Dear Colleagues,

MU Health Care recently was recognized as a “Great Place to Work” in health care by Becker’s Hospital Review. Being recognized by this national trade magazine reaffirms something I’ve known since I joined the health system in: This truly is a great place to work.

When I walk down the halls of our hospitals and clinics, I’m always met with friendly faces and warm welcomes. There’s a clear sense of warmth and camaraderie at MU Health Care, and I’m honored to know that this culture translates to the care we provide our patients.

In this issue of Archives, you’ll read about the work of our child life specialists, who give of themselves to care for our pediatric patients. It truly is humbling when considering the emotionally tough, but very much appreciated, interactions they have every day with patients who often face difficult diagnoses.

You also will learn how one of our physicians volunteers to make our world a better place through sight-saving humanitarian trips.

You will find out about the ingenuity of our employees to improve on long-held processes in our Supply Distribution department. It can be easy to fall into tried-and-true routines, but our employees take it upon themselves to constantly strive for something better.

Simply put, these examples illustrate why MU Health Care is a great place to work. Thank you all for your efforts to make our health system a premier destination for care.

Sincerely,

Jonathan Curtright
Chief executive officer
Chief operating officer
University of Missouri Health Care
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Child life specialists provide compassion, support

Archives
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ON THE COVER:
Katie Ellis, child life specialist, blows bubbles with 8-year-old Kadyn Carroll. Turn to page 4 to learn how child life specialists at MU Women’s and Children’s Hospital are making a difference in the lives of patients like Kadyn.

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For additional copies of Archives, please contact Derek Thompson at (573) 882-3323 or by email at thompsonder@health.missouri.edu with your name, address and the number of copies you would like.
Caitlyn Brodecker is a typical 13-year-old from Camdenton, Missouri. She likes shopping, school and hanging out with her friends. She spends too much time on her iPhone and has her moments with two younger sisters. She also has stage 3 Hodgkin’s lymphoma.

Caitlyn was diagnosed with lymph node cancer in her chest in September 2016. “It’s been a lot to take in, but from the beginning we’ve had special help,” said Jenna Bishop, Caitlyn’s mom. “During our first inpatient stay, we learned about the Child Life Program — and that’s when Caitlyn met Corinne.”

Corinne Joplin is one of 10 child life specialists at MU Children’s Hospital. As part of a comprehensive health care team, child life specialists are trained and certified to address the emotional needs of hospitalized children. They provide a strong support system for patients and their families to help them understand and navigate their hospital experience.

“Before all this happened, I didn’t even know such a program existed,” Jenna said. “Everything here has been amazing, but the Child Life team — it’s like they came out of nowhere at just the right times because they knew Caitlyn needed something.”

“The child life specialists really have made a difference from Day One,” said Tyler Bishop, Caitlyn’s dad. “They were able to explain things to Caitlyn in kid-terms. They’re arranged for MU athlete visits that we’ve all enjoyed. They are just as warmhearted as you can get, and we appreciate them very much.”

Child life specialists provide support in

“...The child life specialists really have made a difference from Day One. They were able to explain things to Caitlyn in kid-terms. They are just as warmhearted as you can get, and we appreciate them very much.”

TYLER BISHOP
Whether they’re having one-time procedures or ongoing treatments, kids can participate in interactive musical play or listen to the soothing sounds of a guitar with a professional music therapist.

“Health care is a part of our lives,” said Timothy Fette, MD, medical director of Children’s Hospital, chair of the MU School of Medicine’s Department of Child Health and Children’s Miracle Network Professor in Pediatrics. “But for a child, it can be a scary place full of strange sights and sounds. I am so proud and appreciative of the work our child life specialists do to create a positive healing experience for our patients and their families.”

For Caitlyn, child life specialists have made an even deeper impact — one that may lead to a career in the field.

“They make me feel really comfortable when I’m here at the hospital,” Caitlyn said. “Now that I know what they do, I want to be a child life specialist when I get older.”

When told of Caitlyn’s newfound desire, an emotional Joplin responded while trying to hold back tears.

“I’ve never had a family tell me that,” Joplin said. “You do what you do to make a difference, to make things better. Everything we do here is for that purpose. To know that something we’ve done was so significant is very touching. It’s so humbling. I’m so proud to be a part of this awesome team.”

A cycle of hope

For child life specialist Angie Ball, her experiences as a teenager helped define her calling.

When she was 13, Ball’s younger brother was diagnosed with a form of cancer called T-cell lymphoma. He was treated at MU Health Care for three years. During those years, Ball recalled hearing about child life specialists.

“I didn’t know what their titles were, but there were these women who really helped calm my brother down,” Ball said. “I remember he would refuse to let them start his spinal taps unless one of them was with him. Come to find out, these women were child life specialists. The more time he spent at the hospital, the more I got to know the Child Life team. I could see how much he changed when they would walk into the room. His face would light up and they always seemed to make things so much better.”

Now, Ball calls some of those same compassionate healers her colleagues. Leann Reeder, Nora Hager and Merideth Lehman helped Ball’s family cope during that formative time.

“My brother passed away from his cancer when he was 16, but the child life specialists made such a huge impact on my brother’s life, on my life and on my family,” Ball said. “I wanted to be able to do that for someone else as well. I wanted to use that experience to be able to help other people.”

A ready resource

Pediatric patients admitted to Children’s Hospital can be seen by a child life specialist. Not only does the team help these patients, but they also help children at University Hospital’s Level I trauma center when needed.

And it’s not only children who sometimes need the help of a child life specialist; parents often rely on their expertise as well.

“As a parent, it’s been great to have the child life specialists here,” said Katie Carroll. “I get to see my daughter interact and ask questions that I know she wouldn’t have even thought to ask if the child life specialists didn’t bring in a medical doll to demonstrate. It’s almost like having a built-in counselor. I get an insight into her head and I can see what more I need to talk to her about.”

Katie’s 8-year-old daughter Kadyn has been treated at Children’s Hospital off and on since she was diagnosed with cystic fibrosis. Katie remembers the first time she had to leave Kadyn at the hospital.

“Kadyn’s grandmother staid behind while Katie took Kadyn’s twin brother to his first day.
Each year, the child life team joins in reverse trick-or-treating at MU Women’s and Children’s Hospital. Employees are invited to hand out treats to pediatric and adolescent patients, siblings and children of adult patients at the hospital.

PICTURED, FROM LEFT TO RIGHT: Corinne Joplin, Katie Ellis, Emily Herzog, Leann Reeder, Merideth Lehman, Erin Daugherty and Amber Lashley.

“We know that our services really make a difference. Sometimes you don’t realize that until our kids come back a few years later and they actually remember you. That’s what keeps us going.”

MERIDETH LEHMAN

Hall of Famer
Corinne Joplin, child life specialist at Women’s and Children’s Hospital, was named the Missouri Hospital Association Hospital Hero of the Month for April 2017. Nominations for hospital heroes are made to honor the work being done in facilities across the state. Each month, a nominee is honored as a Hospital Hero of the Month.

Go to www.facebook.com/MUWomensandChildrens/ to see a video of Joplin’s surprised reaction to receiving the award.
Bin there, done that
Distribution overhauls inventory management

BY ANNE KETTENBRINK

It’s an organization lover’s dream: rows of shiny chrome carts, neatly lined with evenly spaced storage bins, each labeled with its contents.

MU Health Care’s Supply Distribution team began overhauling how supplies are tracked and ordered. The new system, BlueBin, may save employees time and the health system money.

“BlueBin is an inventory management system that will give us more visibility into our supply areas and expenses so we can determine how we can better manage them,” said Jennifer Conner, inventory analyst with Supply Distribution. “Supplies are a large portion of what hospitals spend money on, so we want to make sure we’re as efficient and effective as possible.”

There are two components to the new system, said Taylor Burks, director of distribution: the physical setup and the data process.

Stock it

The physical setup is made up of moveable carts stocked with blue bins full of supplies. Each supply is labeled in layman’s terms so items are easy to identify. The shelves have enough room for two bins of each supply, one in front of the other. Once the front bin is empty, it is moved to the top shelf to be refilled, and the back bin is brought forward. When the empty bin is refilled, it’s placed in the back, so the newest supplies are always in the back.

“This new system should allow us to eliminate what we call outdate checks because stock will be rotating regularly enough that we won’t have to rely on physical counts,” Burks said.

The new system will also allow infrequently used items to be spread throughout the hospital rather than ordered by the box by each unit. Reducing expired products, Burks said, could save MU Health Care approximately 5 percent of each year’s medical and surgical inventory cost, which is $96 million.

Return bins are placed in each supply area so unused supplies can be easily returned. Distribution staff sorts these supplies into the correct bins, saving clinical staff time. Additionally, the use of moveable carts in place of installed shelving makes it easier to clean the supply area.

The BlueBin system will also benefit clinical staff members who currently order specialty supplies for their units, because Distribution will now be able to order those supplies.

Count it

Currently, distribution staff manually take orders and count the inventory on hand. The new system will allow them to more easily determine if more supplies are needed.

“The order data that comes from that allows us to see where our stock turn is occurring, how quickly it’s occurring and any unused inventory,” Burks said. “That change will allow nursing staff or clinical staff to have greater confidence in our ability to replenish their supplies.”

In March, distribution held a “super mock” event, where staff members could view the new system and give input for the names used on the supply labels. The rollout of the BlueBin system has already begun. The Surgical Intensive Care Unit at University Hospital and the pediatric formula closet at Women’s and Children’s Hospital have been converted, and all units will be converted one at a time over the next year and a half.

Seeing blue

Each unit’s conversion will begin with an individual mock event, where staff members can see how the system works and can give feedback. Staff members will also be able to leave feedback at any time using the QCN (Questions, Comments and Needs) forms in the supply areas.

For more information or to request a mock event, contact Taylor Burks, director of distribution, at 882-0325 or burkstw@health.missouri.edu.
For John Jarstad, MD, it’s not enough to only restore sight for patients in mid-Missouri. He’s also taken part in more than 40 medical mission trips overseas. However, for him, his latest trip is one to remember.

For a week in April, Jarstad joined former Massachusetts Gov. Mitt Romney and 40 other volunteers on a sight-saving humanitarian trip to Bali, Indonesia. The trip was sponsored by CharityVision, an international nonprofit organization focused on restoring curable sight impairments of people in developing countries.

“CharityVision asked if I was interested in going since I have visited Indonesia many times, speak Bahasa Indonesian and am also a former U.S. Coast Guard-licensed charter boat captain, which could be helpful in navigating the ships,” said Jarstad, who serves as director of cataract and refractive services at MU Health Care. “Plus, the chance to spend a week with Gov. Mitt Romney and his family was a once-in-a-lifetime opportunity.”

The group traveled in two ships and sailed to the islands of Lombok, Sumbawa, Komodo and Flores. Working with local medical staff, they examined more than 750 villagers, performed more than 150 free cataract surgeries and six free corneal transplants. Through community and elementary school vision screenings, more than 300 pairs of recycled eyeglasses were also given away on Lombok, Mojo and Bima Islands.

“For most patients, it was the first eye exam and first eyeglasses they had received,” said Jarstad.

Jarstad worked with the local nonprofit eye bank Saving Sight to obtain 130 pairs of glasses from their Eyeglass Recycling Program for the trip. The program accepts donations of used glasses from those who no longer need them, sorts and cleans the glasses, and distributes them to humanitarian groups who bring them abroad to those in need.

“That the recycled glasses are a huge help because refractive errors are the second most common cause of poor vision that is treatable, behind cataracts,” said Jarstad. “All of the 100-plus glasses donated from Saving Sight found grateful new homes.”

“It was the high seas ophthalmology adventure of a lifetime, and the Romneys were hard-working, fun, compassionate, incredible volunteers,” Jarstad said. “They are really committed to helping the less fortunate see again.”

**“All of the 100-plus glasses donated from Saving Sight found grateful new homes.”**

*JOHN JARSTAD, MD*

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**BY DEREK THOMPSON**

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**Ophthalmology adventure**

Jarstad helps bring sight to Indonesia

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**Tongue translation**

John Jarstad, MD, is fluent in the language of Bahasa Indonesian. He learned the language through 15 medical missions and visiting professorships. He would listen to books on tape for about three months before each trip, and would play the CD during his commute.

Here are a few phrases translated from English to the exotic language.

- “Thank you for restoring my sight.”
  = “Terima kasih telah mengembalikan pandangan mata saya.”

- “You’ve changed my life. I can never repay you.”
  = “Kamu telah mengubah hidupku Aku tidak pernah bisa membalasmu.”

- “I would like to go have lunch now.”
  = “Saya akan makan siang sekarang.”

- “Is that a komodo dragon over there? Can I take a picture with it?”
  = “Apakah itu komodo di sana? Dapatkah saya membuat foto dengan itu?”
While multitasking seems impossible for some, Laine Young-Walker, MD, has been doing it with ease for more than 30 years. “I’ve never been one to monotask,” Young-Walker said. “Since high school, I can remember the puzzling look my mother would give as I did my homework while talking on the phone with my boyfriend and listening to music with the TV on. Although she didn’t understand it, she never bothered me about it because I had over a 4.0 GPA.”

Now — as a wife and mother of two young daughters, the medical school’s new associate dean for student programs, chief of the Division of Child and Adolescent Psychiatry, and panel expert for MU’s new child psychiatry telehealth training initiative — her multitasking skills have met their biggest challenge to date. But, it’s a challenge she gladly accepts.

The path to medicine

Growing up in inner-city Kansas City, Missouri, Young-Walker’s access to role models in medicine was limited. “I come from a family where no one went to college,” Young-Walker said. “My dad was a mechanic and my mom was a supervisor for the Marine Corps. I knew nothing about psychiatry, but I knew I wanted to be a doctor by age 8 or 9.”

Originally interested in obstetrics and gynecology, Young-Walker and her family did what they could to make sure she was in the best position to make her dreams come true. “I did a lot of things in high school to prepare for medical school,” Young-Walker said. “I participated in a pre-med summer program at University of Missouri-Kansas City two summers in a row. Then, I got accepted into MU for undergrad, where I studied biology. That’s when I met Dr. Ellis Ingram.”

Ingram, the former senior associate dean for diversity and inclusion, took Young-Walker under his wing during her undergraduate years. He introduced her to other health professionals and encouraged her to participate in programs at MU available to undergraduates interested in medicine.

His tutelage took, and Young-Walker decided to attend medical school at MU because of a new program the school was rolling out. “We were the first medical school class at MU to experience the new problem-based learning curriculum,” Young-Walker said. “Problem-based learning, now known as patient-based learning, lets students learn medicine in a patient-centered way. Rather than sitting in a lecture hall and memorizing facts for exams, we learned medicine through the context of patient cases in a group-discussion format.”

Young-Walker maintained an interest in women’s health during her early years of medical school, but in her third year she completed a psychiatry rotation that would change the course of her professional life. After graduating from medical school, Young-Walker went on to practice psychiatry in the Columbia community for six years, while still maintaining her ties to the university.

Student turned administrator

In 2009, Young-Walker became the division chief for child and adolescent psychiatry and professor of psychiatry at the medical school. “My favorite part of teaching is witnessing the students’ enthusiasm and drive,” Young-Walker said. “I love seeing the spark in their eyes when they see their first case of schizophrenia or treat a child with anxiety. I like knowing that I gave them the skills that they need to go on and help other people.”

Young-Walker was named associate dean for student programs in November 2016. In her latest role, she manages the recruitment of students, the school’s admissions process and student orientation. Her advice to students just starting their career journey?

“Be open to the possibility.”

“I’m in this role because I was open to the possibility,” she said. “I was division chief because I was open to the possibility. I was able to elevate my career by simply being open to the possibility.”

ABOVE: Laine Young-Walker, MD, leads medical students on a tour of the new Patient-Centered Care Learning Center. As the medical school’s associate dean for student programs, Young-Walker works with medical students to prepare them for the possibilities that await them.
Employees at Ellis Fischel Cancer Center volunteered their time at the Food Bank for Central and Northeast Missouri in March. The team donned hairnets and spent an evening packaging food for those in need.

MU Health Care has partnered with the community to make Boone County the healthiest community in the state by investing in an agriculture park for the farmers market. The most prominent structure in the park will be the MU Health Care pavilion. A groundbreaking ceremony will take place in late 2017.

During the first week of May, MU Health Care marked National Trauma Awareness Week. Experts from the Coalition for Roadway Safety, Boone County Sheriff’s Department and MU Health Care’s Trauma Services highlighted how to stay safe in the car, from car seat safety to avoiding smartphones while driving.

MU Health Care celebrated our thousands of employees during Hospital Week and Nurses’ Week in May. Employees were able to enjoy a free meal and a free treat from Kona Ice. To top it off, two family fun events were held at Lazer Lanes.

MU Health Care’s donor council received two donation awards in April. For the third year, the health system received Saving Sight’s Excellence in Eye Donation Award, which honors achievements in providing the gift of sight to those needing cornea transplants. Overall, the health system achieved a 53 percent consent rate for eye donation in 2016. Staff at MU Health Care helped to facilitate 65 eye donation cases, which resulted in 76 individuals receiving restored sight through cornea transplants.

MU Health Care also received an Excellence in Donation Award from the Midwest Transplant Network. The Excellence in Donation Awards recognize partnerships with the Midwest Transplant Network to save lives through organ and tissue donation.
Ellis Fischel Cancer Center

This is a long overdue “thank-you” to the nurses in the Ambulatory Infusion Unit. I just wrapped up my last post-cancer checkup for the year; first full year in remission, four more to go. There are so many people to thank, and I apologize in advance to any of you that I have missed. Their knowledge and support took so much of the fear out of going through chemo. It was more help to me than you can ever imagine. From Day One until the last day of chemo, each day was step by step, and even during the not so good days, the smiles and words of encouragement never waned! Thanks to Mushka, Mike, Tara, Denny, Jan, Ashley and all the AIU nurses for making me a survivor. I will never forget you guys!

Steven D.

Endocrinology

Thank you to Dr. Romayne Kurukulasuriya, who dropped everything to help me with an urgent insulin pump problem. She very willingly spent over an hour assisting me. She then inquired about my well-being several times throughout the rest of the day. While I am sorry I interrupted her scheduled activities that morning, I was in great need of her assistance and she willingly dropped everything to help me.

Angela C.

E.R.

I am writing this letter in regards to Deanna, a nurse in the E.R. She went above and beyond to make my visit here at the E.R. very pleasurable. I came in for my heart, and I was very scared. Meeting Deanna put my worries about my heart at peace. She is very nice and friendly with a beautiful smile. If I ever have to come back to the E.R., I hope and pray that I have Deanna as my nurse. I was blessed to meet her.

Alice E.

Missouri Digestive Health Clinic

I had wonderful service at the Missouri Digestive Health Clinic for a routine colonoscopy. Nursing staff, anesthesia and the attending physician, Dr. Vanessa Kuwajima, and the fellow, Dr. Fazia Mir, provided me with excellent care and service. I would highly recommend the Missouri Digestive Health Clinic.

Barbara B.

Missouri Orthopaedic Institute

My husband recently had knee replacement at the Missouri Orthopaedic Institute. We were so impressed with the entire staff there — very warm and friendly and gave excellent care. We would especially like to thank nurse Deb German. She is great, delivered great care, did it with a smile and made us laugh, which is some of the best medicine. Thanks to all the staff.

Marcia G.

We were very impressed with the care we received from Dr. Choma today at his clinic. My husband has chronic back pain, which he treats with NSAID and muscle relaxant and physical therapy. As you can all agree, it is very hard to get compassion from a wife who is an E.R. nurse, but when he started having more problems with his left leg, I could not ignore him. Dr. Choma listened to him, showed his interest and he was very compassionate. His attitude was very commendable that even if his treatment does not change, we feel good that someone took him seriously and did some tests to rule out his concern for something more serious.

Thank you for providers like him who really care for their patients and uphold the standard of care at MU Health Care.

Soly K.

Mizzou Quick Care

I went to urgent care for a foot pain complaint. I was seen quickly and from the beginning, starting with the receptionist, patient care tech, nurse and doctor, I was greatly impressed with the service. The receptionist was well mannered and polite to all she encountered. Personally, she greeted me, asked how I was and was generally concerned and pleasant.

My nurse in the exam room was also genuinely concerned for my complaint and was very courteous and kind. Dr. Urban was a treat to have as a provider. She listened and interacted with me personally and professionally. The patient care tech that drew blood was great in dealing with a person that does not like needles at all. She did a great job. I barely felt the needle. She and the others are true assets to the clinic and the university system as a whole. I will recommend MU Health Care clinics and providers to others based on my care today.

Geoffrey H.

Mizzou Urgent Care

I went to urgent care for a foot pain complaint. I was seen quickly and from the beginning, starting with the receptionist, patient care tech, nurse and doctor, I was greatly impressed with the service. The receptionist was well mannered and polite to all she encountered. Personally, she greeted me, asked how I was and was generally concerned and pleasant.

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Geoffrey H.

University Hospital

Thank you so much! You saved my husband’s life and gave me and my family another chance. I wish I could remember everyone’s names involved in his care to thank each personally.

Elain P.

University Hospital and the Grille Downstairs

My mother had surgery on Sept. 19 and was there until the 22nd. From the time she arrived to the time we left, the care was stellar. As a registered nurse myself, I was highly impressed. The staff were compassionate, quick to respond to my mom’s needs, and very competent. Kara and Susan were the nurses and were very skilled and made sure my mother knew what was going on and educated her. D.J. was one of the techs and was so patient and wonderful. The doctors were exceptional.

Angela B.

Anonymous
We want to hear from you!

Please take a few minutes to share your thoughts on Archives magazine and the other ways MU Health Care connects with our employees.

As a thank-you for your time, we will enter your name in a random drawing to win one of 30 large, insulated MU Health tote bags valued at $20.

COMPLETE THE BRIEF SURVEY TODAY: http://edl.mn/MU-Archives

Best Places to Work in Health Care!

University of Missouri Health Care has been recognized by Becker’s Healthcare as one of the top 150 places to work in health care.