When the McLaren Auxiliary donated $45,000 to fund the purchase of a hypothermic cooling system at McLaren, they hoped their donation would make a difference. Their hopes have been realized as the ArcticSun® Temperature Management System has been used on at least six patients since its introduction at MRMC in December 2010.

“The nurses who made a presentation requesting funds for the cooling system were so excited about the potential for this therapy to save lives and reduce brain damage, their enthusiasm was contagious,” said Liz Manley, McLaren Auxiliary President. “The Auxiliary focuses on giving with a purpose, and the cooling therapy system has a very important and proven purpose. We were happy to support it.”

McLaren is the only hospital in the region to offer this procedure.

Most patients who suffer cardiac arrest outside of hospitals die because their brains have been starved of oxygen. Even if the patient is revived and a pulse restored, the lack of oxygen can trigger cell death, a process called apoptosis. However, studies show that if the pulse can be restarted and the body temperature cooled, patients have better survival rates and less brain damage.

That body-cooling process is the primary function of the hypothermic cooling system utilized by McLaren.

With McLaren’s hypothermia blanket equipment applied to a mannequin for demonstration are John Paul Stohon, RN, Nurse Manager, Critical Care Unit, and Frazer Wadenstorer, MD, Medical Director of the Intensive Care Unit.
Cooling System Aids Cardiac Arrest Patients  Continued from page 1

of the body temperature following cardiac arrest, patients have an even greater chance of being able to return to a full and active life following an event where their heart stopped beating.

Cardiac arrest patients meeting specific eligibility requirements are begun on cooling therapy as soon as possible. The process begins in the Emergency Department before the patient is moved to Coronary Care Unit or Intensive Care Unit. Patients are sedated, and chilled fluids are administered to begin the cooling process internally. Special multi-layer pads with automatic temperature control are placed on the legs and torso. Depending on the patient’s beginning temperature, the process of cooling the body to 33 degrees Celsius (92 degrees Fahrenheit) can take from two hours to four hours. The patient is kept at the cooled temperature for 24 hours, followed by a very gradual warming process of 0.5 degree every hour. When the process is complete, the patients are evaluated and physicians prescribe any further care needed.

Rob Springsteen of Lapeer, age 44, is one of the first patients to receive the hypothermia treatment at McLaren. He went into cardiac arrest on January 31, and his heart stopped beating for more than 14 minutes until doctors were able to revive him. He was administrated hypothermia therapy treatment at McLaren over the course of three days as his body was cooled and slowly warmed until reaching a normal body temperature. Springsteen made a full recovery, noting he has no permanent brain damage or trouble with his memory or other cognitive function.

In fact, he credits the experience with not only saving his life, but giving him a jumpstart on a healthier lifestyle. Since the incident, he has lost a significant amount of weight, is eating healthier and exercising more. At the time of publication, the therapy is only used for cardiac arrest patients meeting specific criteria. According to John Paul Stohon, RN, Manager of CCU at MRMC, the Medical Center is in the process of creating a policy to use the cooling therapy on stroke patients as well, citing reports that many people suffering a stroke and receiving the cooling therapy show a lower incidence of brain damage.

Because of the success realized in the first six months of use, MRMC officials are considering the purchase of a second cooling system.

**Cardiac arrest is not the same as a heart attack**

According to the American Heart Association, cardiac arrest is the abrupt loss of heart function in a person who may or may not have diagnosed heart disease. The term “heart attack” is often mistakenly used to describe sudden cardiac arrest. While a heart attack may cause cardiac arrest and sudden death, the terms don’t mean the same thing. Heart attacks are caused by a blockage that stops blood flow to the heart. A heart attack (or myocardial infarction) refers to death of heart muscle tissue due to the loss of blood supply, not necessarily resulting in the death of the heart attack victim. Cardiac arrest may be reversed if CPR (cardiopulmonary resuscitation) is performed and a defibrillator is used to shock the heart and restore a normal heart rhythm within a few minutes.

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**Facts:**

- **300,000 Americans suffer cardiac arrest in a non-hospital setting each year**
- **The historical survival rate of this occurrence is less than 7 percent**
- **2/3 of survivors have severe brain damage**

For more information, go to mclarenregional.org

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**Congratulations Nursing Excellence Recipients**

Ken Bavier, RN  
Lisa Cobb, RN  
Anne DeOrellas, RN  
Jessica Love, RN  
Michelle McCartney, RN
Kudos

David Desimone, Director of Business Development at MRMC, is the recipient of a Golden Apple award for the Winter 2011 semester from the University of Michigan-Flint. David teaches two levels of Healthcare Strategic Planning and was selected for this award by students in his classes.

The Golden Apple Award acknowledges the hard work, dedication, and extraordinary impact that the selected UM-Flint faculty has had on students. David and other Golden Apple recipients were honored at an event entitled, “How Do Teachers Learn” on April 20. David has been teaching at UM-Flint since Fall 2005. This is the fourth Golden Apple Award he has received. David also serves as Community Advisor to the Healthcare Administration Student Organization.

John Paul Stohon Honored with Beyond the Stars

The 1st Quarter 2011 Beyond the Stars recipient is John Paul Stohon, RN, Mgr. CCU. John Paul was presented the award on May 12. His nominator had the following praise for John Paul’s dedication.

“When ICU no longer had a manager, JP was very willing to help all of the ICU staff, ‘step up to the plate’ and help guide us as a unit. He gave us all courage and strength to get through each day when our unit had such low morale. He has helped bring organization to our unit and has done so with enthusiasm. He took on these responsibilities most people would have declined and still managed to take care of his own unit (CCU). He took the time to tell us when we had done a good job. He went above and beyond and truly deserves recognition for his dedication and hard work.”

Happiness is a Warm Blanket

Staff from both the Radiation and Medical Oncology practices and friends of GLCI tried their hand at creating no-sew fleece blankets this winter. Patti Kooy and Cathy Rogers visited the Cancer Institute on March 8 armed with yards of material and extra scissors. Employees stopped in on their lunch hour or break to make ties with other participants. The donation of their time and materials resulted in 10 brand new blankets for patients. About nine patients attended an earlier blanket-making session on February 9 which resulted in about a dozen new blankets.

Guest volunteers Patti Kooy and Cathy Rogers led the session, providing materials and instruction to staff.

Employees took a break from their clinical skills to sharpen their craft skills during a blanket-making session to benefit GLCI patients.
Announcements

Kim Johnson, RN, has joined MRMC as Director of Medical/Surgical Services. Kim is an experienced Director with expertise in Customer Care, Operational Effectiveness, and Process Improvement. Kim has over 27 years nursing experience, 22 of them in nursing leadership. She graduated with Bachelor of Science in Nursing from Marion College in Marion, Indiana.

Tracy Williams has been promoted to director of Respiratory Therapy, EEG and Pulmonary Diagnostics at MRMC. Tracy has nearly 19 years experience at McLaren, serving the last eight years as Manager of Respiratory Therapy. Tracy graduated from the respiratory therapy program at Mott Community College in 1993. She received a Bachelor of Business Administration from University of Michigan-Flint in 2010.

Cheryl Wieber has recently transitioned to her new role as Director of Diagnostic Imaging overseeing McLaren Imaging Center, McLaren MRI, Clarkston Imaging Center, Lapeer Imaging Center, and MRMC Radiology. After working in Business Development, she was promoted to Director of Cardiovascular Services, a position which she held for almost four years, until her recent move to Radiology.

McLaren Regional Medical Center’s first Interventional Cardiology Fellow is nearing the end of his training. Mohamad Sobh, D.O., came to McLaren in July of 2010. Jeffrey Harris, D.O., Director of McLaren’s Cath Lab, graciously volunteered to oversee Dr. Sobh during his Fellowship. Dr. Sobh’s residency training was completed through POH Regional Medical Center, a subsidiary of McLaren Health Care. However, MRMC is providing Dr. Sobh the interventional rotation for his Fellowship. Physician members of the Division of Cardiology and the Vascular Surgeons have provided faculty and case experience for Dr. Sobh. A big thank you is expressed to everyone who was part of this undertaking.

Trashy Artwork, Games, Food and Fun Describe Lab Week Festivities

Work in the Lab isn’t all fun and games. But during Lab Week, all of these things are worked into employees’ work days. During this year’s celebration April 25 through 29, the Pathology group provided lunch for the Lab on a couple of days and employees were also treated to a pot luck and an ice cream social. They played “Minute to Win It” games all week and ended the week with a contest to see who could make a work of art out of Lab trash. Twelve participants entered and had two weeks to collect trash from the Lab and turn it into a work of art. Points were awarded based on how much of the art was truly trash.

First Place: Jessica Hendrix.
Second Place: Blood Bank “Lab Rat”
Receiving honorable mentions: Carrie MacIntosh, Rae Lynn Hicks, Pam Szymanski, Jenelle VanArsdale, Barb Mannor, Joe Langdon, Lisa Colton, Beth Mills, Beth Haley, and Brenda Rushing.

Above: The Blood Bank “swept” second prize with their cuddly submission entitled Lab Rat.
Right: Kim Howell (center) helped coordinate the week’s special activities including the art contest. Annetta Wilbon and Jim Nielson served as judges.

Pictured l-r is Dr. Jeffrey Harris and Dr. Mohamad Sobh.
Four women from MRMC were recognized at the YWCA of Greater Flint’s 16th biennial Women of Achievement Awards Ceremony May 12. The event honors women who make a positive contribution to the greater Flint Community.

The Corporate Women of Achievement Awards provides employers the opportunity to publicly honor outstanding women for their achievement in the workplace. As a sponsor of the event, McLaren selected Cathleen Hipps, RN; Roxanne Caine; Lisa Rogers, and Cheryl Wieber to be recognized for their achievements.

Roxanne R. Caine has the ability to energize and inspire those around her enabling many good ideas to become great accomplishments. Her professional achievements have not altered her ongoing dedication to community service and focus on her family. As Vice President for Development, Roxanne serves as the chief fund-raising officer for the McLaren Foundation and McLaren Regional Medical Center. Roxanne finds the most satisfaction working with others to make strides toward goals that help people find relief, comfort or cure as a result of these efforts. Roxanne holds a Bachelor of Arts Degree in Communications from the University of Michigan, Ann Arbor and a Master of Health Services Administration from Central Michigan University. She also received the designation of Certified Fund Raising Executive in June 2008. Roxanne serves numerous community organizations. She is past president of Rotary Club of Flint, Program Chair of Flint Women’s Forum, a volunteer for Holy Family Parish in Grand Blanc, a Community Investment Cabinet Member for the United Way, and a faithful volunteer (or voluntold) for activities and organizations her children are a part of. Roxanne lives in Grand Blanc with her husband, Joe, their sons, Jason and Brian, and their dog Ramsey.

Cathleen M. Hipps, RN, finds beauty in many places and faces. Her dedication to doing what she loves well is evident in the beauty of a garden bursting with blooms, in the eyes of a grateful patient, and the smile of an energetic grandchild. Cathleen has worked her way into the hearts of many people in Genesee County—literally. She worked in Surgical Services at McLaren Regional Medical Center for over 21 years, including six years as a Cardiac and General Surgical Registered Nurse First Assist. Currently, Cathleen is the Nurse Manager for the ninth floor medical/surgical unit at McLaren. She has achieved advanced education and certification in nursing, attaining both a Bachelor and Master of Science degree in Nursing; and Certified Nurse Operating Room (CNOR) status. Her love of gardening led to her becoming a Michigan State Certified Master Gardener and spurred her involvement with the Ruth Mott Foundation Cultivating Our Community and Keep America Beautiful programs. She is an active leader in McLaren Health Care’s Beautification and Walking Trails Committees. Cathleen and her husband, Barry, reside in Flushing. They have two grown children, son Brett, and daughter Sarah. Cathleen is a proud grandmother of grandsons Austin, Jacob, and Killian.

Lisa Rogers is responsible for ensuring the smooth flow of processes and programs for 2,700 employees as Director of Human Resources at McLaren Regional Medical Center. Her contributions to others extend outside the walls of McLaren and into the community as a mentor with Big Brothers/Big Sisters of Greater Flint; and as a member of The Links, Incorporated, a volunteer service organization of women who are committed to enriching, sustaining and ensuring the culture and economic survival of African Americans and other persons of African ancestry. Lisa is also an involved member of both Delta Sigma Theta Sorority, Inc. and Word of Life Christian Church. Lisa began working for McLaren in 2000 as a Human Resources Associate and advanced several times to achieve her current position as Director. She holds a Bachelor’s of Business Administration from Mississippi State University and a Master of Organizational Management from Spring Arbor University. Lisa and her husband, Dwight, live in Swartz Creek. They have three grown children Lance, Henry, and Dwinette.

Cheryl Wieber had thought she would be an orchestra conductor. Instead she finds great satisfaction harmonizing individual talents in a way that produces a unified exceptional outcome in her recent role as Director of Cardiac Services at McLaren Regional Medical Center and in her new role as Director of Radiology. “Better than yesterday but not as good as tomorrow,” is her leadership philosophy. Cheryl earned a Bachelor Degree in Business Management before focusing on healthcare. As a graduate of University of Michigan-Flint Masters of Healthcare Administration program, Cheryl regularly precepts graduate interns. She values the opportunity to emphasize to emerging leaders that each of us can make a significant impact on the “whole.” Cheryl has been active in community homebound programs and senior healthcare advocacy projects. She is a member of Immaculate Conception Parish in Lapeer. Having served on the Parish Council, the Vicariate Council, Adult and Child Religious Education, Cheryl understands the relationship of faith and one’s ability to find endless strength in stewardship for others. Cheryl and her husband, Robert, reside in Lapeer with their two children, Zachary, and Grace. She is blessed to have her father, Norman, living at home as well, as he has been her biggest mentor and provides great in-home counsel.
Gift of Life Awareness Event

McLaren’s Gift of Life Committee partnered with Gift of Life Michigan to hold a special organ donor awareness event on Saturday, April 30. The community, as well as McLaren’s organ donor families from the previous two years, were invited to attend. In addition to increasing the awareness regarding the need for organ donors, the occasion also honored all those who contribute to Gift of Life efforts throughout the year. Dr. Michael Hagan, Director of Quality Improvement and Regulatory Compliance for Gift of Life Michigan, discussed the need for organ donors and his own personal journey as an organ recipient. Those who attended also heard the reflections of an organ recipient and the family of an organ donor. Following the speakers’ remarks, guests were invited to participate in a balloon release and memorial walk.

McLaren’s Chef Mike Selected for Special Culinary Opportunity

Congratulations to McLaren Regional Medical Center’s Executive Chef Mike Price on his selection to attend a master works culinary clinic the week of May 2. The event was held at the prestigious Culinary Institute of America in Hyde Park, New York. During the week, focus was placed on learning new techniques, ideas and recipes regarding fine cuisine. Chef Mike was selected from among his peers across the United States. Achievements that resulted in his selection include McLaren’s high retail and patient satisfaction regarding the food served at MRMC, his efforts to keep food costs down and his role in overseeing five other chefs in Michigan through Morrison, the company McLaren contracts with for food management services. He plans to incorporate some of what he learns through menu offerings in the cafeteria and special catering requests in the future.
4th Quarter 2010 Beyond the Stars Award Recipient Named

Congratulations to T.C. Wheeler, Medical Assistant, Internal Medicine Clinic, who was nominated and selected as MRMC’s 4th quarter 2010 recipient of the Beyond the Stars recognition award. T.C. has been with McLaren Health Care for over 18 years, spending the past three with the Internal Medicine Clinic. “T.C. treats this office like her own practice, and gives it her most sincere attention, getting multiple aspects of her job completed efficiently and effectively,” said Dr. Parul Sud, Medical Director of Ambulatory Medicine and Assistant Program Director of the McLaren Internal Medicine Residency Program. T.C. received more than one nomination for demonstrating altruism and going the extra mile for patient care.

T.C.’s nominator told this story. “T.C. earned the trust of a difficult patient who had been non-compliant on several occasions. The patient was found in her home critically ill and was admitted to the hospital. When T.C. learned that the patient was in the hospital she went to see the patient. T.C. realized that the patient had a fear or mistrust of physicians. She listened warmly and encouraged the patient to not give up. She became the only person the patient would listen to including her own family. At Christmastime the office staff collected money and bought this patient gifts of comfort, inspired by the hope and comfort T.C. brought to this patient.

T.C.’s nominator said, “It takes a very special person to care for such a difficult patient. T.C. is not afraid to share her compassion and time with someone much less fortunate. T.C. has not only proven her clinical skills over the years but she has displayed what our world needs most today – love and compassion ... She has reaffirmed for us the real reason we chose to go into this profession, for service of the sick and dying by treating, curing and above all comforting them. T.C.’s impact of leading by example is contagious and proves that no good deed goes unnoticed.”

Welcome to the Medical Staff

Sankar A. Nair, M.D.,
Pain Management Specialist
Medical Degree: Northeastern Ohio Universities College of Medicine in Roostown, Ohio
Residency and Fellowship: Pain Management,
University of Michigan Medical Center, Ann Arbor
Office Location: McLaren Specialty Center,
G-3200 Beecher Rd. Suite 02, Flint
Phone: (810) 342-5500
Employees Spare Time for Annual Bowling Challenge

Employees from MRMC’s Therapy Services participated in this year’s Annual Big Brothers Big Sisters Bowling Event.

March for Babies

The BirthPlace at McLaren supported the March of Dimes by participating in their annual fundraising walk on Sunday May 1. As a Registration sponsor, the LDRP nurses staffed an informational table at the event. Money raised in the March for Babies supports the March of Dimes mission to give every baby a healthy start. The walk was held at Bicentennial Park in Grand Blanc.

Right: (standing) Larisa Hagen, Kim Johnson, Pam Brothers, and Norma Menzing from the BirthPlace represented McLaren at the annual March for Babies walk. Also pictured are team members (front row, left to right) Jennifer Johnson and Chloe Peter.