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OPENLINES

from

A-FIB PATIENT

to

CARDIO EMPLOYEE



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UF CARES Conference

Register for the 26th Annual UF CARES Conference, which takes place Oct. 28.

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COVER STORY

A college student with heart disease changes his career path after arrhythmia scare.

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2023 School of Radiologic Technology

Apply and start a rewarding career in radiography.

FALL CAMPAIGNS AND UPDATES

As we approach the last few months of 2022, there is a lot to look forward to. There are a few initiatives coming up that I would like to share with you. This month, we are highlighting an important communication tool called AIDET. AIDET is a structure for communication that enables staff to engage in an empathetic way with patients. AIDET stands for Acknowledge, Introduce, Duration, Explanation and Thank You.

While many staff are already familiar with AIDET, we want to reinforce that applying it in your daily work helps to achieve patient satisfaction and loyalty by building a relationship between the caregiver and the patient. It can also reduce patients' stress and anxiety, increase compliance and improve clinical outcomes.

More communication will be going out about AIDET over the next few weeks, and I encourage you to think about ways you can implement some of these tactics in your future interactions with patients.

In addition, the Give Where You Live Campaign is coming up in early October. For many years, UF Health Jacksonville, UF Jacksonville Physicians Inc. and the UF College of Medicine – Jacksonville have participated in the annual employee giving campaign.

Historically, we have raised a significant amount of money for United Way, Children's Miracle Network Hospitals and Creating Healthier Communities, and we hope to do so again this year. Keep watching for more communication about this and get involved by donating.

On behalf of leadership, I want to say thank you for staying diligent and continuing to provide excellent patient care.

Sincerely,



Russell E. Armistead, MBA
CEO, UF Health Jacksonville



UF CARES PRESENTS

26th Annual Infectious Diseases and HIV Conference of Northeast Florida

Pathways to Assuring Health Equity in HIV Care

The event will focus on the status of health disparities in HIV care, emphasizing practical ways to break down barriers and assure better outcomes.

Friday, Oct. 28 / 8 a.m. – 5 p.m.
LRC Auditorium and Conference Rooms

Visit UFHealthJax.org/ufcares for more information or to register.

A virtual option will also be available.

UF | Center for HIV/AIDS Research,
Education and Service (UF CARES)
UNIVERSITY of FLORIDA

from A-FIB PATIENT to CARDIO EMPLOYEE

A college student with heart disease changes his career path after arrhythmia scare.

Theodore Rogers was on track to become a registered nurse in 2017. While a student at Florida State College at Jacksonville, everything was falling into place for Rogers until he started to notice he wasn't feeling like his usual self. After battling fatigue and sleeping more than usual, Rogers sought medical attention.

After being diagnosed with atrial fibrillation, Theodore Rogers pursued a career as a cardiac sonographer and now works at UF Health Jacksonville.



From L-R: The cardiac cryoablation catheter device restores normal heart rhythm by freezing the heart cells that are causing an irregular heartbeat; Theodore Rogers and John Catanzaro, MD.



A Scary Diagnosis

After receiving a heart disease diagnosis, Rogers' health declined quickly over a few days. Rogers decided to go the emergency room, where he recalls being admitted. But he woke up four days later in a hospital bed, with medical staff calling his name. He had suffered a stroke.

"The surgeons cleared the blockage and prescribed Entresto, which [at the time] was new to the market, so my heart could pump blood easier," Rogers said. "I lost a lot of feeling on my left side and my heart was racing."

What Rogers experienced was atrial fibrillation. A-fib is a type of arrhythmia, or abnormal heartbeat, caused by fast and irregular beats from the upper heart chambers due to faulty electrical signals. A-fib affects more than 30 million Americans and is one of the leading causes of heart failure.

Changing Paths

During the next three months, Rogers was in and out of hospitals to treat his A-fib. Because of the condition, he had to put school on hold while he recovered. During this time, he started to consider a career in cardiac care instead of becoming a nurse. Once he resumed his education, he officially made the decision to become a cardiac sonographer.

Cardiac sonographers, or echocardiographers, are health care professionals trained to use 2D and 3D imaging technology to help identify heart problems. As Rogers' education evolved, so did his realization that his A-fib was not going to correct itself. He needed help, so his primary care doctor at UF Health Jacksonville referred him to specialists at the UF Health Cardiovascular Center.

"I met with several cardiac specialists on the team, and they really put me at ease," Rogers said. "They deal with difficult conditions every day, but they tailored my treatment to my specific needs. With their experience and my continuing education, we all agreed that an ablation was the best path forward. That's when I met Dr. Catanzaro."

John Catanzaro, MD, is the associate medical director of the electrophysiology program at UF Health Jacksonville. He specializes in arrhythmia and treats A-fib using multiple procedure options.

"Mr. Rogers had been treated several times using cardioversions, which involves shocking the heart back into

rhythm," Catanzaro said. "It's a good procedure, but each time, Mr. Rogers' heart would go from normal to out of rhythm. An ablation was his best option."

With a cardiac ablation, specific heart tissues are cauterized to interrupt the path of the faulty signals and restore a regular heartbeat. Although most ablations use traditional radiofrequency energy, or heat, to scar the tissue, Catanzaro specializes in cryoablations, where the tissue is frozen to create a scar.

"Using traditional radiofrequency energy has been around for a long time," Catanzaro said. "But it requires us to make many touch points on the heart that must be mapped together. In addition, the heart is beating during the procedure, so pinpoint accuracy can be a challenge."

By using cryoablation, Catanzaro inserts a balloon into the chamber, inflates it to cover a large area and blasts the tissue one time with subzero temperatures. This method, Catanzaro explained, is faster and covers more surface area than the heat method, allowing the scarring to be more consistent.

A New Beginning

The results of the cryoablation were a success. Rogers' heartbeat returned to normal and stayed in rhythm. He was able to resume his education, graduating in 2021 with a degree as a certified cardiac sonographer. After graduation, Rogers moved out of state to start his new career, but soon moved back to Jacksonville.

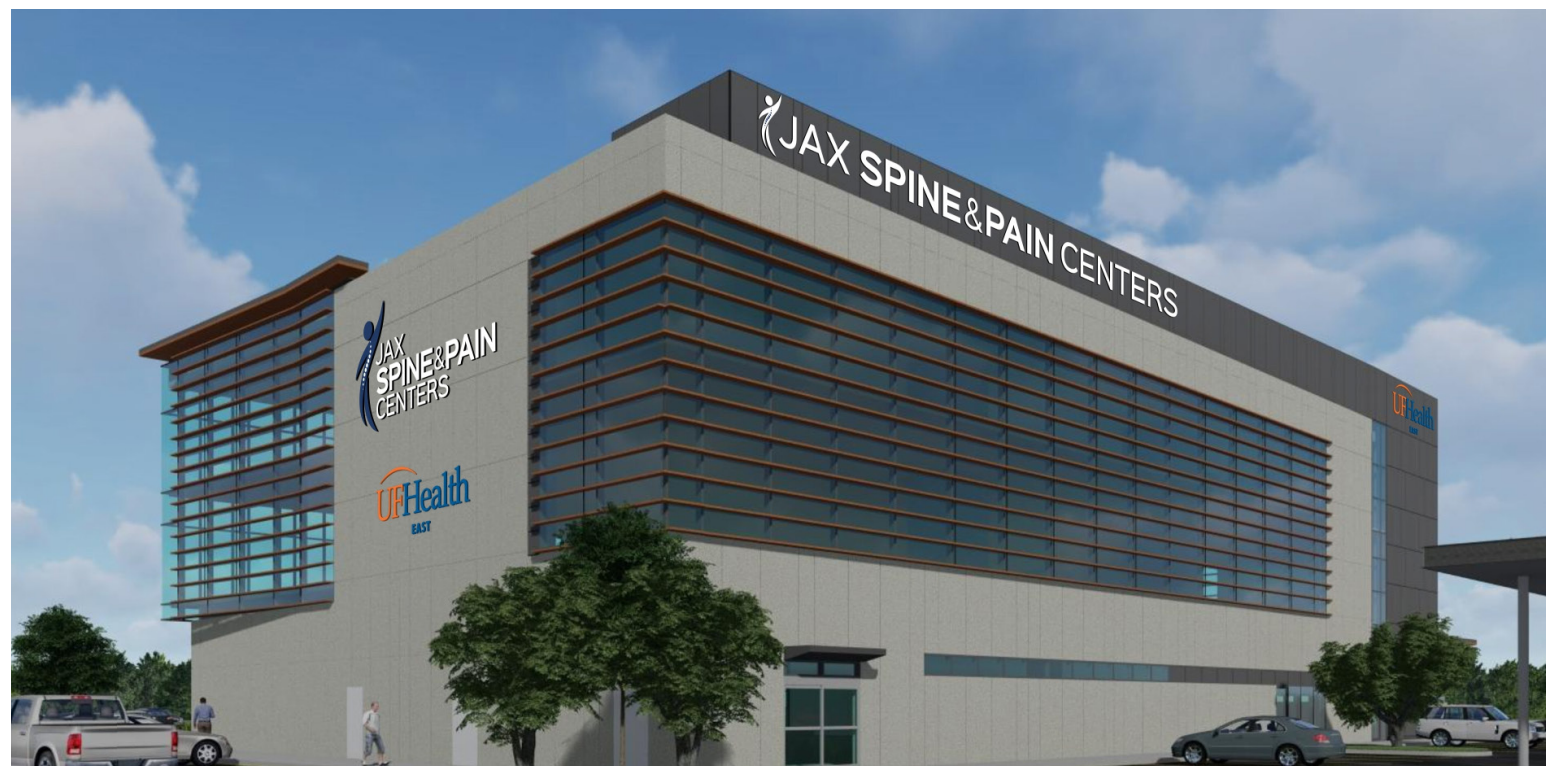
"I was excited about the future but needed to find the right place to land," Rogers said. "Dr. Catanzaro was excited to hear about my graduation and wanted me to consider working at UF Health Jacksonville. I'm glad I did. It's amazing how things have turned out."

Rogers joined UF Health Jacksonville in the spring of 2022. As a cardiac sonographer, he is part of a team of dedicated, caring professionals who are renowned for treating patients with the most serious heart diseases.

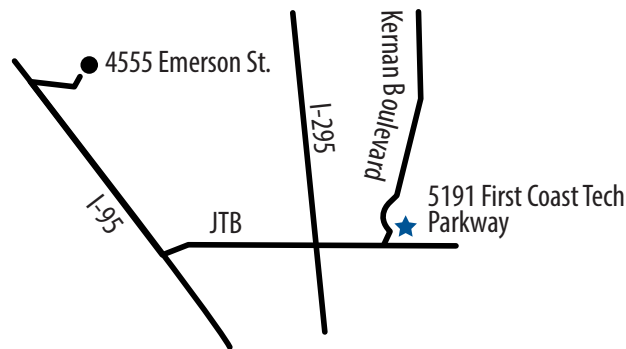
As a former patient, he is well aware of how frightening and uncertain life with heart issues can feel, and he uses that firsthand knowledge to relate to and educate his patients.

"With everything I have been through, combined with my education, I feel UF Health Jacksonville is the best place for patients with cardiac issues," Rogers said. "Dr. Catanzaro and his team took care of me and I'm so happy to be able work here and do the same for others."

Visit UFHealthJax.org/cardio to learn about the cardiology team and make an appointment.



Select services at UF Health Emerson Medical Plaza will be moving in December 2022.



These services are moving to UF Health East, located off Kernan Boulevard near J. Turner Butler Boulevard, or JTB.

- Gastroenterology
- General Surgery
- Nephrology
- Neurology
- Neurosurgery
- Orthopaedics and Podiatry

UF Health East will offer multispecialty services in a new three-story, 54,000-square-foot medical facility. UF Health specialists will accommodate their patients with a wide range of office visits and outpatient surgical services.

Visit UFHealthJax.org/east for more information.



UF Health Jacksonville School of Radiologic Technology

Applications to the 23-month program are being accepted through Oct. 31, 2022. The program, which begins in January 2023, is structured academically and clinically to give students optimum preparation for a rewarding career in radiography.

Radiographers use radiographic and fluoroscopic equipment to create images that allow the radiologist to study a patient's internal anatomy in order to diagnose and treat disease.

Applicants must have completed the prerequisite courses listed under "Admissions" on the website to be eligible to apply.

Visit UFHealthJax.org/education/radiologic-technology for more information.



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NEWSLETTER DEADLINES

January 2023: Sept. 30, 2022

February 2023: Nov. 15, 2022

March 2023: Dec. 15, 2022

April 2023: Jan. 15, 2022

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

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