

- Radiology advances to benefit healthcare providers, patients
- A nation under pressure: former Surgeon General speaks on stress

Clinical Center

NIH...Turning Discovery Into Health®

From dusk to dawn: a tribute to employees who maintain hospital operations 24/7



Continuous coordination and open communication allow employees to focus on the mission at all hours.

As the sun sets, the hustle and bustle of thousands of NIH employees working in the NIH Clinical Center may appear to dwindle. But in fact a critical next shift of care providers and administrators step up to serve overnight, in the wee hours of the morning, and on weekends and holidays, charged with, and committed to, ensuring CC patients continue to receive safe, high quality care.

As a tribute to the dedicated staff who ensure there are no "off hours", CC News has provided its cameras to several departments to document their important behind-the-scenes work. On page 4, and online, readers can view photos from the Department of Transfusion Medicine, Nursing Department, Nutrition Department and others.

CLINICAL CENTER 24/7 page 4

Pediatric patients trick-or-treat on Halloween; care providers join festivities in costume



On Oct. 31, pediatric patients, joined by their siblings and families, traded in hospital gowns for Halloween costumes and marched through the NIH Clinical Center on a mission to fill their bags with candy. An army general, scarecrow, batgirl and even a very tiny Maleficent left the medical exams and the bedside behind to take part in the Halloween tradition of trick-or-treating organized by the Clinical Center Rehabilitation Medicine Department, and supported by staff from The Children's Inn at NIH. Above, employees from the pediatric unit dressed as Troll dolls — and, far left, one bag of red blood cells. Right, a patient dressed as a LEGO Ninja receives treats from NIH Project SEARCH participants.

Dr. Christine Grady elected to National Academy of Medicine

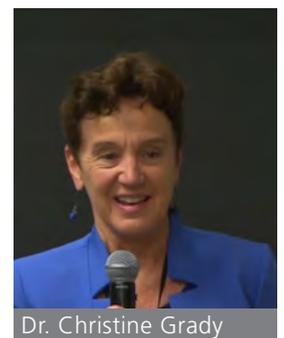
On Oct. 16, Dr. Christine Grady, chief of the NIH Clinical Center's Department of Bioethics, was elected to the National Academy of Medicine, formerly the Institute of Medicine. The academy was established in 1970 under the charter of the National Academy of Sciences to advise the nation on medical and health issues. Grady is among 70 new mem-

bers elected this fall. Since 1985, 47 NIH employees have joined the academy. Grady is the ninth woman at NIH to join the academy.

Membership is considered one of the highest honors in the fields of health and medicine and recognizes individuals who have demonstrated outstanding professional achievements and commitment to service. Members are elected by

their peers for distinguished contributions to medicine and health.

The academy is an independent organization of professionals from health and medicine; the natural, social and behavioral sciences; and beyond. It serves as an adviser to the nation and the international community. View more details: <https://tinyurl.com/ybm89k72>

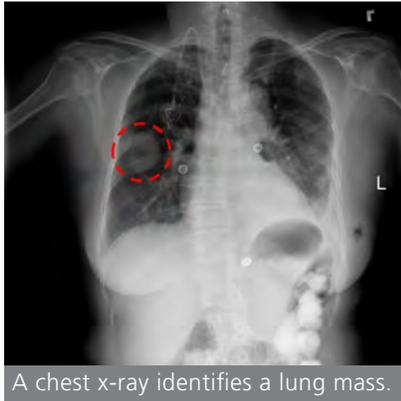


Dr. Christine Grady

Radiology advances to benefit healthcare providers, patients

Over 100,000 chest x-ray images released to scientific community

In late September, the Clinical Center released over 100,000 anonymized chest x-ray images and their corresponding data. The release will allow researchers in the U.S. and around the world to freely access the datasets and increase their ability to allow computers to detect and diagnose disease. Ultimately, this artificial intelligence mechanism may lead to clinicians making better diagnostic decisions for patients.



A chest x-ray identifies a lung mass.

NIH compiled the dataset of scans from more than 30,000 patients, including many with advanced lung disease. With patient privacy being paramount, the dataset was rigorously screened to remove all personally identifiable information before release.

Dr. Ronald M. Summers, senior investigator in the Clinical Center Radiology and Imaging Sciences Department led the NIH team working on the dataset. Summers hopes that academic and research institutions across the country can use the data for computer-assisted analysis of extremely large amounts of scans, to confirm the results radiologists have found and potentially identify other findings that may have been overlooked. Read the NIH news release: <https://go.usa.gov/xnrjV>

Mobile devices can be useful for guiding needle-based interventions

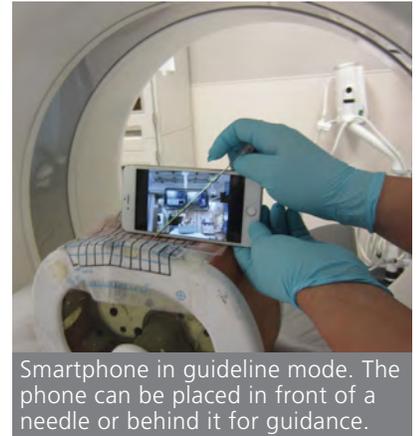
Drs. Sheng Xu and Bradford Wood, along with several other leading radiologists in the CC, have created a smartphone app that helps optimize a needle-insertion angle for planning and performing computerized tomography (CT)-guided skin biopsies and ablations.

Today, when an interventional radiologist conducts a CT-guided procedure, they rely solely on their visual perception of the objects in front of them. But by using the app, experts are able to overlay their planned angle on the camera display in real time. The planned angle helps them to guide placement of the actual needle during a procedure.

While their results are still experimental, they are optimistic that smartphone guidance can improve on conventional needle navigation and placement protocols.

In a recent paper, the researchers expressed that, "this tool could be more useful for inexperienced operators or those with minimal training in CT-guided procedures. It may lead to major changes in the field of surgical navigation by offering low-cost solutions."

Learn more: <https://tinyurl.com/ybpez7b>



Smartphone in guideline mode. The phone can be placed in front of a needle or behind it for guidance.

With a focus on education and opportunities for improvement, hospital hosts quarterly Morbidity and Mortality conferences for staff

As a part of the Clinical Center's focus on high reliability and continuous improvement, the hospital held its third systems-based Morbidity and Mortality (M & M) conference this year, on Oct. 19, in the Masur Auditorium. Around 300 staff members across the institutes and centers, and Clinical Center departments attended.

M & M conferences provide a forum for medical care teams to explore, evaluate and analyze patient care outcomes in the hospital. Professionals can learn from complications, errors and unanticipated

outcomes and develop more effective responses for the future. These conferences can also help identify potential systems issues that can be barriers to care such as outdated policies or procedural slowdowns.

While the Clinical Center has held M & M sessions in the past, they were often directed toward the specific care groups on a certain patient case.

Recognizing the enormous training potential they hold for employee, Clinical Center CEO Dr. James Gilman revitalized the case reviews and created an environ-

ment for any staff member to attend and revisit errors to gain insight without blame or derision.

"This was a different kind of M & M," Gilman stated, when mentioning the April conference at a Clinical Center Research Hospital Board Meeting. "This was not your shaming, naming and blaming M & M."

M & M Conferences are an Accreditation Council for Graduate Medical Education mandated educational series that occur regularly at all institutions that have residency training programs.

Read more online! Scan the barcode or visit www.cc.nih.gov/about/news/newsletter.html



- NIAMS investigator earns Distinguished Clinical Teaching Award
- Recap of the Red Cell Genotyping Symposium
- National Symphony Orchestra performs Sept. 19

Use a downloaded app on a smartphone or tablet to scan the Quick Response (QR) barcode. You will be directed to the CC News online.

Clinical Center News

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A nation under pressure: former U.S. Surgeon General speaks about stress in America

Americans are over-stressed and that has serious implications for our health. That was the message former Surgeon General Dr. Vivek Murthy brought to Masur Auditorium in the NIH Clinical Center Sept. 7. Speaking at the Stephen E. Straus Distinguished Lecture hosted by the National Center for Complementary and Integrative Health, Murthy outlined his concern that stress among Americans is at dangerous levels.

Murthy drew a distinction from short-term stress, like before a test or a public performance, which can deliver positive results and even assist with healing. His concern centered on long-term, chronic stress which can be linked to workplaces that are increasingly fast paced, to constantly being connected to media through smartphones and, "The idea that you would go to work at nine and leave at five and then spend time with your family has been replaced by [the idea] that you're accessible through email and technology 24/7," stated Murthy.



Members of the U.S. Public Health Service, who served under the command of Dr. Vivek Murthy during his tenure as the 19th U.S. Surgeon General, attended the lecture. From left to right, CDR Julie Erb-Alvarez (NHLBI), CAPT Josef Rivero (NHLBI), RADM Peter Kilmarx (FIC), Dr. Vivek Murthy and RADM Susan Orsega (NIAID). Photo credit: Andrew Propp

He suggested that exercise, sleep, social connection through in-person interactions with others and meditation are effective counters to chronic stress. View the full conversation between NIH Director Dr. Francis S. Collins and Murthy on videocast: <https://go.usa.gov/xnaXF>

NIH Lasker Award recipients added to CC display



Drs. John T. Schiller and Douglas R. Lowy of the National Cancer Institute recently received the 2017 Lasker-DeBakey Clinical Medical Research Award for their significant research leading to the development of human papillomavirus vaccines. The award is the country's most prestigious biomedical research prize. On Oct. 11, above, contractor Ray Fitzgerald installed framed photos of Lowy (top left) and Schiller on a wall display of NIH Lasker honorees located on the first floor of the NIH Clinical Center. Learn more: <https://go.usa.gov/xnYra>

Upcoming Events

<https://clinicalcenter.nih.gov/ocmr/events.html>

8th Annual Clinical Center Family Caregiver Day

Nov. 14, 2017, 11:00 a.m. – 2:00 p.m.
7th Floor CRC Atrium

The Clinical Center departments and outside organizations will share resources, services and host a variety of interactive workshops for family caregivers. This event is for family caregivers of patients and NIH staff who serve as family caregivers. Details: <https://clinicalcenter.nih.gov/wecare/>

Combined Federal Campaign, Celebration of Giving

Nov. 30, 2017, 11:00 a.m. – 2:00 p.m.
South Lobby

A fun event to showcase booths and costumes that best represent your favorite charities. Experience and share the excitement with live music, prizes, treats, games and giveaways.

NIH Employee Ethics Brown Bag Lunch

Nov. 30, 2017, Noon – 1:30 p.m.

The NIH Office of Employee Ethics encourages staff to attend the teleconference on the Ethics Rules Applicable to a Non-Federal Job Search. Details: <https://intranet.hhs.gov/ethics/index.html>

14th Annual Gingerbread House Decorating Contest

Dec. 4, 2017 –
Jan. 1, 2018
Atrium

Vote for your favorite decorated house in person or on Face book (<https://tinyurl.com/ybqgs5wp>). Contact Ann Marie Matlock (amatlock@cc.nih.gov) for details.



Clinical Center CEO's Annual Address and Awards Ceremony

Dec. 15, 2017, 1:00 p.m. – 3:00 p.m.
Masur Auditorium

The event will honor employees and their exemplary contribution to NIH.

This Thanksgiving, cook up your unique recipe for wellness and disease prevention. Create your **Family Health Portrait** with the Surgeon General's free web-based tool.

Go to:
familyhistory.hhs.gov





Thursday Sept. 28
6:30 p.m.

If a question or issue comes up after the traditional business day, typically a key point of contact is the nursing administrative coordinator. These nurses make rounds on patient units, pharmacy, interventional radiology, work with physicians and report critical lab values. While the nursing administrative coordinators are on the move, the Admissions Department serves as a more permanently placed resource for patients and staff alike as it is open 24/7. There is also always a designated senior hospital administrator on call. The CC's Office of the Deputy Director for Clinical

Care recently drafted a policy on 24 hour coverage of CC and institutes and centers essential services to affirm and clarify roles.

"Our job is around the clock care for our patients despite snowstorms, government holidays or three-day-weekends," said CC CEO Dr. James Gilman. "Clinical Center facilities and housekeeping, nutrition and nursing and admissions and many others, combined with our confederate institutes and centers' staff working in Building 10 each play a critical role in patient care and furthering our research mission no matter the hour or day."



Saturday Sept. 30
8:07 a.m.



Sunday Oct. 1
12:40 p.m.

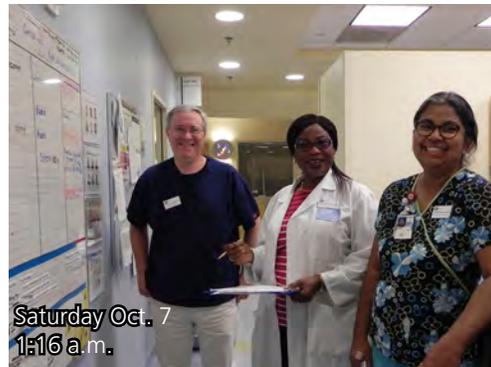
Left: Max Tynov separates platelet components from the Intercept Blood System compound adsorption device, phase two of the pathogen reduction process. This technology reduces the risk of transfusion-transmitted infection and reduces the risk of transfusion-associated graft versus host disease. Center: Crystal Cavin with the Nutrition Department pours coffee for patients. Right: Juan Osorio, a cook with the Nutrition Department, reviews a meal ticket to determine what hot foods to prepare during a night shift. This shift, 11:30 a.m. to 8 p.m., has the greatest number of trays to assemble and deliver to patients than any other meal time.



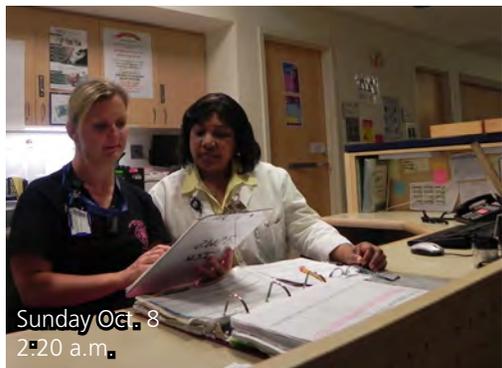
Wednesday Oct. 4
7:52 p.m.



Saturday Oct. 7
3:44 p.m.



Saturday Oct. 7
1:16 a.m.



Sunday Oct. 8
2:20 a.m.



Sunday Oct. 8
3:55 p.m.



Sunday Oct.
6:10 p.m.

Top left: Robin Baker, with the Department of Laboratory Medicine's Chemistry section processes a patient's samples on analyzers. Top center: Char-Dell Edwards, with the Department of Laboratory Medicine Microbiology Service processes a clinical specimen for testing. Top right: Donna Owolabi (center), an administrative coordinator with the Nursing Department, discusses staffing schedules with employees on the night shift in the pediatric unit. Administrative coordinators work from 3 p.m. to 7 a.m., Monday through Friday, and all day on weekends and holidays. Bottom left: Administrative coordinator, Carole Henry, talks with charge nurse Danelle Gori on the intensive care unit. Bottom center: Jessie Bhutani, a clinical laboratory scientist in the Microbiology Service of the Department of Laboratory Medicine, places specimens into a chamber for growth of anaerobic bacteria during the night shift. Bottom right: Erica Talley, an after-hours shuttle bus driver with the NIH Office of Research Services, serves Clinical Center patients by providing a ride to Building 10.