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## Providing a Second Chance at Life

For 35 years, critically injured adult and pediatric patients in Northeast Florida and Southeast Georgia have been transported to the downtown campus through UF Health TraumaOne. Whether it was a severe burn, car accident, fall, fracture or violent assault, they depended on our team of experts to get them through their greatest time of need.

TraumaOne has a 97 percent survival rate. As the region's only Level I trauma center, our trauma surgeons and emergency medicine physicians are available 24 hours a day, seven days a week, 365 days a year.

In addition, we are the only hospital in the area that can provide prompt care in various specialties, such as acute critical care, anesthesiology, internal medicine, neurosurgery, oral and maxillofacial surgery, orthopaedic surgery, pediatric care, plastic and reconstructive surgery and radiology.

TraumaOne also has a robust Trauma Prevention Program that provides public education and resources to the surrounding communities. It is through programs such as Stop the Bleed, Hands-Only CPR, Senior Steps and Water Watchers that we have been able to reduce morbidity and mortality rates in our area.

In addition, TraumaOne serves as a key educational and research component for the University of Florida colleges of Medicine, Nursing and Pharmacy. Our Level I trauma



center designation and our recently earned Level I verification from the American College of Surgeons further confirms that the work accomplished at UF Health Jacksonville is indispensable and plays a major role in keeping the community healthy. It is because of your commitment and medical expertise that most of our patients are able to return to their loved ones — providing them a second chance at life.

Sincerely,

A handwritten signature in black ink, appearing to read 'L. Haley Jr.', written in a cursive, flowing style.

Leon L. Haley Jr., MD, MHSA, CPE, FACEP



# REDUCING LEG AMPUTATION RATES WITH COORDINATED CARE

The Limb Preservation Program provides patients with a team of experts who use the latest technology and techniques to save legs.

Losing a leg can be a life-altering outcome of a complicated condition, but a new program brings several specialists together to reduce delays that can lead to the loss of limbs.

UF Health Jacksonville's Limb Preservation Program uses a multidisciplinary approach to diagnose and treat patients with limb-threatening conditions, such as diabetes, HIV, AIDS, peripheral artery disease or insufficient blood flow and skin ulcers. Patients who smoke also are at a higher risk of developing these conditions.

## TIME IS TISSUE

Christine Miller, DPM, is a wound care specialist at UF Health Jacksonville and has advanced training to assist patients with diabetes and ulcers who are at risk for amputation.

"Early detection and a multidisciplinary approach are crucial for healing and preventing amputation from ulcerations," Miller said.

Providers are treating patients who show signs of developing ulcers with compression therapy devices. UF Health Jacksonville is one of the only hospitals in Florida to offer this technology as part of its Limb Preservation Program.

Jason Piraino, DPM, chief of foot and ankle surgery at the University of Florida College of Medicine – Jacksonville, works with Miller to screen and monitor patients for future limb preservation. Screenings include self-monitoring of symptoms and checking blood pressure regularly.

"A simple inspection of the feet in the morning and afternoon and immediate reporting of any suspicious marks, ulcers or changes may be the difference between amputation and simple treatments, such as antibiotics or minor surgical interventions," Piraino said.

## BOOSTING BLOOD FLOW

Providers monitor blood pressure in at-risk patients with limbs that may be in jeopardy from inadequate blood flow. The basic ankle-brachial index test involves comparing the blood pressure in the upper arm to the blood pressure in the leg to make sure they match. When patients show abnormal results or report indications from self-monitoring, Piraino and Miller refer them to a cardiologist.

Daniel Soffer, MD, medical director of endovascular cardiology, brings a unique skill set to the Limb Preservation Program. Not all cardiologists have specialized training or expedience in treating endovascular conditions. Soffer not only performs cardiovascular procedures, he also works with peripheral vessels from the neck to the toes.

The size or degree of an amputation can be reduced — or even avoided — with a procedure Soffer performs to improve or restore blood flow to the feet. The key is establishing a straight line of blood flow from the heart to the foot, or to where there is tissue damage or loss.

"The technology has improved drastically in the past two decades," Soffer said. "We have newer tools and devices to help us expand and deliver treatments with more effective outcomes."

Soffer describes the new balloons and stents as more flexible and they now adjust to the vessels in the legs. They are self-expanding and come in different sizes and lengths. In addition, they are now coated with medication to prevent scar tissue from forming to help provide patients with the best possible outcomes.

"An abnormal ankle-brachial index test may mean a decrease in life expectancy and an increased risk for heart attack or stroke," Soffer said. "This screening program not only preserves limbs, but can also save lives."

Visit [UFHealthJax.org/ortho](http://UFHealthJax.org/ortho) for more information about the Limb Preservation Program.



# THE TOP IN TRAUMA CARE



## UF Health TraumaOne receives Level I verification from the American College of Surgeons — the highest recognition for trauma care.

It's the lifesaving medical care no one wants to think about until they or their loved one needs it. UF Health TraumaOne is the only Level I trauma center in the region and has been providing the most critically injured patients in Northeast Florida and Southeast Georgia with the highest level of coordinated, specialized care to save lives.

TraumaOne is now nationally recognized for those resources and received Level I verification from the American College of Surgeons, or ACS — an honor only given to trauma centers that meet the most stringent criteria.

"Our level of commitment and expertise is something we have focused on since we opened the first trauma center in the state 35 years ago," said Leon L. Haley Jr., MD, CEO of UF Health Jacksonville and dean of the University of Florida College of Medicine – Jacksonville. "It shows that we have the best people and resources available to save as many lives as possible. I could not be prouder of this organization."

The ACS Verification, Review and Consultation Program helps hospitals evaluate and improve trauma care. It provides an objective, external review of a trauma center's resources and performance. A

team of trauma experts completes an on-site review of the hospital and assesses relevant features of the program. The ACS verification was given to UF Health Jacksonville after a two-day visit in June and is valid for three years.

"We went through this detailed, rigorous process because we believe it will continue to help us grow as a health care leader in this region," said Julia P. Paul, MSN, UF Health Jacksonville's trauma program manager, who spearheaded the effort for verification. "Our team put the same passion into this project as they do every day in our trauma center, and this exclusive national organization recognized that."

Trauma centers in the United States are identified through two processes, designation and verification. Designation is a process outlined and developed at a state or local level, which in Florida is handled through the Department of Health. UF Health Jacksonville houses one of only 10 Level I trauma centers in the state.

The verification process is voluntary and confirms that a hospital has demonstrated its ability to provide all necessary resources for trauma care for all injured patients, 24 hours a day, seven days a week, meeting the national guidelines established by the ACS. Level I status verifies that in addition to providing all of the necessary services, the hospital also has a training program and actively conducts research on trauma.

"The equation is quite simple," said Andrew Kerwin, MD, chief of acute care surgery at UF Health Jacksonville. "Trauma centers help save lives, verified centers are at the top of the list, and now UF Health Jacksonville has proven itself again to be among the best."

UF Health Jacksonville's trauma services were thoroughly evaluated using ACS guidelines, where more than 200 standards related to trauma resources, care processes and continuous performance improvement were met. UF Health Jacksonville is the ninth verified trauma center in Florida and joins approximately 500 verified trauma centers nationwide. The closest Level I-verified centers are in Tampa and Miami in Florida and Macon and Atlanta in Georgia.

"There is no question about it, we are equipped and ready for any kind of trauma or emergency that enters our doors," Kerwin said. "This verification confirms we have the resources and experience when you need us most."

# HELPING SENIORS STAND STRONG



## TraumaOne's Senior Steps program promotes active aging through fall prevention.

It's a growing problem that is literally knocking millions of people off their feet and into hospital beds every year.

Falls are the leading cause of injuries among adults 65 and older, according to the Centers for Disease Control and Prevention. One in four older adults reported falling, with more than 3 million falls requiring treatment in emergency rooms. More than 27,000 people died from their injuries.

"Statistics show this is a widespread problem, but we often don't hear about it until a patient is in the emergency room," said Rebecca Melvin, UF Health TraumaOne education coordinator. "People need to know falling is not a normal part of the aging process. It can be prevented."

### A PREVENTABLE PROBLEM

Every September during Fall Prevention Week, TraumaOne staff kick off the Senior Steps fall prevention campaign for older adults. They travel to several senior citizen community centers through December to educate residents on how to remove trip hazards and prevent fall-related injuries using the CDC's Stopping Elderly Accidents, Deaths and Injuries program.

"Medications for high blood pressure, high blood sugar or anxiety can cause patients to fall," Melvin said. "One of the first things we recommend is bringing a list of all your medications with you to every doctor appointment. As you get older, you start to see more specialists who may not be on the same network or communicating with one another. It's important to make doctors aware of prescriptions that may make you lose your balance."

### REDUCING RISKS

Staff also educate attendees about ways to prevent trips, slips and falls in their homes by removing hazards, such as ensuring rooms are well-lit, cords are not located in high-traffic areas, and steps and step stools have handrails.

"It's as simple as making the items you use regularly more accessible," Melvin said. "Move the sugar you use in your coffee every morning to your countertop, so you don't have to reach up into your cabinet to get it."

Marie Crandall, MD, MPH, a UF Health trauma surgeon, says senior falls are becoming a larger part of trauma care, especially as the population ages.

"Certainly, you worry about broken bones," Crandall said. "Falling and striking things are also really common, causing injuries like rib fractures. Sometimes those rib fractures poke into other organs like your lungs, spleen and liver."

Crandall said the most worrisome falls involve blows to the head, where a patient can experience intracranial bleeding or a traumatic brain injury.

"It's important for patients to tell their doctors every time they fall because there are things we can do about it," Crandall said. "We can test your hearing and vision. We can treat macular degeneration, diabetic eye diseases or other medical conditions that decrease your vision."

Crandall says simply by improving a patient's sight, they may be able to remain independent longer.

"No one wants to be told they can no longer do something they used to do," Melvin said. "Many older adults are afraid their freedom will be stripped away. Our goal is to empower older adults with education to keep them safe."

**Fall Prevention Week is Sept. 22 – 28.**

To learn more about Senior Steps, contact the Trauma Prevention Program at [Trauma1@jax.ufl.edu](mailto:Trauma1@jax.ufl.edu) or 244.3400.



# TACKLING MENTAL ILLNESS AFTER A SCHOOL SHOOTING

## UF Health physicians provide training in South Florida in the wake of Parkland shooting.

Two faculty physicians at the University of Florida College of Medicine – Jacksonville recently hosted training sessions for health care providers in South Florida to help them better screen and treat children experiencing depression and anxiety after this year's deadly school shooting in Parkland, Florida.

Madeline Joseph, MD, a professor who specializes in pediatric emergency medicine, and Elise Fallucco, MD, an associate professor who specializes in child and adolescent psychiatry, used a grant from the American Academy of Pediatrics to facilitate the training, which targets about 50 pediatric providers in Broward and Palm Beach counties.

The Feb. 14 shooting at Marjory Stoneman Douglas High School killed 17 students and staff members and injured 17 others, making it one of the deadliest school massacres in U.S. history. Fallucco said providers in that area have reported a significant increase in signs of depression and anxiety among teenage patients since the tragic event.

In August, Fallucco and Joseph — president of the Florida Chapter of the American Academy of Pediatrics — traveled to South Florida to train providers how to detect signs of depression, anxiety and post-traumatic stress disorder in adolescents.

Each provider then practiced those clinical skills by consulting with young adult actors who played the roles of depressed, anxious teens. The providers also gained insight on how to determine the best ways to treat symptoms, with options including medication and referrals for psychotherapy.

The sessions were recorded so other providers throughout the state can receive training in the future.

"The hope is that the trained providers will be able to recognize early signs of depression, anxiety and PTSD in their patients," Fallucco said. "Then they can intervene and make sure these teens receive the help they truly need."

Fallucco said anxiety is the most common mental health problem in teens, and depression affects between 15 and 20 percent of them, with the prevalence increasing over the past decade. She adds one of the major consequences of untreated depression is suicide, which has become the second-leading cause of death among this age group in the country.

Joseph says mental health issues resulting from gun violence require special attention. Nearly 1,300 children 16 and younger die from gunshot wounds every year, and nearly 5,800 are injured, according to the Centers for Disease Control and Prevention.

"Gun violence is a public health threat to children," Joseph said. "Although mass shootings like the one in Parkland command our attention, children remain at risk of suicide, homicide and unintentional injury from guns on a daily basis. We see the effects in our emergency rooms and trauma centers."

Fallucco says pediatric providers are well aware of other forms of trauma, such as physical and sexual abuse, but are "learning on the go" about the immediate and widespread effects of gun-related violence.

"While these other forms of trauma immediately impact an individual, the fatal gun violence affects the community as a whole," Fallucco said. "Because of this wide-ranging impact, we need to be ready to respond."

To gauge the effectiveness of their training, Fallucco and Joseph will study each participating provider's practices to see how many more teens are screened for anxiety, depression and PTSD.

"We will also get feedback from the pediatricians regarding their comfort level and confidence in screening and treatment," Fallucco said. "Through all of this, we hope to see an increase in the number of children and teens who receive the appropriate attention and treatment for their mental health problems."

# MARK YOUR CALANDERS FOR OPEN ENROLLMENT

UF Health Jacksonville's annual open enrollment period is Oct. 17–31. Selections can be made by clicking on the Self Service link under the Employee Services drop-down menu on the Bridge during this time. Changes made during open enrollment become effective Jan. 1, 2019.

Open enrollment is the only time of year employees can make changes to benefits without a qualifying event. Please print and save your confirmation of enrollment to ensure your selections are correct.

Information about the 2019 benefits plan is available on the Bridge. Click on the Employee Services drop-down menu and then the Benefits link to view the plans.

If you have any questions about your benefits, email [MyBenefits@jax.ufl.edu](mailto:MyBenefits@jax.ufl.edu) or call the UF Health Jacksonville benefits line at 244.9651.



- ▶ The vendor fair at UF Health Jacksonville is Oct. 17 from 10 a.m. to 5 p.m. and Oct 18–19 from 7 a.m. to 5 p.m. in the LRC Atrium.
- ▶ The vendor fair at UF Health North is Oct. 22 from 10 a.m. to 3 p.m. in the administration conference room.
- ▶ On-site enrollers will be available at UF Health Jacksonville in the LRC Atrium Oct. 17 from 10 a.m. to 5 p.m. and Oct 18–31 from 7 a.m. to 5 p.m.
- ▶ On-site enrollers will be at UF Health North in the administration conference room Oct. 22–26 from 7 a.m. to 5 p.m.

## IMPORTANT REMINDERS

1. Documentation will be required for dependents you add to any benefits plan. Specific requirements will be available on the Bridge. Dependents will not be added if this documentation is not provided.
2. To continue coverage for your spouse or domestic partner, supporting documentation will need to be provided before the end of the enrollment period. Submit either the front page of your 2017 tax form, a joint household bill, joint bank account or credit account statement, or joint mortgage statement dated after Aug. 1, 2018. The document must list both your name and your spouse's or domestic partner's name, date and mailing address.
3. Flexible spending account, or FSA, funds must be used for services provided on or before Dec. 31, and you have until March 31, 2019, to turn in your receipts for your 2018 FSA expenses. Unused balances up to \$500 automatically roll over in 2019 as long as you re-enroll in a FSA account for the 2019 plan year. Please note that during open enrollment, the default selection is "waived" for FSA accounts. You must manually select and enter an amount in order to enroll or re-enroll in a FSA account for the 2019 plan year.



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## OPEN LINES

### NEWSLETTER DEADLINES

November – Sept. 7

December – Oct. 5

Submit your copy and photos via  
email to **[openlines@jax.ufl.edu](mailto:openlines@jax.ufl.edu)**.

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**[UFHealthJax.org](http://UFHealthJax.org)**

### PHOTO SUBMISSION REQUIREMENTS

We welcome photos that are taken or submitted by employees. Photos should be at least 3 megabytes (3MB) in image size to be published. Please try to take or submit photos that are clear (camera is held very still); not backlit (flash is used and/or light source is not behind the subject); and framed correctly (feet are not cut off and/or subject is not shown too far away). Employees are encouraged to arrange photography with the Media Center before an event to ensure quality. **Direct questions to [openlines@jax.ufl.edu](mailto:openlines@jax.ufl.edu) or call 244.9750.**

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