

Fall 2016

*Thank you for your recent gift supporting one of our Education/Community Education programs. Your donation makes a tremendous impact on providing learning opportunities for our staff and community members.*

### Education/Community Education Funds

Alexander M. Nick Simulation & Patient Safety Education Endowment - St. John Hospital & Medical Center (SJHMC)  
 Ana & Henry Mok Diabetes Endowment - SJHMC  
 Associate RN Stipend Program Fund - Providence-Providence Park Hospital (PPPH)  
 Bernard Mandelbaum Memorial Fund - PPPH  
 Birk Excellence in Research Endowment - SJHMC  
 Blevins Graduate Medical Education Endowment - SJHMC  
 Catherine Gansen Memorial Nursing Scholarship Fund - PPPH  
 Community Health - KidMiles - Diabetes Education Fund  
 D. Jaffar Nursing Scholarship Fund - PPPH  
 Department of Family Medicine - Fund for Excellence - PPPH  
 Donald & Dorothy Jaffar Fund - PPPH  
 Emergency Medicine Residency Fund - SJHMC  
 Emergency Medicine Residency Fund - St. John Macomb-Oakland Hospital (SJMOH)  
 Fontbonne Auxiliary Nursing Scholarship Fund - SJHMC  
 Gastrointestinal Research & Education Fund - SJHMC  
 Gift of Knowledge Endowment - SJHMC  
 Hepato-Pancreato-Biliary Program Fund - PPPH  
 Internal Medicine Residency Fund - SJHMC  
 J.R. Pfeifer, MD, Fund - PPPH  
 Kellogg Foundation - Mother Nurture Fund - St. John Providence (SJP)  
 Marson Ma Jr., MD, Endowment - SJHMC  
 Medical Education Fund - SJMOH  
 Michael Rinke Excellence in Nursing Endowment - SJHMC  
 Microbiology Research Fund - PPPH  
 Mother Nurture Lactation Consultants Fund - SJP  
 Nurses Education & Special Events Fund - PPPH  
 Nursing Support Fund - SJHMC  
 OB/GYN Education, Research & Recruitment Fund - PPPH  
 Oral & Maxillofacial Research & Education Fund - SJMOH  
 Patient Education Fund - SJHMC  
 Perinatal Nursing Education Fund - PPPH  
 Plastic Surgery Education Fund - PPPH  
 PMRS Education & Patient Benefit Fund - PPPH  
 Providence Library & Family Resource Center Fund - PPPH  
 Resident Research Fund - PPPH  
 Richard Wilson Memorial Lectureship Fund - PPPH  
 Saravolatz Endowment for Internal Medicine - SJHMC  
 Simulation & Education Center Fund - PPPH  
 Skills Simulation & Education Center Fund - SJHMC  
 Surgical Services Restricted Fund - PPPH  
 Surgical, Neuroscience & Orthopaedic Education Fund - PPPH  
 W. Peter McCabe, MD, Memorial Endowment - SJHMC  
 Wilson Internal Medicine Endowment - SJHMC

### Your gifts support simulation training to enhance patient care

Donations to education funds have helped St. John Providence create state-of-the-art Simulation and Education Centers so healthcare professionals can enhance their clinical skills and practice team-building efforts to provide the best patient care. The centers feature patient simulators (mannequins) that breathe, have variable pulse and heart rates, and react to medications, injections and can go into respiratory or cardiac arrest.

Thanks to over \$1 million in donations, St. John Hospital & Medical Center opened the 4,700-square-foot Alexander M. Nick Simulation Laboratory and Patient Safety Education Center in 2012. In this center, approximately 150 simulation scenarios take place annually. Over the past year, donor support has helped purchase new simulation equipment including: adult and pediatric venipuncture arms, urinary catheter insertion simulators and a nasogastric tube insertion simulator. In addition, the mannequins have been refurbished with new “skin” and airways, new software for various medical scenarios has been obtained, and the learning space was updated.

A new Simulation and Education Center is also coming to Providence-Providence Park Hospital (PPPH), Southfield. All funds needed for construction of the \$4 million project have been acquired. Thanks to the generosity of over 250 donors, including physicians, other healthcare professionals, hospital leaders, associates, education partners and community members who gave a total of 360 gifts, nearly \$3.5 million was raised! A \$550,000 capital investment was also made by the hospital. Fundraising



Medical students observe Steven McGraw, DO, performing techniques for ultrasound-guided IV and arterial line insertions on a simulation model arm.

efforts continue for state-of-the-art equipment for the center.

The new Simulation and Education Center at PPPH will include:

- a procedural skills training room equipped with task trainers and high-fidelity simulation models
- a virtual reality surgical skills training room
- a simulated operating room and two team training rooms that can be used as delivery rooms, emergency exam rooms or inpatient hospital rooms
- exam rooms for viewing and assessing communication and clinical skills with simulated patients
- meeting areas for workshops and conferences
- advanced videotaping/videoconferencing capabilities with distance learning capabilities

The new Helen L. DeRoy Medical Library and Qazi Patient and Family Resource Center opened on Sept. 1, making way for the new Simulation and Education Center opening in early summer 2017.

## Education is key to increasing breastfeeding rates

To help St. John Providence (SJP) expand its comprehensive breastfeeding education program, the W.K. Kellogg Foundation has been providing generous funding for the Mother Nurture Network since 2011. Subsequently, additional funders such as the Blue Cross Blue Shield of Michigan Foundation, Community Foundation for Southeastern Michigan, Comerica Charitable Foundation, State of Michigan Department of Community Health, National Association of County and City Health Officials, and the Ronald McDonald House of Detroit have joined the cause. The grants help to increase breastfeeding education and support for minority mothers, establishment of peer-driven support groups, lactation consultant training, and outreach efforts with community organizations to promote breastfeeding. The Mother Nurture Network focuses on minority mothers due to the racial/ethnic disparity of breastfeeding rates. According to the Centers for Disease Control, 75% of white mothers initiate breastfeeding while just 58% of black mothers do.

Components of the Mother Nurture Network include:

- **Prenatal counseling program:** Counseling on breastfeeding is provided to minority, low-income

expectant mothers by peer counselors from the community who can relate to the cultural and social barriers of the population. By dispelling misconception and delivering consistent messages about breastfeeding before birth, breastfeeding initiation rates in SJP Birthing Centers have increased.

- **Mother Nurture Club:** Breastfeeding support groups are led by peer counselors who engage mothers in discussions about breastfeeding, healthy lifestyle, infant safety and stress management. The meetings are filled to capacity. The breastfeeding continuation rate for women who participated in this program has nearly doubled.
- **Mother Nurture Lactation College:** This groundbreaking program was created to encourage minority women in the Detroit community to become lactation consultants and utilize their special training to influence minority mothers to breastfeed. Women are recruited and hired as peer counselors to achieve International Board of Certified Lactation Consultants (IBCLC) status through a pathway of lactation observation, clinical practice, education and successful passage of the IBCLC exam. So far, two interns have graduated from the Mother



A young mother attends a breastfeeding support group with her baby.

Nurture Lactation College and are now successfully employed in the Detroit community. Three others will take the IBCLC exam this fall.

- **Baby-Friendly designation:** As a direct result of grant support for breastfeeding initiatives, St. John Hospital & Medical Center; St. John Macomb-Oakland Hospital, Warren; and Providence-Providence Park Hospital, Southfield and Novi, have achieved Baby-Friendly designation by meeting rigorous requirements of the World Health Organization and United Nations Children's Fund. These hospitals provide an optimal level of care related to infant feeding and mother/baby bonding.

The entire metro Detroit community benefits from Mother Nurture Network efforts as health outcomes for mothers and babies are improved and healthcare career opportunities are created. Last year at St. John Providence, 2,945 new mothers were referred to Mother Nurture programs, 2,236 were referred to the Outpatient Breastfeeding Clinic, and 96 mothers received free high-quality breast pumps to support their breastfeeding.

## Breastfeeding benefits both babies and moms

Breastfeeding is the best preventive medicine for babies. It boosts the immune system, decreases the incidence of allergy, asthma, hypertension, diabetes and obesity. Studies indicate that infants who were not breastfed have twice as many ear infections, more hospitalizations, and higher rates of lower respiratory tract illness, gastrointestinal illness, meningitis and Sudden Infant Death Syndrome. Mothers also benefit from breastfeeding. Benefits include: protection against anemia, decreased incidence of post-partum depression, enhanced post-delivery weight loss and decreased incidence of ovarian cancer, breast cancer and cardiovascular disease. Despite these facts, only 75% of Michigan women begin breastfeeding their babies; just 46% are still breastfeeding at 6 months. In Detroit, statistics are much lower with 42% of mothers initiating breastfeeding and 18% continuing at 6 months.

## Scholarships help nurses with education costs

A special endowment administered by the Fontbonne Auxiliary of St. John Hospital & Medical Center annually awards 4-6 nurses in the hospital's Nurse Extern Program with scholarships. Since the Fontbonne Auxiliary Nursing Scholarship Fund was created in 1989, over 100 nurses have received this award to assist them with education expenses. The application process involves the candidates writing essays and presenting clinical improvement projects. In 2015, five winners were selected out of 18 applicants; each received \$2,150.

St. John Providence offers nurses additional scholarship opportunities funded by donations. Among these are the Catherine Gansen Memorial Nursing Scholarship Fund and the D. Jaffar Nursing Scholarship Fund at Providence-Providence Park Hospital. Thank you to those who support these funds to further our nurses' education!

**284** caring donors contributed **1,045** gifts



totaling **\$3.62 million**  
to SJP Education/Community Education programs in the past 18 months

## Kids have fun on path to healthy lifestyles

Your gift in support of the KidMiles Mentoring Program helps students in grades 6-12 learn fun ways to be healthy by eating smart and forming good exercise habits. Establishing healthy lifestyles reduces obesity and can help prevent diabetes and other health problems.

KidMiles is coordinated through the St. John Providence (SJP) School-Based Health Centers. Scott Eathorne, SJP physician, and Patricia Ball, former director of the Detroit Free Press Marathon, founded the program in 2003 to train students to participate in the Detroit Free Press 5K Fun Run and Fitness Walk and learn about healthy lifestyles.

Students meet with mentors after school for six weeks, do pre- and post-nutrition and fitness tests, receive a physical, nutrition education, and participate in activities like aerobics, running, dancing and sports. Those who complete the program and participate in the marathon receive a medal and are rewarded with a special party, award ceremony, gift certificates, running uniforms/shoes, and backpacks filled with school supplies. Last year, over 100 students and staff celebrated their KidMiles success at the Marriott Courtyard Detroit Downtown with guest speaker Dr. Galen Duncan, Detroit Lions director of Player Development.



A few of the KidMiles participants

## Fund enables doctors to learn innovative techniques

Donor support for the Gastrointestinal Research & Education Fund allows St. John Hospital & Medical Center (SJHMC) and Mohammed Barawi, MD, Chief of Gastroenterology, to host speakers and conferences and provides travel opportunities so physicians can learn groundbreaking procedures. Funds also enable doctors to engage in research endeavors.

Recently, Dr. Barawi and Richard Berri, MD, Director of Surgical Oncology & Peritoneal Malignancies Program, hosted a surgeon from China to share her expertise on endoscopic submucosal dissection (ESD) removal of tumors. ESD is a technique in which a gastrointestinal tumor is excised with an endoscopic knife. This procedure is minimally invasive (no incision), and patients typically do not require follow-up chemotherapy or radiation. In 2014, Dr. Barawi was the first doctor in Michigan to perform ESD using a hybrid knife. In addition, he recently performed an endoscopic ultrasound-guided stent placement to treat a patient's obstruction due to duodenal cancer—a procedure only accomplished a few times nationwide. Over the past year, 40 advanced gastrointestinal procedures were performed at SJHMC, resulting from specialized research and educational opportunities.

## Doctor benefits from memorial endowment supported by gifts



Dr. Grant Nelson

Grant Nelson, MD, began developing his leadership skills as an Eagle Scout. He continues cultivating and refining those talents today as a Fellow in Emergency Ultrasound at St. John Hospital & Medical Center (SJHMC).

Dr. Nelson, who teaches bedside ultrasound techniques in emergency medicine, jump started his teaching career as a 2015 recipient of the W. Peter McCabe, MD, Memorial Endowment for Physician Education and Medical Leadership. Endowment funds allow one resident each year to attend a national conference for physician leaders and executives. Dr. Nelson, a resident in Emergency Medicine at SJHMC at the time, attended the 2015 American Association for Physician Leadership, held in Scottsdale, Arizona.

“I learned practices for garnering collegial support, encouraging camaraderie, delegating responsibilities and adapting teachings for different audiences,” says Dr. Nelson, who earned his medical degree in 2013 from the Wayne State University School of Medicine. “I also gained valuable insight through conversations with seasoned faculty.”

The experience quickly paid dividends. During Dr. Nelson’s residency graduation ceremony, he was named Emergency Medicine Medical Student Teacher of the Year. Medical students who rotate through the Emergency Center vote for the award.

“The award was a nice surprise,” Dr. Nelson says. “The McCabe endowment played a big role in my pursuit of teaching. The conference allowed me to strengthen the basic leadership skills an ER physician must have—and use them with compassion and understanding.”

The endowment was initiated by Dr. McCabe’s colleagues in his memory after his death in 1998. He served as Chief of Plastic Surgery at SJHMC and was tireless in his devotion to medical leadership issues.

To date, **18** residents have received awards from the **McCabe endowment**

## Research fund provides recognition opportunities

Gifts to the Birk Excellence in Research Endowment allow St. John Hospital & Medical Center to recognize residents for their research work. This year, 25 residents participated in the Annual Resident Research Day; six were named winners for their presentations. Four winning residents competed at a regional competition with residents from other health systems and brought home 1st and 2nd place honors. Thank you for supporting this fund which provides important recognition for residents on their path to selecting their medical specialties.

**25** participants / **6** winners  
**4** compete at regionals  
and bring home **1st** and **2nd** place

## Colleagues honor revered doctor with education endowment

Education was very important to Marson Ma Jr., MD, a highly respected Emergency Medicine physician at St. John Providence for 23 years before he died in 2015. Instrumental in establishing the Emergency Medicine Residency Program, he was a faculty member, influenced the careers of over 180 residents and was named “Teacher of the Year” repeatedly. To leave a lasting tribute, colleagues established an endowment in Dr. Ma’s name.

**73** donors generously gave nearly **\$68,000** to fund education and training opportunities for Emergency Medicine residents and physicians

St. John Providence Foundations  
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