era in OB-GYN care, with the launch of the CenteringPregnancy program. CenteringPregnancy is a unique prenatal care program based in mindfulness and community and the approach combines private medical attention with group education and support. Once enrolled in CenteringPregnancy, our patients attend monthly, two-hour sessions with women at a similar stage of pregnancy. Patients learn from one another’s experiences and questions during topical discussions including nutrition, stress management, labor, delivery and breastfeeding.
- Elizabeth DiFebo, PT, DPT, began to see a need for a structured Parkinson’s disease exercise class as she saw her patients at Methodist Hospital. She created the JeffFIT Parkinson’s Exercise Class which consists of a variety of exercises designed specifically for people living with Parkinson’s disease.
- More than 60 Jefferson Health Physician Practices are participating in a historic public-private partnership to strengthen primary care. The Comprehensive Primary Care Plus (CPC+) partnership between payer partners from the Centers for Medicare & Medicaid Services (CMS), state Medicaid agencies, commercial health plans, self-insured businesses and primary care providers is designed to improve access to high-quality health care at lower costs.
- The **Jefferson Health GI Department** now offers less-invasive weight-loss surgery procedures, in the form of endoscopic treatment as part of the Comprehensive Weight Management Center. Endoscopic treatment may be suitable for patients who do not qualify for traditional bariatric surgery. Treatment options now available include procedures such as intragastric balloon, endoscopic sleeve gastropasty, and endoscopic gastric bypass revision.
- The new **1889 Jefferson Center for Population Health** recently held a ribbon cutting and reception to dedicate the Center’s new space and to introduce the executive director, Trina Thompson, DrPH, BSN, who is also Research Associate Professor, Jefferson College of Population Health. The Center – the first of its kind established in a rural region – is a partnership between the 1889 Foundation and the Jefferson College of Population Health of TJU. The Center’s goal is to work with community stakeholders to improve the health of the citizens living in Cambria and Somerset Counties.

JeffNews

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