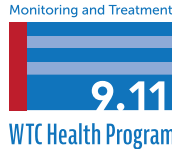




**Mount
Sinai**



*Selikoff Centers for
Occupational Health*

Nurse Practitioner Role in the Patient Centric Care Model

Your care team comes together to provide the best possible care to you. This team is often led by a nurse practitioner. Nurse practitioners (NPs), together with physicians, registered nurses, medical assistants, and social workers, all have information the others need in order to practice effectively. Collaboration among the team is a complex process requiring coordination between the many individuals responsible for your care. Therefore, no matter whom you see at the Selikoff Centers for Occupational Health, know that the individual represents the collective knowledge of our entire talented team striving toward a singular goal of providing excellent care for you.

Below is an outline of the integral role that nurse practitioners play in your care, as well as the qualifications that make them able to provide the best care possible for you:

- NPs have completed advanced education (Master's or Doctoral degrees) in the diagnosis, treatment, and management of medical conditions.
- NPs and physicians collaborate to find the best possible treatment course for a patient and consult with one another on other aspects of patient care.
- NPs can see patients for their annual monitoring exams as well as for periodic treatment visits.
- NPs diagnose and manage medical conditions, prescribe new medications or medication refills, order diagnostic testing, and initiate referrals to specialty consultants.
- NPs assist in the completion of C4 forms for Workers' Compensation by working in conjunction with physicians.

WTC Health Program

Clinical Center of Excellence at Mount Sinai

November 2016 | Issue 2

HealthBeat@Mount Sinai



Selikoff Centers nurse practitioners (from left): Aileen Lee, Christina Mattson, Yvette Doan-Schultz, Jennifer Charles, Danielle Faershtein, Irene Cheng, Michaela Jones, Jessica Harris (not pictured: Angela Medina, Jacqueline Anto)



Note from the Director

Michael A. Crane, MD, MPH
Medical Director
World Trade Center Health Program CCE
Mount Sinai Selikoff Centers for Occupational Health

Welcome to the second edition of the WTC Health Program HealthBeat at Mount Sinai. This quarter, we will talk about our team approach to health care and the value our incredible nurse practitioners bring to the program.

"It takes a team" is an expression that guides our day-to-day work at the WTC Health Program Clinical Center of Excellence (CCE) at Mount Sinai. Our outstanding nurse practitioners are undoubtedly some of the most valuable players on our team. In the United States, occupational physicians are very well trained, but few in numbers. Because of the multiplicity of WTC-related conditions and to ensure we can provide our program members with timely, personalized care, our staffing model prioritizes the collaboration of providers. Whether you see a nurse practitioner or a physician during your visit, we assure you that your care is guided by our expert

clinicians who work together to evaluate patients' WTC-related conditions and symptoms.

Nurse practitioners combine the traditional patient-centered model of nursing, which is very important, along with exceptional clinical skills. They really understand the key component of our program: teamwork.

Because we are a multidisciplinary team, people have to play different parts on different days. Every one of our nurse practitioners fits into that model and comes to it with interest, compassion, and tremendous dedication. It is great for us; it is great for you. The other thing is they love our patients! So it's really wonderful to have them here and it is really exciting for me to be part of this team. We are physicians, nurses, and nurse practitioners all working together to provide the very best care for our patients.

WHAT OUR PATIENTS HAVE TO SAY ABOUT OUR NURSE PRACTITIONERS

“My experience at the World Trade Center Health Program at Mount Sinai has been good. It takes a load off my mind. If I have any questions or any concerns, I know that there is someone at the program looking out for me. I think it’s great just having access to this type of program.”

— James Baez, Law Enforcement Officer

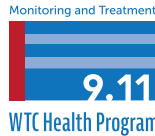
“The nurse practitioners at the World Trade Center Health Program at Mount Sinai have been very good and very personable. My nurse practitioner Yvette checked everything and looked into whether I needed any referrals. She even assisted me with the sleep study and getting through the process. I have had a very good experience.”

— Diarmuid Devine, Construction Operating Engineer



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IMPORTANT UPDATES

- **9/4/2016:** Chronic obstructive pulmonary disease (COPD) and acute traumatic injury were added by the WTC Health Program Administrator, Dr. John Howard, to the List of WTC-Related Health Conditions. For more information, visit www.cdc.gov/wtc
- **7/21/2016:** Attorney General Loretta E. Lynch appointed Rupa Bhattacharyya as Special Master of the September 11th Victim Compensation Fund. For more information, visit www.vcf.gov
- **9/11/2016:** Governor Cuomo signed a bill opening up registration through 09/10/2018 for compensation, disability pensions, and accidental death benefits for 9/11 illnesses for WTC responders. To be eligible, responders must file a “WTC-12” form with the NYS Workers’ Compensation Board and/or “Notice of Participation” with their applicable retirement system. For more information, visit www.governor.ny.gov

STRESS MANAGEMENT “MINDFULNESS” Meetings for World Trade Center Responders

Managing stress in a healthy way is important for mental and physical well-being. Mindfulness is the practice of being in the moment, being aware of your surroundings, your thoughts, and your physical sensations with a non-judgmental attitude. While mindfulness does not change the source of stress, it provides tools to respond to stressors in a healthier way for body and mind. Mindfulness skills generally focus on breathing, body, or sensory awareness.

Mindfulness has been extensively researched in the United States and has been shown to be an effective antidote to stress. Mindfulness has proven to be a therapeutic tool when dealing with stress-related conditions.

Mindfulness meetings are held in the Manhattan clinical location on the first Wednesday of each month from 6:30 p.m. – 8:30 p.m. in the Selikoff Centers for Occupational Health, 3rd floor conference room, at 1468 Madison Avenue, Annenberg Building, Manhattan.

Meetings are open to responders who receive their care at Mount Sinai. If you are interested in attending, please contact Mickie Brown, RN, HN-BC, certified in Mind Body Medicine and a qualified instructor of Mindfulness Based Stress Reduction, at **212.241.0685** or at mickie.brown@mssm.edu

TIPS FOR BEING MINDFUL THROUGHOUT THE DAY

- When you wake up, notice your breath for a few moments and affirm that you are choosing to go to work.
- During your commute to and from work, be aware of your body — breathe and try to smile. While walking throughout the day, walk mindfully. Don’t rush unless you have to.
- Take a moment while you are at work to monitor your body and let go of any tension. Stop for one minute every hour and be aware of your breathing to regroup and recoup.
- Try doing one thing at a time and give it your full attention.
- Take frequent breaks and use them to relax and renew. Step outside, stretch, or sit quietly and follow your breathing.
- Change your environment during lunchtime. Spend the time with people you feel comfortable with, or focus on the taste of your food.
- At the end of the work day, review what you have accomplished and make a list of what needs to be done tomorrow.
- Think of three positive things that happened during the day and continue to bring them to mind throughout the evening.