



Harold Rutila, M.D. performing his 300th robotic prostatectomy at McLaren.

Connection

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Urologist Performs 300 Robotic-Assisted Prostatectomies at MRMC

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If practice makes perfect, Harold Rutila, M.D., and the robotic surgical support team at McLaren have a smooth operation. On November 18, the OR team celebrated Dr. Rutila performing his 300th robotic prostatectomy case.

“After going through the learning curve of using a brand new technology, the atmosphere in the operating room is very fluid and efficient,” said Dr. Rutila. “Using the da Vinci system was a new undertaking for all of the OR personnel, not just the surgeons. We have great coordination, and we have reduced the time required for the procedure by having a staff experienced in using the daVinci system.”

At McLaren, surgeons entering the robotic surgery arena have the support of a seasoned team of professionals. Anesthesia and port placement are among the special considerations skillfully handled by the OR surgical support team.

Nationally, prostatectomies (the removal of the prostate) are the most common procedure performed utilizing robotic-assisted surgery. At least half of the patients that come to Dr. Rutila’s office for prostate cancer are already familiar with the treatment options and are requesting the robotic prostatectomy.

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Urologist Performs 300 Robotic-Assisted Prostatectomies

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“There are several applications for using the daVinci system; prostate cancer is just a more commonly-encountered disease,” said Dr. Rutila. “Since McLaren is the only facility in the area with the robot, we have been able to refine our technique by performing a lot of cases.”

Dr. Rutila is trained to perform two additional surgical procedures robotically, including partial nephrectomy and uretera pelvic junction (UPJ) obstruction. UPJ obstruction is a congenital defect in which the flow of urine is obstructed from a narrowing of the ureter. The corrective surgery traditionally requires an eight to ten inch incision under the rib through layers of muscle. Utilizing the robotic surgical system, Dr. Rutila has been able to reduce the size of the incision to 12 millimeters ultimately speeding the recovery-time and greatly reducing scarring.

Nurses on the robotic surgical team had a hand in planning a surprise celebration for Dr. Rutila. Ronda Caverly, RN (left), and Jill Phillips, RN (right), congratulate Dr. Rutila (center) with a cake and special name tags that read “300 TEAM”.



Past President Geri Bois (left) gave Kristen Skivington, Chairperson of the MRMC Board of Trustees; and Donald Kooy, President and CEO of MRMC, a check for \$81,966.35 to support the purchase of mobile crash carts to be placed throughout the hospital. The Auxiliary previously donated \$25,000 to the Healing Through Art program, bringing their total annual contribution to \$106,966.35.

Auxiliary Gives Big Gift

McLaren’s Auxiliary gave two substantial donations to the medical center over the past fiscal year. Collectively, members of the McLaren Auxiliary donated a total of 36,390 volunteer hours of service. The fruits of their labor also resulted in the financial donation of \$106,966.35 to fund medical center equipment and programs. Specifically, this year’s Auxiliary donation supported the Healing Through Art Program and the purchase of mobile crash carts.

The contributions of the McLaren Auxiliary include staffing 26 service areas and helping with special events. They also hold fundraisers and run the Special Things Gift Shop.

Their gifts of time and money are greatly appreciated. To honor and celebrate these accomplishments, McLaren’s Auxiliary held its annual service awards banquet on Wednesday, December 2 at IMA Brookwood. At this yearly event individual Auxilians are recognized for their hours of service, and a check is presented to hospital leadership.

Carol Schiepek and Fran Phillips were recognized for their outstanding service with the McLaren Auxiliary. These two very dedicated auxiliary members have accrued more than 12,000 hours of their time at the Medical Center, roughly the equivalent of working over six years full time-for free!



McHealthy on the Intranet

You can learn all about McLaren's new McHealthy employee fitness program by going to the MHCC Intranet. Go to the MRMC tab and select McHealthy. Here you will discover the classes that will be offered, nutritional information including recipes and helpful tips, fitness information and much more. Monthly calendars will be posted with class listings year round. You can also begin the sign up process by selecting the Miscellaneous Folder. An Open House to kickoff the program is being planned for February. A date will be announced as soon as construction is far enough along to make this possible.

If You Have the "Pin"....You're In!

McLaren is committed to ensuring the privacy and security of our patients' protected health information. As a result of this commitment to privacy and security MRMC has adopted a Patient Identification Number (PIN) process for our patients that will begin in January, 2010.

The PIN process is a unique identifier provided to all inpatients as a mechanism of identification for individuals requesting information on a specific patient. Every patient will be given a blue card with their PIN by the admitting nursing unit.

When a phone call is received by individuals who are not hospital personnel and information is requested on the patient, the nursing staff will respond by asking for the PIN in a courteous fashion..."Can you recite the patients' PIN please?"

Nursing staff at MRMC will not provide information without a valid PIN and the PIN will not be given to any individual other than the patient or their spokesperson at the time of admission.

Please help us with this new process as we continue to remain committed and respectful of our patients' privacy.



Left: Tim Srock, VP of Human Resources at MRMC, serves as chairman of the FHEO initiative. Nina Harris works as a nurse's aide on 8 South on a casual basis while she pursues her nursing degree at Mott Community College.

Employee Advances Career With Help from C.S. Mott Foundation Program

MRMC and one of its own were highlighted in the C.S. Mott Foundation 2008 annual report regarding the Flint Healthcare Employment Opportunities Program (FHEO). Nina Harris, a part-time nurse's aide and nursing student at Mott Community College, is one of several area residents advancing their career and securing their financial future with help from the FHEO.

The FHEO works with local partners to help participants obtain the necessary tuition, books and supplies for the study of health care and connect with entry-level positions in the field. The program also helps students overcome barriers to employment, such as access to transportation and child care. And it is working with area employers, MRMC being a principle partner, to ensure that each graduate's skills-as well as the sector's own employment practices, such as job retention, promotion and compensation-meet local needs.

"The program's importance – and the collaborative spirit behind it – goes beyond simple economics," stated Tim Srock, vice president of human resources at MRMC, Chairman of the FHEO initiative. "FHEO graduates, through their caring interaction with patients and families, are also impacting the community's spiritual, emotional and physical health. Those are the seeds for moving Genesee County forward."

Harris looks forward to counting herself among FHEO alumni.

"FHEO has truly changed my life and my son's," Harris said. "By becoming a nurse, I hope to do the same for others."

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Photo: Rick Smith/Rochester Hills, MI

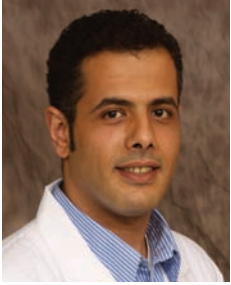
Welcome to the Medical Staff



Anton Marius Chivu, M.D.



Cheri Mys-Curtis, D.O.,
F.A.C.O.I.



Hossam Hafez, M.D.



Elfateh Seedahmed, M.D.



Cristian Hutanu, M.D.



Saad Sirop, M.D.



Shady Megala, M.D.,



Asim Yunus, M.D.



Mohammad Mozayen, M.D.

Anton Marius Chivu, M.D., an internal medicine specialist, is seeing inpatients as a member of the McLaren Academic Hospitalist team. Dr. Chivu completed his residency at McLaren Regional Medical Center in Flint. He received his medical degree from Transilvania University in Brasov, Romania.

Hossam Hafez, M.D., a family medicine specialist, is seeing patients at McLaren Family Medicine Residency Center, G-3230 Beecher Rd., Flint. Dr. Hafez completed his residency at McLaren Regional Medical Center in Flint. He received his medical degree from Alexandria School of Medicine in Alexandria, Egypt.

Cristian Hutanu, M.D., an internal medicine specialist, is seeing inpatients as a member of the McLaren Academic Hospitalist team. Dr. Hutanu completed his residency at McLaren Regional Medical Center in Flint. He received his medical degree from Carol Davila University of Medicine in Bucharest, Romania.

Shady Megala, M.D., an internal medicine specialist, is seeing inpatients as a member of the McLaren Academic Hospitalist team. Dr. Megala completed his residency at McLaren Regional Medical Center in Flint. He received his medical degree from Ain Shams University Medical School in Cairo, Egypt.

Mohammad Mozayen, M.D., an internal medicine specialist, is seeing inpatients as a member of the McLaren Academic Hospitalist team. Dr. Mozayen completed his residency at McLaren Regional Medical Center in Flint. He received his medical degree from the University of Damascus in Damascus, Syria.

Cheri Mys-Curtis, D.O., F.A.C.O.I., a board certified internal medicine specialist, is seeing patients at her office located at 1096 S. Belsay Rd., Burton. Dr. Mys-Curtis completed her residency at Genesys Regional Medical Center-Flint Campus in Flint. She received her medical degree from Michigan State University College of Osteopathic Medicine in Lansing.

Elfateh Seedahmed, M.D., a pulmonary/critical care specialist, has joined the medical staff at McLaren Regional Medical Center. He is seeing patients at Pulmonary Associates, P.C., G-3252 Beecher Rd., Flint. Dr. Seedahmed completed his Pulmonary/Critical Care Medicine Fellowship at the University of Utah Hospitals and Clinics in Salt Lake City, Utah. He completed his residency at Hurley Medical Center in Flint.

Saad Sirop, M.D., an internal medicine specialist, is seeing inpatients as a member of the McLaren Academic Hospitalist team. Dr. Sirop completed his residency at McLaren Regional Medical Center in Flint. He received his medical degree from the University of Baghdad School of Medicine in Baghdad, Iraq.

Asim Yunus, M.D., a board certified electrophysiologist, is seeing patients at Michigan Cardiovascular Institute, 1015 S. Washington Avenue, Saginaw. Dr. Yunus completed a fellowship in electrophysiology at Foot Hills Hospital in Calgary, Alberta. He completed his residency at University of Alberta Hospital in Calgary. He received his medical degree from King Edward Medical College in Lahore, Pakistan.

MRMC Serves as Training Ground for Scarless Surgical Procedure

Several Michigan physicians recently traveled to Flint to learn one of the latest techniques available in surgery from a member of the MRMC medical staff. Michael Kia, D.O., proctored the group of surgeons on the single-port access laparoscopic procedure. McLaren is one of five sites in the nation to serve as a training facility on the Olympus Laparo-Endoscopic Single-Site Surgery (LESS) system.

After spending the day using the equipment in a simulated surgery and observing Dr. Kia perform an actual procedure, the physicians are able to take what they learn at McLaren for application within their practice.

Dr. Kia was the first in Michigan and one of the first in the nation to utilize the single-port surgical technique.

“This type of training reduces the learning curve for these physicians,” said Dr. Kia. “They do not need to reinvent the wheel when they can attend a course and have time to work with someone who has performed several procedures using the single port technique.”

To date, Dr. Kia has performed over 250 procedures using the LESS system. The technique is also known as “scarless surgery” because the patient can undergo a general surgical procedure with no lasting mark. The technique is used to perform such procedures as appendectomies, and gallbladder resection. The opening necessary to perform these surgeries with a single-port is the size of the tip of the finger and hidden within the umbilicus (bellybutton). By placing the only incision within the naval, patients are left with virtually invisible scars, reduced pain and quicker recovery.



Michael Kia, D.O. (far right) observes and answers questions as visiting surgeons use the single port system on pig anatomy to simulate a surgical patient.



McLaren Club 401 Goes on Safari

A night of adventure awaits guests on Saturday, January 30, 2010 when McLaren Regional Medical Center presents its annual charity gala, Club 401, at the Holiday Inn Gateway Centre in Flint.

This year's fundraising gala is titled "Starlight Safari" and features a social hour, dinner, auction, and entertainment and dancing by "Chez'zam," a 10-member troupe from New York City. All proceeds from the event fund the Child Evaluation Clinic housed at McLaren Regional Medical Center.

This is the region's only clinic that provides medical and psychosocial examinations of children who are suspected victims of child sexual abuse. The Clinic works closely with area court systems, law enforcement agencies and the Child Advocacy Centers in Genesee and Lapeer Counties.

For more information on sponsorship and ticket packages, contact (810) 342-4475 or visit mclarenregional.org. ■



(Left) Nursing Management Team: (front row left to right) Cris Mauro, Sheri Myers, and Anita Sparks. (back row left to right) Sabrina Price-Longoria, Stephanie Wilson and Kate Robertson.



Harry Mitchell, Security and Bob Ruddy, Patient Accounts



(Below) Tammy Bartz, Education; Lynn Francis, Blood Conservation and Cindy Steinberg, Education (retired)



(Left) 12 Tower staff on left dine with members of Internal Medicine Residency Group Practice on right.

Holiday Meal Fills Employees with Holiday Spirit

The Department of Food and Nutritional Services served up a terrific feast including shrimp scampi, turkey breast, carved roast beef and other delicious sides and desserts. Members of the MRMC Administrative team assisted with the serving and clean up. Both those dining and those serving enjoyed the warm holiday atmosphere.



(Above) MRMC Radiology staff members



(Above) Kidney Care Staff

(Below) ICU staff members Lana Gorsuch and Nicole Bentoski



Lori Walters, Therapy Services; Gai Clemmer, Wellness and Athletic Training; and Eric Jones, Nutritional Services



3rd Quarter 2009 Beyond the Stars Award Recipient



Sara Lugger,
Physical Therapist

Congratulations to Sara Lugger, Physical Therapist at McLaren Physical Therapy, Clarkston, who was selected as MRMC's third quarter 2009 recipient of the Beyond the Stars recognition award. The Beyond the Stars Program was established to recognize outstanding performance on behalf of McLaren Regional Medical Center. Recipients of the award go beyond simply

satisfying a customer. Recipients of the Beyond the Stars award make a personal commitment to providing exceptional customer service. Sara's nominator said, "Sara's middle name could be 'Customer Service.' She frequently comes in early and stays late to meet patients' needs. She often schedules patients during her lunch period because that's the only time the patient is available. She willingly comes in early or

stays late and has come in on her day off and the weekend to evaluate patients." Sara's manager said she has been integral in marketing the program to physicians in the Clarkston area as well as catering to pediatric patients by purchasing toys with her own resources. Sara also serves on several committees. Sara joined McLaren in April 2009 as a Physical Therapist. Congratulations, Sara!

Surgical Care Unit (SCU) Opening in January 2010

The SCU will be an 18-bed, all private room, Surgical Care Unit housed on 4 Central. Construction is well underway, with a projected completion date of January 2010. The anticipated patient population for this area will include the following: complex abdominal surgeries, AAA repairs, radical neck procedures, neurosurgical cases, major traumas, and post-operative bariatric patients. Six rooms will be equipped with the Spacelabs Monitoring System, which can accommodate patients with up to four invasive lines. These rooms will also be able to provide ventilator support and will allow for Continuous Renal Replacement Therapy (CRRT) as needed. The remaining 12 rooms will be monitored via the GE Telemetry System, allowing progressive level post-operative patients a greater level of mobility. In an effort to decrease the risk of post-operative wound infections, patients admitted to SCU must be free of any infectious processes. Once the Unit is ready, MRMC staff will be invited to tour it. Look for an announcement in the Update newsletter.



Guests who attended the October 28 Ribbon Cutting enjoyed refreshments and tours of 5 North.

Rehab Unit Opens on 5 North MRMC Celebrates New Patient Unit

The long-awaited new Joint Express and Rehabilitation units opened early in November to rave reviews from patients, staff and physicians alike. Employees were given a sneak peak of the floor at a special open house on October 26. A formal ribbon-cutting ceremony and tour was held on October 28 for McLaren's Executive Board, Administration, Medical Staff, and Joint Express and Rehabilitation team members. Joint Express' alumni patients joined the tours later that evening.

Besides the beautiful décor, the units offer patients the benefit of having all aspects of their care take place on the floor. Here are some other highlights of both patient care areas.

Joint Express Features

- 13 Private Patient Rooms
- Board Certified Orthopedic Surgeons
- Orthopedic Residency Program
- Designated Nursing and Therapy Staff

- Team Approach to Care
- Quicker Recovery
- Contemporary Earth-Tone Room Design

Rehabilitation Unit Features

- 12 Bed Acute Inpatient Unit
- 4 Private Patient Rooms
- Board Certified Medical Director
- Care Driven by a Coordinated Multidisciplinary Team
- Integrated Therapy Services on the Unit
- Woodland-Themed Unit, with each nature-inspired room named after a Michigan tree

To see photos of both units go to mclarenregional.org, select the Our Services tab top left, then select Orthopedic and Rehabilitation Services respectively. Choose Tour Our Joint Express or Rehab Unit under Related Links on the left side of each page.



Pictured l-r are James Stathakios, M.D., Physiatrist; Donald Kooy, President and CEO, McLaren Regional Medical Center; and Norman Walter, M.D., Orthopedic Surgeon.



Pictured l-r are four of this year's five winners Lori Starnes, RN; Virginia Moultrup, RN; Roxanne Voltenburg, RN; and Barbara Bishop, RN. Not pictured is Kevin Freeman, RN.

Nursing Excellence 2009

Hospital Administrators, co-workers, family and friends gathered on Thursday, November 5 to honor this year's Nursing Excellence recipients. Each year the five recipients are introduced to those in attendance by their managers who then share remarks from their peers regarding why they are worthy of the award. The celebration is held annually in November, the month of Margaret McLaren's birthday, a nurse who served as the hospital's administrator for 27 years.

Gift of Life Michigan Honors Retired MRMC Nurse Specialist



Carol Higgins, RN, retired

Carol Higgins, a retired clinical nurse specialist at McLaren Regional Medical Center, was recently honored by the Gift of Life Michigan. The award recipients were recognized for saving and improving lives through their outstanding work and advocacy in organ, eye and tissue donation and transplantation.

Carol Higgins, a Professional Award recipient, spent 20 years experiencing all angles of organ donation at MRMC. For Carol, helping to make a donation happen was and is a passion. Among other things, she spent countless hours educating both nurses and the public. McLaren and the Flint community have benefited from her years of service and dedication. Carol continues to advocate for organ donation throughout the community, talking about its benefits to church groups and other organizations.

Gift of Life, the Michigan's only full-service organ recovery organization, is an intermediary between donors and hospitals when a donation occurs. It also works with the Secretary of State to manage the state's Organ Donor Registry.

The Gift of Life Foundation, a separate organization, supports Gift of Life's mission. It provides financial help for transplant recipients in need, gives research grants and helps pay for programs that promote organ and tissue donation.

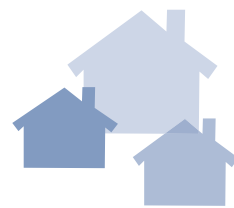
Your Gift Could Save A Life: Register To Be a Donor

Since 2007, residents no longer sign the back of their Michigan driver's license to indicate their wish to be an organ and tissue donor. Instead, they join the Michigan Organ Donor Registry. After doing that, a red heart sticker from the Michigan Secretary of State goes on their driver's license or state I.D., officially designating them as a donor.

More than 200,000 people have joined Donor Registry so far in 2009. Of the state's 10 million residents, about 1.7 million are registered donors.

To sign up, go to www.gifttoflifemichigan.org or ask at any Secretary of State branch office to place your name on the state database. For more information or to join the Donor Registry by phone, call 1.800.482.4881.

Community Connection



Denim Day Huge Success

Thank you to everyone who participated in Denim Day 2009. This annual breast cancer awareness effort raises money that helps provide cancer care services to local women who qualify for monetary assistance. A very special thank you to Lori Stauffacher, Corporate Planning Department; Kathy Condon, McLaren Health Plan; Dawn Smith, McLaren Medical Group; Gai Clemmer, McLaren Satellite Therapy Services; DeLynn Ruddy, GLCI-McLaren; Debbie Nicholson, McLaren Imaging Center; Lisa Semeyn and Lauren Hayes, Medical Education Building for organizing Denim Day collections in their buildings. Employee participation at MRMC and their combined efforts raised \$1,600 this year.

Harvest Food Gathering

Nutritional Services spearheads the Harvest Food Gathering collection each year. In total, 841 pounds of food was donated to the Food Bank of Eastern Michigan as a result of employees generosity. (Pictured on left) Annette Taylor and Eric Cohoon of Nutritional Services stand among the food items donated by McLaren employees during the annual Harvest Food Gathering.



Senior Expo

Area senior citizens turned out in large numbers to take advantage of free health screenings and educational information at the annual Senior Expo held on October 30. Those attending the event could ask the experts from McLaren about the hospital's Joint Express and Spine Express programs, robotic surgical procedures, wound care, community resources, stroke risk education, McLaren's blood conservation program and wellness opportunities. Information on setting up a Power of Attorney was also available. Stroke risk assessments and blood pressure checks were also offered. Monica Blondin, RN, from Surgical Services, discussed robotic surgeries with Senior Expo attendees (pictured on left). Recreational therapist Kellie Stites presented "Movement for a Lifetime" an informational session about the body, exercises and stretches that can help us as we age. Physical therapists Kelly Leavy and Rachael Fultz presented "A Healthy Pelvic Floor" discussing current physical therapy treatments to address incontinence and other pelvic floor issues.

Robotic Seminar

MRMC hosted a free community seminar titled "Trends in Robotic Surgery" on November 9 at the Holiday Inn in Flint. More than 75 people were on hand to view demonstrations of the daVinci surgical robotic technology and hear presentations by three robotic surgeons. Harold Rutila, M.D., urologist, Alexey Levaskevich, M.D., OB/GYN, and Veena Kalra, M.D., OB/GYN, presented benefits of robotic surgery.

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Shoes That Fit



Shoes That Fit

Employees gladly “footed the bill” to benefit Flint Community School students during the annual holiday Shoes that Fit Campaign. For the ninth year, MRMC participated in the area program to provide new shoes to students chosen by their teachers to be in great need of new footwear. Employees enthusiastically fulfilled all 250 requests for shoes. The Medical Center also donates money for each child to receive six new pairs of socks with their shoes. A special thank you to Lori Stauffacher, Corporate Services Building; Kathy Condon, McLaren Health Plan; and Harry Mitchell, Security, along with members of Faith Missionary Church, for their continued support of this project. Once again McLaren’s many good “soles” came through!

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Mission Statement:

McLaren Health Care, through its
subsidiaries, will be Michigan’s best
value in healthcare as defined by quality
outcomes and cost.

McLAREN
REGIONAL MEDICAL CENTER
A McLAREN HEALTH SERVICE

Better doctors. Better care.sm
mcclarenregional.org

