

CMO REPORT

FROM THE DESK OF

Amy Tucker, MD, MHCM, Chief Medical Officer, Upstate University Hospital
Associate Dean for Clinical Affairs, College of Medicine

UPSTATE
UNIVERSITY HOSPITAL

January 14, 2022

COVID Update

# Positive	# ICU	# Vent
136	25	7

Telemetry Notice

By Dr. Christopher Tanski

We are continuing to try and optimize the use of our limited telemetry resources for the most appropriate patients. When telemetry is ordered on a patient, it limits the bed assignment options for the patient and often extends ED boarding. If a patient does not require telemetry, the supervisor and bed managers have considerably more options for placing the patient. Telemetry is **not** a substitute for ICU or step-down level of care. It does **not** change the nursing acuity or staffing ratio. Most of the commonly accepted class 1 indications relate to symptomatic arrhythmias. Low-risk chest pain is not an indication for telemetry, which should predominantly be used when the presumptive diagnosis is unstable angina or rule-out AMI, particularly with ischemic ECG changes. Some electrolyte imbalances can be an indication, but in general, telemetry should be reserved for potassium above 6.5 or calcium above 13 **with** symptoms. In most cases, telemetry should be discontinued after 24 hours or stability. Please ensure that you are only ordering telemetry on patients who meet criteria according to [CM T-34](#). While there may be exceptions, patients meeting class 2 or 3 indications according to the policy will likely not be approved for telemetry given our current bed and capacity situation. Finally, the policy is currently being looked at and revised to align with current ACC/AHA guidelines.

Medication Updates

By Dr. Elizabeth Asiago-Reddy

We are planning to start use of outpatient **remdesivir** as of NEXT WEEK in ILI clinic. We recognize that this may become a limited resource though current stock is adequate.

In light of concerns related to running low on remdesivir, **the ID group recommends that the standard course of remdesivir start at 3 days for a patient, including patients who are hospitalized for COVID and receiving oxygen.**

If inpatients are NOT IMPROVING after 3 days or they are severely immune compromised then they should receive a 5-day course. Meeting criteria for severe immune compromise in terms of recommendation for additional dose of COVID vaccine can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>.

The ID group acknowledges that recommendation for a standard 3 day course of remdesivir is based on expert opinion and not on randomized controlled trial data for patients who are on oxygen (RCT data exists for 3-day course in outpatients). Nonetheless, the accumulation of data for remdesivir shows that it is most efficacious when used early in the course of illness, and oftentimes patients on oxygen are not early on the course of illness and their likely benefit from a 5-day course is less.

Other outpatient treatments such as sotrovimab and oral agents Paxlovid and molnupiravir remain in very short supply.

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ILI clinic is requesting that all referrals to the clinic be for severely immune compromised people as defined above, until supplies of medications are more widely available.

Evusheld is a unique case as it is a PREVENTATIVE monoclonal antibody available as an IM injection to severely immune compromised people who are not expected to or are known to not have mounted a response (as measured by Spike Protein IgG laboratory assay) to vaccines. It is for PRE-exposure prophylaxis, not treatment or post-exposure prophylaxis. Doses of this agent, which is given every 6 months, have been distributed to clinics most likely to have patient populations in need, such as oncology and transplant. Patients should inquire of their specialty clinic for access to Evusheld and may inquire at ID Associates if they are not able to access it through the specialty which manages their condition resulting in immune deficiency.

Rapid COVID-19 Antigen Testing for Employees

By Stacey Keefe

In an effort to help mitigate staff shortages and mandates, Upstate has obtained COVID-19 at home antigen test kits for staff who are critical to patient care operations. These tests must be performed offsite (not on Upstate property).

Criteria

The test kits will be available for staff who are critical to patient care operations and have had a possible exposure and/or have mild, nonspecific symptoms (e.g. mild cough, headache, nausea). The kits should not be used for staff who have a fever, productive cough, general body malaise, and other non-mild symptoms.

Staff who meet the above criteria can obtain a test kit, along with instructions and what to do with your results, at the following locations:

- Emergency Depts (UH, UCH, Peds)
- Upstate University Hospital (6H, 6I, 6A, 7A, 9F, 11E, 12E)
- Upstate Community Hospital (4W, 3W, 3N)

For further information, please refer to the attached Employee Rapid Antigen Procedure and Instructions for Binax Rapid Antigen Tests. For questions, please contact Stacey Keefe at 315-464-4234 or keefes@upstate.edu.

Vaccine Booster Mandate and Booster Availability

By Brian Pratt

Tuesday, January 12, 2022, NYS passed the requirement for healthcare workers to get boosters to be fully vaccinated. The rule was a part of 4 proposed rules that were on the agenda to be implemented on an emergency basis that were approved.

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The rules consist of (1) requirements for the hospitals and nursing homes to maintain a 60-day supply of PPE; (2) requirements for nursing homes and adult care facilities to provide access to vaccinations for their staff and residents; (3) the procedural process of the Surge and Flex Health Coordination System; (4) and the requirement for the booster.

Below is the language applying to the booster:

(c) Covered entities shall continuously require personnel to be fully vaccinated against COVID- 19, and to have received any booster or supplemental dose as recommended by the CDC, absent receipt of an exemption as allowed....

Associate counsel for DOH, Jonathan Karmel was directly questioned by the DOH's advisory panel (independent physician and health care leaders) about the "within two-weeks of eligibility" language. His response was that the DOH will be issuing guidance and, from the discussion that ensued during this meeting, it appears that DOH may allow clinical and operational discretion for implementing the booster requirement and will seek to do so in a manner that will minimize its impact on staffing issues already in existence.

Implementation of this mandate will require panel endorsement and approval from the New York Department of State. The panel made it abundantly plain that a rigid implementation model would directly harm health institutions ability to operate.

Booster Availability:

Mobile covid vaccination carts will roam Monday, Jan. 17 and Tuesday, Jan. 25 from 6 to 8 a.m. and again from 3 to 4:30 p.m. at Upstate University Hospital and Upstate Community Hospital.

Moderna will be the vaccine offered.

To locate the mobile carts:

- Via Vocera badge, "Call Vaccine Booster."
- Via phone Downtown, call 315-464-1400 and state "Vaccine Booster" at the prompt.
- Via phone Community, call 315-464-4200 and state "Vaccine Booster" at the prompt.

Individuals who have received a booster are asked to upload a picture of their vaccine card(s) with proof of booster to the Employee/Student Health portal at <https://eshportal.upstate.edu/> or by email at ESHealth@Upstate.edu

Booster eligibility is defined as:

- At least 5 months after receiving second mRNA vaccine (Moderna)
- At least 5 months after receiving second mRNA vaccine (Pfizer)
- At least 2 months after receiving a vector vaccine (J&J vaccine)

Per CDC-approved mix and match guidance, individuals who received their initial vaccine series with Pfizer or J&J can receive a booster dose with Moderna.

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Previous or recent COVID infection does not preclude/prevent individuals from receiving the booster vaccine, unless that individual was treated with monoclonal antibodies. In this case, individuals should wait at least 90 days from treatment date before receiving Covid vaccination.

Additionally, there are 5 planned vaccine clinics at Upstate supported by Kinney's in the coming weeks with final dates/locations being ironed out.

Finally, on February 9th, another Upstate Employee and Family vaccine clinic will be hosted by Wegmans at Driver's Village. A team is working on providing additional vaccine availability for staff including evening/night offerings for both campus locations.

Thank you, Dr. Thines

By Dr. Robert Cooney

The Dental Division at Upstate Medical announces the retirement of Dr. Terrence Thines, Chief of Service, effective December 31, 2021. Dr. Thines joined the staff as Professor and Chief in 2006 after serving a similar capacity at Buffalo General. Dr. Thines brought a wealth of knowledge and expertise regarding residency training and enhanced the curriculum, structure, and the presence of the program within the hospital setting. He was instrumental in the growth of the program with the development of a VA affiliation in which two additional residents were added to the program. Dr. Thines will remain involved with the program as a volunteer attending and over-seeing the residents monthly as well as assisting the program with its upcoming accreditation review in the fall.

Dr. Patrick Smith, Residency Program Director for the service since 2001, will serve as Interim Chief and is looking forward to his new role within the program he has helped shaped over the past 20 years. In addition, he will be assisting the new Director and getting her acclimated into her new role.

Dr. Jean DiFlorio will assume the Program Director position for the residency. She has been involved as a staff dentist and Co-director since 2016 while maintaining a private practice in the Syracuse area. The Division is excited for her arrival and her immersion into the Upstate community.

Clinical Documentation Improvement (CDI)

By Dr. Emily Albert, Dr. Brian Changlai, and Dr. Abha Harish; Co-Directors, CDI

Are you thinking malnutrition? Ask a Dietician! Nutrition Consults are available for all inpatients and will be performed by Registered Dietitians. Please see attached tip sheet for more information. For questions, please contact the CDI Hotline at 315-464-5455.

*Stay tuned for more information about a SMART Phrase. IMT will be introducing (developed in collaboration with CDI) to help improve your documentation of nutrition conditions

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Words of Wellness

By Dr. Leslie Kohman

Random Facebook Find for a New Year:

If you fail, try again because F.A.I.L. means "First Attempt in Learning"

End is not the end. In fact, E.N.D. means "Effort Never Dies"

If you get NO as an answer, remember N.O. means "Next Opportunity"

Revised COVID-19 Policies of Special Interest for Clinicians

- [COVID-19: Bed Management and Throughput \(COV B-03\)](#): Updated adult COVID placement for Downtown and Community. Updated pediatric COVID placement. Added reference to policy COV P-01.
- [Inpatient Crisis Staffing Documentation \(COV D-06\)](#): Added #6. Added related documents. Identified and referenced current policies. Revised RRT bullets. Added daily care under ongoing documentation. Revised references.
- [Personal Protection Equipment \(PPE\) Table for COVID-19 Exposure Scenario \(COV P-01\)](#): Updated guidelines for isolation and exposure for staff members as directed by the NYSDOH and CDC. Updated isolation letter information for Staff member positive for COVID.
- [Visitor Restriction During Prevalence of COVID-19 \(COV V-08\)](#): Reformatted policy for easier read. Revised UGCH parent/support person section on page 4 regarding if/when visitors of COVID-19+ or rule out can leave patient room. Revised visitor use of public space.

Outstanding Physician Comments

Comments from grateful patients receiving care on the units and clinics at Upstate:



Adult Hematology Oncology: Dr. Sam Benjamin – kind and compassionate. Dr. Stephen Graziano and Dr. Mijung Lee – great!

Breast Care Center: Dr. Jayne Charlamb is wonderful. She was very friendly and caring, she explained everything very thoroughly and in terms easy to understand. She didn't seem rushed at all. I would recommend her to anyone. Dr. Jayne Charlamb is an amazing, caring physician. Dr.

Lisa Lai – always wonderful. Dr. Lisa Lai is a gift! I am very appreciative that Dr. Lisa Lai took time with us without feeling rushed. We had tons of questions and she was very companionable with us. Dr. Lisa Lai was pushing to get me into seeing the oncologist ASAP even though it was just two days before Christmas Eve. I was at oncology Christmas Eve morning. I am so grateful she got things rolling right away for me.

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Community Campus – Virtual: I recently had a telemedicine visit with **Dr. Timothy Byler** and then a prostate biopsy. Was very satisfied with both experiences.

ED at Community: **Dr. Camille Halfman** was wonderful. She put me at ease, was professional but down-to-earth, and comforting.

ENT: **Dr. Richard Davila** – excellent! **Dr. Haidy Marzouk** put together a well-trained team. She is also an outstanding doctor. I'm doing very well.

ENT at Community: **Dr. Mitchell Gore** checked to make sure that the area where the surgery was done had healed properly and suggested that I call him and schedule an appointment if any problems arise. He was very friendly and was easy to talk to.

Family Medicine: **Dr. Clyde Satterly** made me feel like I was his only patient with his ability to ask and answer my questions to my satisfaction. He shows empathy and dignity when caring for me. **Dr. Clyde Satterly** – trust him about my care.

Family Medicine at Community: **Dr. R Eugene Bailey** is the best around! We tell people how great an MD he is! **Dr. Sana Zekri** – I feel confident in his care. **Dr. Sana Zekri** is an excellent doctor. He is kind, professional, a good listener, and knowledgeable. I have recommended **Dr. Sana Zekri** to my friends. Excellent care from **Dr. Sana Zekri**.

Inclusive Health Services: **Dr. Angana Mahapatra** is very understanding and concerned about her patients. If there is an award for the best MD ever, she receives it!

Joslin Center for Diabetes: **Dr. J Kurt Concilla** took his time and successfully got them under control. **Dr. J Kurt Concilla** – treatment always relieves pain. I love **Dr. Barbara Feuerstein**. **Dr. Barbara Feuerstein** is very personable, caring and takes time to discuss my concerns, allows me to decide what works for me, and offers her opinions with regards to my care. **Dr. Barbara Feuerstein** is very thorough in her evaluations, and spends time trying to figure out easier ways for the patient to manage his/her DM status. **Dr. Barbara Feuerstein** is excellent. **Dr. Barbara Feuerstein** is a caring professional. She takes the time to talk to me and she listens to and addresses my concerns. I am very happy that she is my doctor. **Dr. Rachel Hopkins** is the best. She really listens and shows concern about you. **Dr. Roberto Izquierdo** has always been very thorough, attentive, and respectful when I meet with him. He answers all my questions, and listens intently to any concerns. **Dr. Roberto Izquierdo** also answers me quickly when I send messages through the portal, which is very impressive. **Dr. Roberto Izquierdo** is such a wonderful doctor. He listens, is polite and explains everything. I always sing the praises of **Dr. Roberto Izquierdo**. He is brilliant yet has such a wonderful doctor/patient demeanor. **Dr. Vishwanath Pattan** impressed me greatly. He was attentive and professional. He valued my input and involved me in any decisions that were made. I am very pleased that he is now my assigned doctor. **Dr. Vishwanath Pattan** – wonderful.

Joslin Pediatric Center: We really appreciate **Dr. David Hansen** and his caring demeanor. I have had **Dr. Lauren Lipeski** numerous times and have had wonderful experiences each time.

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Multidisciplinary Programs Cancer Center: I was so impressed that **Dr. Michael Archer** was with me for as long as it took to answer all questions and reassure me that all of my questions and decisions were appropriate. **Dr. Michael Archer** is the best I have worked with in my 66 years. His knowledge and bedside manner is the best. He is a very dedicated man who puts the needs of others first. **Dr. Mashaal Dhir** – patient, understanding, knowledgeable, and answered all of my questions. Absolutely I would recommend **Dr. Kristin Kelly**, excellent! It has always been easy to schedule an appointment with **Dr. Kristin Kelly**. **Dr. Mark Marzouk** explained everything to me. I was not nervous nor worried in any way as I knew he was going to take good care of me. I am very grateful! I would recommend **Dr. Mark Marzouk** to everyone. I will continue my care with **Dr. Mark Marzouk**. He is an amazing doctor! I thought **Dr. Gloria Morris** was kind and explained all my questions to my satisfaction. **Dr. Kaushal Nanavati** – positive and listened to me. I enjoyed talking with **Dr. Kaushal Nanavati**. He was very polite and encouraging. **Dr. Kaushal Nanavati** is very passionate about teaching me new ways to care for myself mentally and physically. I absolutely LOVE **Dr. Ruham Alshiekh Nasany**. She is very knowledgeable. Amazing experience! **Dr. Jesse Ryan** – exceptional memory to details of care and concerns not listed in my chart. **Dr. Thomas Vandermeer** is one of the most caring and compassionate doctors I have ever met. From the moment I met him I was comfortable with him and had the highest confidence in his abilities. Throughout the process he gave me hope and encouragement. I am so grateful to have had him as my surgeon. He is a wonderful doctor and a really nice person. While I am grateful my prognosis is so good, I actually will miss seeing him. I will always be thankful for the care he provided. **Dr. Thomas Vandermeer** is a wonderful doctor. Very compassionate and made you feel hopeful. I would definitely recommend him to others. **Dr. Michael Lacombe, Dr. Emily Albert, Dr. Jesse Ryan, and Dr. Alexander Banashkevich** – performance is unbeatable!

Nephrology Clinic: **Dr. Syed Bukhari** was considerate, patient, and took time to talk and explain what was going on with me. **Dr. William Elliott** – professional, understanding, informative, pleasant, and competent. The medical doctor one hopes for.

Pediatric After Hours at Community: Truly wonderful experience with **Dr. Allison McCrone**. She made us feel that all of us were well informed and taken care of. **Dr. Allison McCrone** – calm and helpful. **Dr. Marissa Smith** was by far one of the best doctors we have ever seen for our child. She was extremely thorough, listened to what my daughter was experiencing, and explained everything we needed to know. She took as much time as we needed to care for our daughter. We enjoyed our experience with **Dr. Marissa Smith** so much, we inquired if she had a private practice we could go to. Thank you, **Dr. Marissa Smith!** **Dr. Marissa Smith** – kind, caring and went above and beyond despite being unbelievably busy. **Dr. Marissa Smith** was so kind and caring, apologized for any delays and gave incredible care.

Pediatric Cancer Center: **Dr. Kathryn Scott** is the best. I love the care she gives my son. **Dr. Jody Sima** has always treated me with respect and explained my options. When she makes decisions regarding my care, she makes data driven decisions and ensures I understand why the decisions are made. She's been a great guide as I navigate through my survivorship from a pediatric to an adult.

Pediatric Gastroenterology: **Dr. Rheu Cristine Candava** really listened, provided education and gave a thoughtful treatment plan with a plan to follow up. I really appreciated how thorough and caring **Dr. Rheu Cristine Candava** was. **Dr. Aamer Imdad** was attentive, listened, reviewed chart and records, and was good with my son. We absolutely love **Dr. Prateek Wali**. He is the most outstanding professional physician ever. He has provided my daughter with the most outstanding care and has always been up front honest, and never leaves any stones unturned. We couldn't ask for a

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better physician. **Dr. Prateek Wali** – amazing and impressive. **Dr. Prateek Wali** is fabulous. He takes the time to talk to us and go over everything. He never rushes us and is so caring and helpful.

Pediatric Multispecialty Clinic: **Dr. Robert Hingre** was one of the best doctors we have seen. Thank you! **Dr. Robert Hingre** was very informative and was able to discuss other areas in addition to pulmonary. We are very impressed with him and so thankful. **Dr. Zafer Soultan** has a remarkable memory and genuinely knows both of my kids without having to look at his notes all the time.

Pulmonology Clinic: **Dr. Sumendra Joshi** was very thorough. Very happy with **Dr. Sumendra Joshi's** care. **Dr. Sumendra Joshi** is awesome! **Dr. Angela Love** – my first impression of her was totally very positive! **Dr. Dragos Manta** is the best pulmonologist that I have experienced in my lifetime of ongoing pulmonary disease. He is very thorough in his questioning about what has happened and is happening with regard to my health. He makes me feel at ease and comfortable about my lung problems. **Dr. Dragos Manta** – professional, kind, and caring. **Dr. Dragos Manta** is exemplary in his role as a physician. **Dr. Dragos Manta** is patient, knowledgeable and helpful. As a physician myself, he is the best man to recommend for sleep issues. **Dr. Dana Savici** made the time to see me at this appointment, avoiding me having to make another one.

Regional Perinatal Center: We could tell that **Dr. John Nosovitch** took his time reviewing my medical information and the sonogram. He collaborated with staff to ensure there wasn't anything he was missing. It was apparent that he was prepared in talking with myself and my husband. **Dr. John Nosovitch** provided us with all the information for us to be informed. **Dr. John Nosovitch** was so incredibly thorough. He provided information on all the possible diagnosis and why he was ruling out certain ones. He outlined his recommendations for care and what my appointments might look like moving forward. I feel that I am in great hands with **Dr. John Nosovitch**.

Rheumatology Clinic: **Dr. Hom Neupane** is very kind, understanding and quite helpful to relieve my pain. Thank you. **Dr. Hom Neupane** is THE BEST. I have recommended him to numerous friends.

SUNY Upstate – Virtual: **Dr. Emily Albert** was kind, understanding and communicated extremely well and addressed every question I asked professionally and with compassion. **Dr. Andrea Berg** is a very easy person to talk to. Appreciate that **Dr. Marisa Desimone** took time to get to know me on a personal basis and make connections. I always enjoy my appointment with **Dr. Luis Mejico**. He is so kind and caring. **Dr. Dana Savici** is just as caring, compassionate, and concerned on the phone as she is in person. **Dr. Oleg Shapiro** – impressive. I have had several experiences with **Dr. Oleg Shapiro** and all have been great. I consider **Dr. Oleg Shapiro** a top of the line doctor. I am glad when he is involved in my care. **Dr. Ruth Weinstock** was patient and informative.

Surgery – UH: **Dr. Anthony Feghali** – concerned and explained procedure.

Surgical Subspecialties at CC: I like **Dr. Jeffrey Albright** a lot! **Dr. Jeffrey Albright** is very thorough and informative.

Transplant Center: **Dr. Matthew Hanlon** is very kind and considerate. He wants to make sure you are properly taken care of. **Dr. Rauf Shahbazov** – super friendly, caring, kind, amazing.

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UHCC – Neurology: Dr. Sara Ali gave a thorough examination, she explained my situation in a way that I could understand, did not appear to be rushed, and projected calmness which I found reassuring. Even though my appointments are just once a year, Dr. Deborah Bradshaw is always well aware of my problems and does many tests to make sure there has been no change. She always listens very carefully to me and follows through should there be any changes necessary. I have been very fortunate to have her among my Upstate doctors. Dr. Deborah Bradshaw is caring, knowledgeable, and one of the best neurologists in NYS. Dr. Nicole Brescia is very thorough. Dr. Anuradha Duleep was very informative and caring. Dr. Kimberly Laxton was kind and compassionate. Dr. Jenny Meyer was very caring. Dr. Luis Mejico was very attentive and thorough. Dr. Jenny Meyer – always compassionate and caring. Dr. Dragos Mihaila seemed to be very thorough with his questions, listened, and answered all my questions. I liked him a lot. Dr. Ai Sakonju – caring, friendly, and attentive. Dr. Xiangping Zhou – very engaged and thorough. Dr. Awss Zidan is an excellent doctor. He cares, he listens, and he explains things well.

University Cardiology: Dr. Robert Carhart is an amazing cardiologist. Treats you like a person. Dr. Robert Carhart is always caring and a delight to meet with. Dr. Robert Carhart is a fantastic communicator, he listens with intent and responds in an equally thoughtful way. I would never hesitate to recommend him to anyone. Absolutely top notch. Dr. Robert Carhart is incredibly professional, knowledgeable and does not treat me like a number but a person, every visit he considers the realistic nature of the situation and responds in a personalized fashion to my specific needs. I have and will continue to recommend him to anyone seeking a cardiologist, he is second to none. Dr. Sakti Pada Mookherjee is a wonderful, caring doctor.

University Center for Vision Care: Dr. Samuel Alpert seems very knowledgeable and efficient. Dr. Preethi Ganapathy is knowledgeable, patient, and is a nice person. Dr. Preethi Ganapathy is so caring and knowledgeable. Dr. Robert Swan – great! Dr. Robert Swan is a very great doctor, very great person, and best doctor hands down that I've had.

University Geriatricians: Dr. Andrea Berg is excellent. She is kind and listens to our concerns. Dr. Andrea Berg is wonderful. I came to her to help me deal with my diagnosis of Alzheimer's. She is knowledgeable, courteous and helpful. I am very lucky to have her as my doctor and I would recommend her to anyone who is looking for a physician. I always walk away after my appointment feeling I have the best physician. Dr. Andrea Berg – outstanding in her care and concern. Dr. Jeanne Bishop was very impressive.

University Internists: Dr. Tingyin Chee is wonderful in every way. Professional, intelligent and kind. Dr. Vincent Frechette tried very hard to figure out the root cause of my problem. Dr. Vincent Frechette is a very caring and understanding doctor. He knows my conditions and continues to try and resolve my issues each and every time I visit him. His concerns make me appreciate him even more every time I have an appointment. Dr. George Gluz was great. Dr. Sriharsha Gowtham took the time to listen to me and really cared about how I was feeling. Dr. Sriharsha Gowtham truly cares and took extra time to address my concerns. Dr. Sriharsha Gowtham is an excellent physician. Dr. Sarah Lappin always listens to me. She recommends but never pushes. She is the best. Dr. Catherine White – comfortable with having her as my doctor. Dr. Catherine White explains medicine options very well. Dr. Catherine White was courteous, professional, warm and very engaged. Dr. Catherine White listens actively and was very engaged in the office visit.

University Pediatric & Adolescent Center: Dr. Janice Bach was wonderful with my daughter. Despite being all dressed up in protective gear she was able to make my daughter feel comfortable and she even got some smiles out of her.

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Vascular Surgery at Community: I always feel important when seeing **Dr. Palma Shaw**, knowing she genuinely is interested in any concerns I have.

Wound Care Center: **Dr. Marvin Heyboer** – caring and good with directions. **Dr. Deepali Sharma** is a tremendously talented practitioner. Upstate Medical is very fortunate to have a physician of this level of experience and skill on hand.

4North at Community Hospital: **Dr. Lauren Rabach** – very understanding.

05B: **Dr. Matthew Hanlon** really cared about me. **Dr. Rauf Shahbazov** – always gracious, professional and courteous.

07A: **Dr. Zachary Telgheder** – excellent job on my leg. Thank you.

11E: **Dr. Tamer Ahmed** spent so much time answering questions before surgery. **Dr. Tamer Ahmed** – amazing!

We are grateful for all that you do.

~ Amy

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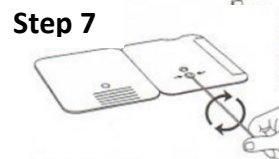
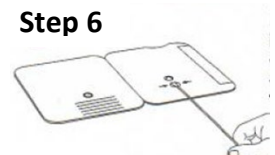
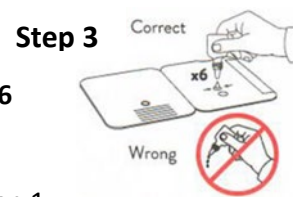
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Instructions for Binax rapid antigen tests

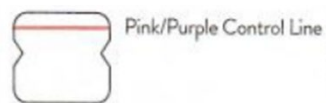
This test must be performed offsite.

How to use the test:

1. Obtain an antigen test card, nasal swab and a bottle of reagent.
2. Open the test card.
3. There are 2 holes in the reagent card. Hold the reagent bottle upside down and put **6 drops** of the reagent into the **TOP** hole. Be sure you do NOT put any drops in the bottom hole. (see picture to right)
4. Carefully insert the entire soft end of the swab straight back into your nostril less than 1 inch.
5. Slowly rotate the swab in a circular path against your nasal wall **5 times or more** for a total of 15 seconds. Repeat in the other nostril using the same swab.
6. Insert the soft end of the swab into the **BOTTOM** hole of the card and firmly push upwards so the swab tip is visible in the top hole. (see picture to right)
7. Rotate (twirl) the swab **3 times** clockwise (to the right). Do not remove swab. (see picture to right)
8. Peel off adhesive liner from the right edge of the test card. Close and securely seal the card. Card must be left laying flat. Do not pick it up.
9. Mark the time of collection on the card. **Read the result in the window 15 minutes** after closing the card. Result should be read promptly at 15 minutes, and not before. Result is no longer valid if read after 30 minutes.



Negative Result



Positive Result



10. Please dispose of the test kit at home – do not bring the test kit into the hospital for disposal.
11. Please return the bottle of reagent to the location where you obtained it.

What to do once you have a result:

1. If your **result is POSITIVE** and you are not already home:
 - a. Go home immediately.
 - b. Take a photo of your test result and:
 - i. Send the photo via email to Employee & Student Health: ESHealth@upstate.edu
 - ii. Upload your result photo to Onondaga County by visiting <https://covid19.ongov.net/at-home-covid-test-results-screen/>
 - c. Follow the current protocols for returning to work: <https://upstate.edu/coronavirus/return-to-work.php>
2. If you are mildly symptomatic and your **result is NEGATIVE**:
 - a. Finish your shift.
 - b. Follow up with a PCR test as soon as possible. You can call 464-THEN for information regarding where to test.
 - c. Do NOT return to work until your PCR test results.
3. If you are asymptomatic (you do not have symptoms) and your **result is NEGATIVE**, you may remain at work and there is no need for a confirmatory PCR test.

Emergency Procedure for Rapid At Home COVID Antigen Tests for Employees

In an effort to help mitigate staff shortages and mandates, Upstate has obtained COVID-19 at home antigen test kits to supplement PCR testing. These tests must be performed offsite (not on Upstate property).

Criteria

The rapid antigen COVID at home test kits will be available for staff who are critical to patient care operations and have had a possible exposure and/or have mild, nonspecific symptoms (e.g. mild cough, headache, nausea). **The kits should not be used for staff who have a fever, productive cough, general body malaise, and other non-mild symptoms.**

Instructions for rapid tests

Instructions for each test will be provided with the test kit.

Kit Distribution

Kits will be available in centralized locations for staff who meet the criteria to use them. Locations include:

UH ED	UH 7A	UCH 3N (ICU)
UCH ED	UH 9F	EVS (UH 800 Basement South)
Peds ED	UH 11E	EVS (UCH Basement Rm 226)
UH 6H	UH 12E	UPD (Headquarters)
UH 6I	UCH 4W	SWAT (UH E6683)
UH 6A	UCH 3W	

Results

The instructions include the action that employees should take appropriate to symptom status and test result. Upstate will not record the results.

CDI Tip of the Month – January 2022

Applies to all providers

Are you thinking malnutrition? Ask a Dietician! Nutrition Consults are available for all inpatients and will be performed by Registered Dietitians.

Stay tuned for more information about a SMART Phrase. IMT will be introducing (developed in collaboration with CDI) to help improve your documentation of nutrition conditions

- Be sure to review the Registered Dietician's (RD) Note and document findings in your Assessment and Plan
- Document if you institute the Nutrition Recommendations for management of malnutrition and, if not, address the reason in your documentation.
- Document validation of your diagnosis – this includes physical signs, symptoms, and characteristics
- Acuity and etiology of malnutrition is always important, as well as discussing a treatment plan.

Physical Findings

Malnutrition typically results in changes to the physical exam, please ensure that your documentation does not have inconsistencies due to template usage and copy/paste. The RD may perform a physical exam and document any of exam findings below as an indicator for malnutrition.

Body Fat	Loss of subcutaneous fat (orbital, triceps, fat overlaying the ribs)
Muscle Mass	Muscle loss (wasting of temples, clavicles, interosseous muscles, shoulders, scapula, thigh, and calf)
Fluid Accumulation	Generalized or localized fluid accumulation evident on exam (extremities, scrotal/vulvar edema, ascites). Weight loss is often masked by fluid retention and weight gain may be observed.
Reduced Grip Strength	Normative standards should be documented.
A minimum of two characteristics are recommended for diagnosis of either severe or non-severe malnutrition.	

Keep in Mind

- ❖ As a licensed independent provider, you have the final say. It is your patient and diagnosis.
- ❖ Height and weight should be actual and measured, rather than estimated, to determine BMI.
- ❖ Usual weight should be obtained in order to determine the percentage and to interpret the significance of weight loss.
- ❖ Basic indicators of nutritional status such as body weight, weight change, and appetite may substantively improve the refeeding in the absence of inflammation.
- ❖ Serum proteins such as albumin and prealbumin are not included as defining characteristics of malnutrition because recent evidence analysis shows that serum levels of these proteins do not change in response to nutrient intake.