



THE
RACE
TO SAVE A
LIFE

04

UF Health East

A transformative surgery center is now open in Northeast Florida.

06

COVER STORY

TraumaOne saves a Gate River Run participant after he goes into cardiac arrest.

08

Lung Cancer

UF Health pulmonary physician discusses how lung cancer is detected and treated.

A NIGHT FOR HEROES

While we've just entered our second month of 2023, we have already seen important events that showcase our dedication to fulfilling our mission and represent our commitment to providing high-quality, compassionate patient care.

On Feb. 18, we hosted the 16th annual "A Night for Heroes" gala honoring the contributions of those who work tirelessly to make our trauma center a leader in the field. The event benefits UF Health TraumaOne by providing the funding to pay for lifesaving equipment and resources to comfort relatives of the trauma patients we serve. At this year's gala, we recognized and celebrated trauma patient David Henley, whose life was saved after he went into cardiac arrest at the 2022 Gate River Run. You can read more about his remarkable story and the care our trauma team provided in this issue of Open Lines. We are proud to be home to Northeast Florida and Southeast Georgia's only Level I adult and pediatric trauma center. It is a significant part of what positions our enterprise as the region's most valued health care asset. I cannot thank the physicians, nurses and staff at UF Health TraumaOne enough for the work they do to save lives every day.

Additionally, in late January, UF Health Jacksonville and Intuitive Health held a ribbon-cutting event for the Baymeadows hybrid emergency room and urgent care center. This new concept gives consumers choices while providing outstanding care to patients throughout the community and offering 24/7 care. The new facility, located near the intersection of I-295 and Baymeadows Road, is the first of three hybrid centers that UF Health Jacksonville is building in Northeast Florida. Two others are under construction and will open soon on Lane Avenue and New Kings Road.

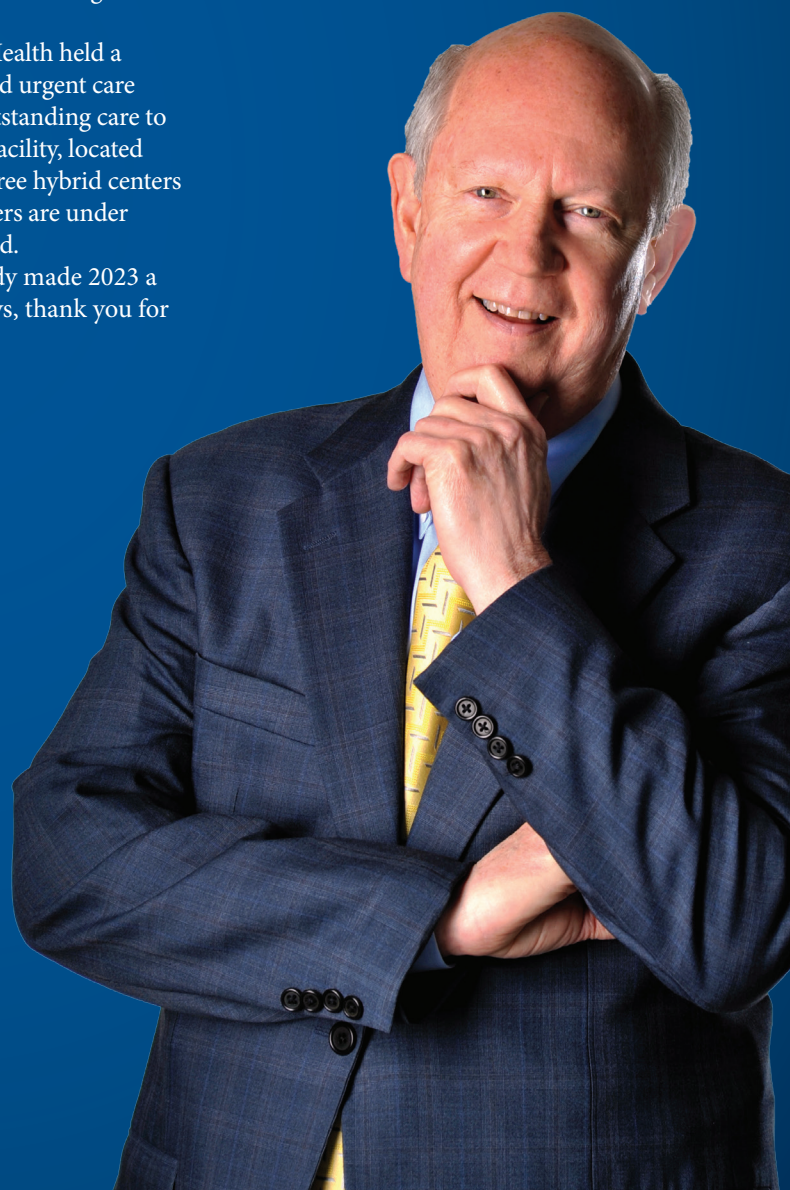
These are only a couple of the many achievements that have already made 2023 a year to look forward to and one marked with great success. As always, thank you for the work you do every day.

It is an honor to serve as your CEO.

Sincerely,



Russell E. Armistead, MBA
CEO, UF Health Jacksonville



The 16th Annual A Night for Heroes gala was held on Feb. 18 at TIAA Bank Field. Celebrating 16 years of philanthropic support, the gala raises critical support for UF Health TraumaOne, our region's only adult and pediatric Level I trauma center, and the critical care units at UF Health Jacksonville. The evening highlighted the story of David Henley, who received lifesaving care after going into cardiac arrest at the Gate River Run in 2022. Sponsorships and donations have helped raise more than \$2.4 million to provide lifesaving care to patients at UF Health Jacksonville.

Thank you to the gala sponsors.

GOLDEN HOUR SPONSOR

Crothall Healthcare Technology Solutions

DEDICATION SPONSORS

Brooks Rehabilitation
Med-Trans Corporation
W.W. Gay Mechanical Contractors

CHAMPION SPONSORS

Batson-Cook Construction
Danis Construction
Edward Lifesciences
Gresham Smith
Miller Electric Company
Stellar Foundation

HERO SPONSORS

Century Ambulance
Florida Blue
Lending Bear
LS3P
Phillips, Hunt, Walker & Hanna

LIFESAVER SPONSORS

Department of Orthopaedics
Dr. Brian and Erin Yorkgitis
Drs. Leigh Neumayer and David Bull
Dr. Shahla Masood
Gate Foundation
Jamie Rood
Mr. and Mrs. Russ and Susan Armistead
The Fiorentino Group
Thomson Reuters
TLC Engineering Solutions
UF College of Medicine – Jacksonville

FRIENDS OF TRAUMAONE

Charles Perry Partners Inc.
Beth McCague
McCall Construction Management, LLC
McKim & Creed
McVeigh & Mangum Engineering, Inc.
Smith, Hulsey & Busey



Transformatory Surgery Center Opens in Northeast Florida

by Wesley Taff

Patients in the Southside area of Jacksonville will now have the option of undergoing complex medical procedures in an ambulatory setting closer to home. UF Health Jacksonville, in collaboration with Jax Spine & Pain Centers, an independent pain management services provider, celebrated the completion of a new 54,000-square-foot multispecialty surgery center and medical office building.

A ribbon-cutting ceremony was held in November, and included comments from executive leaders from UF Health, Jax Spine & Pain Centers and Centurion Surgery Center.

“We want to share with our communities the excellent physicians that we have and provide excellent services to our communities.”

“We are excited to bring the expertise of UF Health specialists to the east side of town,” said Pradeep Kadambi, senior associate dean for clinical affairs and president and CEO of University of Florida Jacksonville Physicians Inc. “Our intent for outpatient surgical care is to offer quality care in a convenient location. In addition, our specialists will provide clinical services at the medical office building in the same location.”

UF Health East and the Centurion Surgery Center is currently the largest freestanding multispecialty surgery center on the First Coast. The center will focus on spine disorders, back problems, joint pain and osteoarthritis.

The first floor of the medical facility houses a 19,000-square-foot surgery center with four operating rooms, four procedure rooms and two endoscopy suites.

UF Health offices are located on the second floor of the building, with specialists to accommodate a wide range of consultations and treatments. Multispecialty services will include foot and ankle, gastroenterology, general surgery, neurology, neurosurgery, oral and maxillofacial surgery, orthopaedic surgery, plastic and reconstructive surgery, vascular surgery and women’s specialists.

The third floor contains Jax Spine & Pain suites.

“We want to share with our communities the excellent physicians that we have and provide excellent services to our communities,” said Linda Edwards, dean of the UF College of Medicine – Jacksonville. “This is one of those opportunities where we’re going to be able to move into neighborhoods that we haven’t been in before and take care of patients.”

Visit UFHealthJax.org/east for more information.



Linda Edwards, MD, dean of the UF College of Medicine – Jacksonville, spoke at the ribbon cutting for UF Health East.

THE RACE TO SAVE A LIFE

by Sarah Le

UF Health Jacksonville TraumaOne saves a Gate River Run participant after he goes into cardiac arrest.

David Henley is a dedicated husband, father and software engineer. He and his wife, Karen, have been married for more than 29 years and have two children together, along with their sweet dog, Forest. They've always strived to live a healthy lifestyle and stay active. In fact, David ran regularly with his close group of friends. One of their annual traditions was the Gate River Run, a 15K race that begins in downtown Jacksonville.

In March 2022, David and his friends arrived early to the Gate River Run to warm up. It was a beautiful morning with great weather, and David recalls everything being typical. He had a great run and crossed the finish line with ease. However, just a few seconds after crossing the finish line, David collapsed.

"I remember crossing the finish line, looking at my watch and then I don't remember much until that evening," David said.

IT TAKES A TEAM

Fortunately for David, he collapsed directly in front of the UF Health Jacksonville TraumaOne tent. Each year, UF Health Jacksonville is the medical sponsor for the Gate River Run, and the tent is manned with experienced, volunteer medical providers ready to handle any emergency.

"As he crossed the finish line, David was pale, and he fell and hit his head," said Jennifer Silvey-Cason, emergency preparedness manager at UF Health Jacksonville, who was stationed near the finish line. "At that point, we knew this was a medical emergency."

Silvey-Cason radioed for immediate team support. Charge Nurse Jennifer Harrell, BSN, RN, CCRN, and TraumaOne Flight Director Tony Hayes, MSN, APRN, FNP-C, NRP, FP-C, answered the call and ran to his aid. They moved David to the TraumaOne tent just a few steps away, where more providers were waiting to receive him.

Emergency physicians Christine Gage, DO, and Andrew Schmidt, DO, were both stationed in the tent, where they quickly examined David and confirmed he had no pulse and was in cardiac arrest.

"My goal in that moment was to do everything we could to try and get that pulse back," Gage said.

The team began CPR in a well-practiced rhythm, with everyone focused on their role. While Gage was stationed at the foot of the bed directing the team, Schmidt was at the head of the bed, ensuring that David's airway was stable and protected. Some members of the team focused solely

on compressions, while others gained IV access for medications. One step back from the action was trauma surgeon Jeanette Zhang, MD, who served as code team leader. Zhang was responsible for overseeing the entire process and ensuring that each team member did their part. Altogether, there were about eight to 10 people working to save David's life.

After delivering a round of CPR, the team saw a life-threatening heart rhythm, known as ventricular fibrillation, on the monitor. They delivered an electrical shock, which converted David's heart activity into a normal rhythm. Although still unconscious and not aware at this time, David made slight movements and his eyes fluttered — a good sign that his heart was sending blood to his brain again. It was at this point that the team felt hopeful for a positive outcome.

David was then further stabilized and transferred to the TraumaOne Critical Care Transport Ambulance that would take him to UF Health Jacksonville, where emergency and trauma teams would continue his care.

A MIRACULOUS RECOVERY

After receiving a concerning text from David's friend, Karen used the "Find My" app on her phone to track David's Apple watch and saw that he was at the UF Health Jacksonville emergency room. She immediately caught a ride there with a friend and was able to confirm that David had been admitted.

At UF Health Jacksonville, David was evaluated and had an electrocardiogram, or EKG, to check for possible heart conditions. He was then taken to the Cardiac Catheterization Lab, where the Interventional Cardiology team examined the vessels in his heart, which they found to be normal with no visible blockages or occlusions.

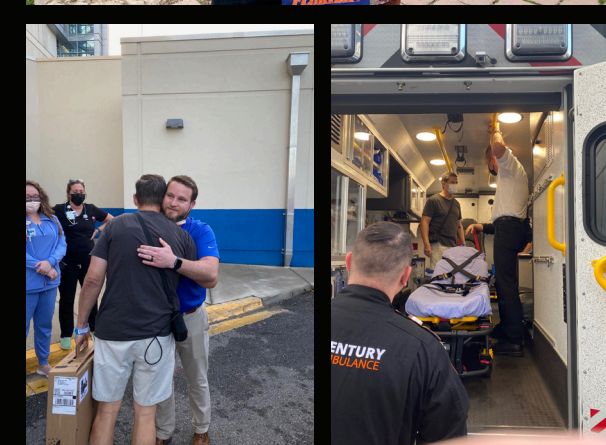
Next David was admitted to the Cardiac Intensive Care Unit, where monitoring continued for a few days. David regained consciousness on the evening of his accident, and Karen stayed by his side during the days that followed.

As he showed progress, David was weaned off the ventilator and his breathing tube was removed. After five days at UF Health Jacksonville, David's heart was deemed normal and he was set to make a full recovery.

A NEW OUTLOOK ON LIFE

David's recovery was emotional for his family and everyone involved in his care. It's rare to see someone come back from David's situation, much less walk out of the hospital with no major side effects.

During David's stay at the hospital, members of the



From top to bottom: David, Karen and their friends enjoy staying active together and exploring Jacksonville; David and Karen are both University of Florida alumni and love traveling together; On his discharge day, David met and thanked the providers who saved his life in the TraumaOne tent; David had an emotional tour of the TraumaOne Critical Care Transport Ambulance that transferred him from the Gate River Run to UF Health Jacksonville.

team who saved his life stopped by to see him and tell him what happened in the tent. Specifically, Schmidt, Hayes, Harrell and Silvey-Cason regularly checked on David and Karen.

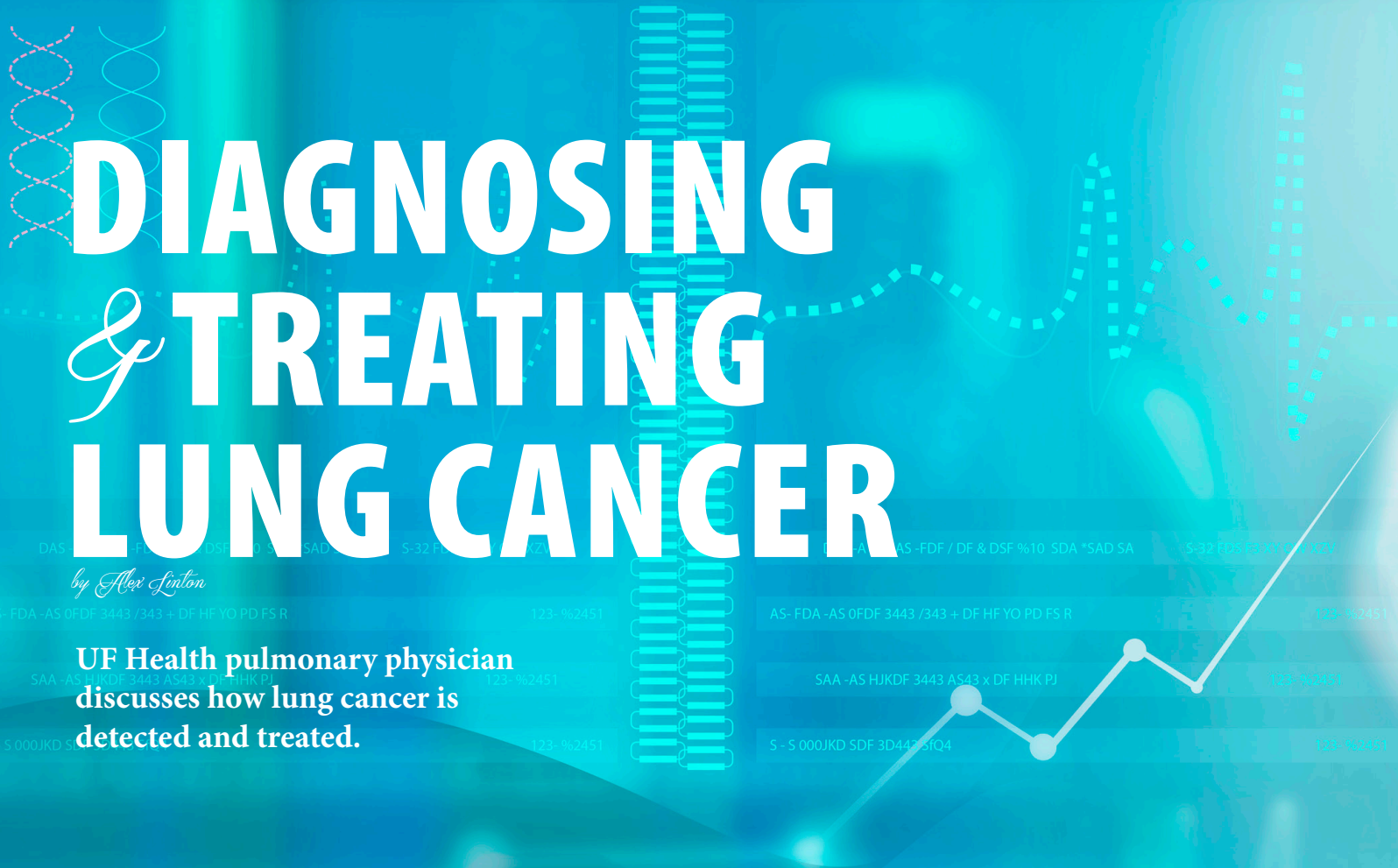
Today, David has a new appreciation for life. He is more conscious of his diet and strives to make healthier choices. While he isn't running 15K races anymore, he still goes on shorter runs and stays active with modified exercise routines. David also had a defibrillator implanted for peace of mind, which monitors his heartbeat and can deliver a strong electrical shock to restore a regular heart rhythm if needed.

David and Karen are forever grateful to UF Health Jacksonville TraumaOne for saving David's life and for the care they received while at the hospital.

"I can't even put into words how thankful I am," Karen said.

Each year, the TraumaOne tent welcomes volunteers at the Gate River Run. This March, David and Karen will join as volunteers to show their gratitude and help make a difference at the same place where David's life was saved only a year prior.

If you are interested in learning more about UF Health Jacksonville TraumaOne, visit TraumaOne.UFHealthJax.org.



DIAGNOSING & TREATING LUNG CANCER

by Alex Linton

UF Health pulmonary physician discusses how lung cancer is detected and treated.



Lung cancer is the second most common cancer and causes 25% of all cancer deaths. One in 16 people will be diagnosed with lung cancer in their lifetime. It can be a very aggressive disease, so early detection is vital. Early screening can help reduce the risk of death by 20%.

Tracy Ashby, DO, a UF Health Jacksonville physician specializing in pulmonary disease and critical care medicine, offers her expertise on lung cancer and how UF Health Jacksonville can provide treatment and services.

DETECTING LUNG CANCER

When it comes to detecting lung cancer, 70–80% of people will show physical symptoms. It is usually detected in three major ways: through general symptoms, via a lung cancer screening or through the appearance of pulmonary nodules in imaging done for other health reasons.

PRIMARY SIGNS OF LUNG CANCER

- ▶ Cough
- ▶ Shortness of breath
- ▶ Chest pain
- ▶ Coughing up blood (occasionally)

Because these are common complaints, lung cancer may be hard to detect earlier on. If the cancer metastasizes and spreads outside the lungs, then it can also cause back pain, headaches, weight loss or other systemic symptoms.

RISK FACTORS

According to Ashby, smokers make up to 80–90% of lung cancer patients. Other risk factors include family history, occupational exposure to certain chemicals and fumes, and previous lung disease.

Vaping has not been around long enough to determine the long-term health effects or to be considered enough of a risk to get an early screening. However, substances in the vape liquid and metals used to heat the devices are known carcinogens.

GETTING SCREENED AT UF HEALTH JACKSONVILLE

The UF Health Jacksonville Thoracic Oncology Program, or TOPS, offers lung cancer screenings using safe, low-dose computed tomography, known as a CT scan. It's a way to detect lung cancer earlier, before symptoms begin to show. Most insurance companies will pay for the screening, but there are also self-pay options available if needed.

Cancer screenings are available to people who are considered high risk. It's recommended for people between the ages of 50 and 77 who have smoked more than a pack a day for 20 years and have smoked in the past 15 years. The screening takes pictures of the lungs and looks for nodules or masses that would be suspicious for cancer.

At the end of the screening, the patient is given a LungRADS score between 0 and 4. Scores of 0–2 are considered low risk and screenings will be recommended every 12 months. Scores

of 3–4 are considered intermediate to high risk. These patients are typically referred to TOPS for further evaluation with a pulmonologist to discuss next steps.

If something suspicious is detected, then a second scan or biopsy is done to look into further treatment options.

DIAGNOSIS AND TREATMENT

An official diagnosis of lung cancer is obtained by one of two types of biopsies: a biopsy that can be performed endoscopically through a bronchoscopy, or through interventional radiology, also known as a CT-guided biopsy. Surgery may also be recommended if the spot isn't accessible by biopsy.

The biopsy gathers the tissue that will determine the diagnosis and staging of the cancer for the patient. The biopsy sample can be obtained from the primary tumor, lymph nodes or areas where the cancer has spread, and then it's broken down into stages based on where the cancer cells are identified.

Staging is determined by a combination of the biopsy, PET scan and an MRI of the brain. The patient's case is then presented at the TOPS multidisciplinary meeting, where treatment is recommended based on the staging and the consensus of the medical team.

If a patient is in the lower stages — 1 or 2 — then surgery is recommended. Stage 3 patients work with a multidisciplinary team for treatment options — usually a combination of chemotherapy plus radiation and, in some cases, surgery.

If surgery is needed, UF Health Jacksonville offers robot-assisted thoracic surgery. This procedure is less invasive compared with

other thoracic surgeries, such as a full thoracotomy or coronary artery bypass graft surgery.

An alternative to surgery for patients is radiation therapy. These patients are referred to the Proton Therapy Center for treatment. If a patient is at stage 4 or has metastatic disease, then systemic medications are used to control the cancer, but it's seldom curable.

TIPS FOR GOOD LUNG HEALTH



To keep your lungs healthy, Ashby recommends:

- ▶ Avoiding fumes of heavily polluted air
- ▶ Wearing a mask when exposed to strong chemicals at work
- ▶ Staying active and having good cardiovascular health
- ▶ Quitting smoking to prevent further damage of your lungs and reduce the risk of cancer



Tracy Ashby, DO, is a UF Health Jacksonville physician specializing in pulmonary disease and critical care medicine.



A VIRTUAL CONNECTION

by Stephanie W. Dunlap

The Baby Connect and Family Connect programs bring families together at UF Health Jacksonville.

UF Health Jacksonville is dedicated to connecting families with loved ones under our care. The baby and family connect programs use live videostreaming to allow families to virtually visit with their newborn babies and loved ones during hospital stays when they aren't able to come to the hospital.

The Baby Connect Program, available in the Neonatal Intensive Care Unit, or NICU, uses a secure HD video system and web-based family portal to provide a live videostream accessible only to family members and trusted friends. The visits are done through a small camera attached to the baby's bed. For privacy, the camera shows live video only — no audio and no recording. Video visits are available 24/7 for families of infants hospitalized in the NICU and are accessible through desktop, laptop, mobile device or tablet.

To access video visits for infants, a parent should speak with their NICU nurse or nursing unit secretary to request a consent form and share their active email address. NICU staff will create an account for the family to access the app and web portal. After completing the consent form, families will receive an email with detailed instructions to access the videostream. Viewing their infant on the live videostream can facilitate bonding between parents and family members with their baby at times when they are not able to be physically present in the NICU. The baby connect program has been successful thanks in part to significant support from the Children's Miracle Network.

The Family Connect Program is a similar service for hospitalized adults and their families. These video visits use Zoom and are scheduled by a Patient Relations representative to connect patients with their families when they aren't able to visit in person during a hospital stay. Visits are planned around necessary direct-care needs. Patients, family and friends may schedule a visit with Patient Relations 24 to 48 hours before the desired visit. A Patient Relations representative will call to confirm before the scheduled visit.

Call the NICU at 904.244.5100 to talk to your nurse and set up your Baby Connect Program Account. Call 904.244.6220 or visit UFHealthJax.org/patient-care/patient-relations to request a Family Connect Program video appointment.

OL

OPENLINES

NEWSLETTER DEADLINES

June 2023: March 15

July 2023: April 15

August 2023: May 15

September 2023: June 15

Submit your copy and photos via email to **openlines@jax.ufl.edu**.

EDITOR

Sarah Le

DESIGN & LAYOUT

Darcy Ladd

PHOTOGRAPHY

Nelson Keefer

CONTRIBUTORS

Stephanie Dunlap

Sarah Le

Alex Linton

Wesley Taff



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 or call 244.9750.**

Visit OpenLines.UFHealthJax.org to find current and past issues of Open Lines.