



Mount Sinai

inside

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A New Milestone in Mount Sinai Health System and Children’s Hospital of Philadelphia Alliance

The Mount Sinai Health System and Children’s Hospital of Philadelphia (CHOP) launched the next phase of their 18-month-old alliance on Wednesday, May 31, as they officially opened their Fetal Medicine Program and announced an affiliation of the Mount Sinai Children’s Heart Center with the Cardiac Center at CHOP. The celebration included a ribbon-cutting ceremony on the third floor of the Annenberg Building—the location of the new Fetal Medicine Suite—that was attended by several dozen leaders and staff from both institutions.

The Mount Sinai and CHOP alliance began in the fall of 2015 and includes three areas: fetal medicine, pediatric cardiac care, and pediatric oncology. In all three areas, the collaboration intends to give patients and their families access to the most advanced diagnostics and treatments by Mount Sinai and CHOP specialists at several Mount Sinai locations.

“We are combining our strengths to give children in the New York metropolitan area access to an unprecedented scope of pediatric services,” Kenneth L. Davis, MD, President and Chief Executive Officer, Mount Sinai Health System, told the guests.

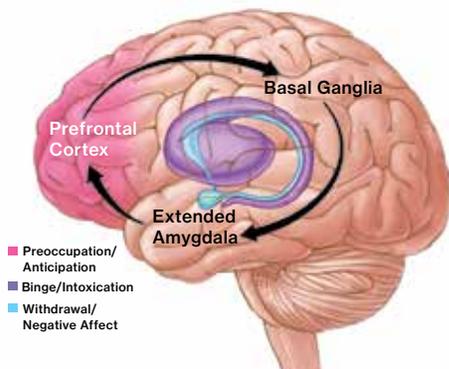
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From left: David L. Reich, MD, President and Chief Operating Officer, The Mount Sinai Hospital; Dennis S. Charney, MD, Anne and Joel Ehrenkrantz Dean, Icahn School of Medicine at Mount Sinai, and President for Academic Affairs, Mount Sinai Health System; Kenneth L. Davis, MD; Madeline Bell, President and Chief Executive Officer, Children’s Hospital of Philadelphia; and Lisa M. Satlin, MD, Herbert H. Lehman Professor and Chair, Jack and Lucy Clark Department of Pediatrics, Icahn School of Medicine at Mount Sinai.

Addiction Institute to Explore Effective Therapies

THREE STAGES OF THE ADDICTION CYCLE AND THE BRAIN REGIONS ASSOCIATED WITH THEM



The Icahn School of Medicine at Mount Sinai recently opened a new Addiction Institute that will address one of the nation’s greatest health concerns by exploring effective treatments for patients with substance abuse problems.

“Bringing science to bear on the development of new therapies has reached the top of the national agenda, and that is where Mount Sinai excels,” says Yasmin Hurd, PhD, the Ward-Coleman Chair in Translational Neuroscience and Director of the Addiction Institute at Mount Sinai.

The Institute will manage therapies for

all types of substance abuse. By removing the traditional silos that separate research and clinical care, and unifying all areas of addiction under one umbrella, Dr. Hurd says the Institute is “well positioned to meet the challenges of New York City and the nation.” The Institute will leverage Mount Sinai’s considerable body of research and clinical expertise in neuroscience and behavioral health in order to move the field forward.

According to the 2016 U.S. Surgeon General’s Report on Alcohol, Drugs, and Health, more than 20 million Americans have substance abuse disorders and 12.5 million reported misusing prescription painkillers. Despite decades of expense

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Music Therapy Found to Aid Spine Surgery Patients

Researchers at the Louis Armstrong Center for Music and Medicine and the Department of Orthopaedic Surgery at Mount Sinai Beth Israel found in a recent study that music therapy—an integrative treatment that addresses mind, body, and spirit—decreased the perceived pain of patients recovering from spine surgery.

“Our aim was to substantiate years of evidence-based reporting on the benefits of music therapy,” says John Mondanaro, MA, LCAT, MT-BC, Clinical Director, Louis and Lucille Armstrong Music Therapy Program, Mount Sinai Beth Israel, and the senior author of the study, which was published in the January/February 2017 issue of *The American Journal of Orthopedics*. The principal investigator was Joanne V. Loewy, DA, LCAT, MT-BC, Director of the Louis Armstrong Center, which has been at the forefront of integrative medicine for the past 24 years, conducting numerous clinical trials with doctors and nurses as co-investigators.

The study, which was conducted from 2009 to 2014, involved 60 patients who had just undergone spinal fusion surgery, for which



Joanne V. Loewy, DA, and John Mondanaro, MA, co-investigators

recovery is often extremely painful, Mr. Mondanaro says. The patients, who ranged from ages 40 to 55, were randomly divided into two groups: One group received a half-hour music therapy session plus standard care (medical and nursing care, with pain medication). And a control group received standard care only. Measurements for both groups were completed within 72 hours after each surgery, then about 30 minutes after the intervention.

The music therapy session provided the patient with guided breathing exercises accompanied by live music played by members of the team and selected to fit the patient’s

preferences, such as jazz, pop, or classical. “Patients had opportunities to release tension through clinical improvisation, where they played musical instruments and focused on themes related to their lives and their recovery,” Dr. Loewy says. The sessions ended with a relaxation exercise in which patients envisioned a place that brings them peace—“a beach, a park, their bed at home,” Mr. Mondanaro says. The control group and the music therapy group showed significant differences in pain as measured by the visual analog scale (VAS), in which zero is “no pain” and 10 is “worst pain imaginable.” Pain levels rose slightly in the control group, to 5.87 from 5.20, but fell by more than 1 point in the music group, to 5.09 from 6.20.

Although the results for the control and music therapy groups did not differ in hospital anxiety and kinesiophobia (a fear of movement that can impede recovery), the decrease in VAS pain levels was significant. Overall, the study concluded, “Conventional pain-alleviating medical interventions can be enhanced with integrative therapies that empower patients to marshal their inner resources during recovery. Music therapy may be particularly suited to this effort, as it is adaptable to the patient’s individual and culturally specific needs.”

➤ Addiction Institute to Explore Effective Therapies *(continued from page 1)*

and effort focused on a criminal justice-based model for addressing substance-related problems, the report acknowledged that addiction remains a public health crisis with economic consequences in crime, health, and lost productivity totaling more than \$400 billion annually. Dr. Hurd says the Institute’s collaboration with Mount Sinai’s other specialties such as precision medicine, population health, infectious disease, epidemiology, and genomics will help advance treatments and novel discoveries.

“The Institute’s modernized structure across a large, integrated health system will enable us to approach addiction in a cohesive way,” says Dr. Hurd. “In addition to prioritizing our research based on clinical needs, we want to understand the populations at risk and their patterns of behavior. Addiction is complex and one group cannot do it alone.”

An important aspect of the Institute’s work will be dispelling the stigma associated with addiction through greater understanding of the biological and behavioral complexities of substance use disorders. Another goal will be encouraging young clinicians to enter residencies and fellowships in the fields of addiction psychiatry and addiction medicine.

“We want to train the best and the brightest through enhanced clinical and research rigor to elevate the field,” says Dr. Hurd. “Clinical treatments for some addictions have not advanced in 50 years. This and other stigmas can deter young physicians from going into this field. Unless we improve the clinical toolkit available for clinicians we will not be able to change the trajectory of care.”

Decades of scientific studies have established that chronic substance misuse leads to profound disruptions of brain circuits

involved in pleasure, reward, habit formation, stress, and decision-making. Repeated drug use alters the expression of genes to ultimately increase or decrease their production of proteins, leading to long-term changes in cellular function and even reshaping of the physical structure of neurons.

“Drugs can change the morphology of cells and induce a cascade of adverse events in the brain,” says Dr. Hurd. The Institute plans to move forward with multiple clinical trials that seek to reverse those disruptions. “Most addicts do not want to be addicted,” she adds. “Addiction can be treated. We need medical therapies that partner with behavioral therapies, and we need to be diverse in our treatment portfolio.”



Yasmin Hurd, PhD

> A New Milestone *(continued from page 1)*

“CHOP is pleased to mark this milestone in the relationship between two health care institutions that are totally dedicated to caring for the health of children and their families,” Madeline Bell, President and Chief Executive Officer of Children’s Hospital of Philadelphia, said. “The alliance continues to evolve and reflects both a shared vision to better serve families in the New York region and a mutual professional respect and admiration between our organizations.”

The Fetal Medicine Program is unique for New York: it allows expectant parents facing a high-risk pregnancy to have a comprehensive fetal diagnosis conducted and then reviewed in full detail with a team of specialists, all in a single day. “By the end of the day, parents will have their questions answered, understand the treatment options, and be equipped to make the best decisions for their families,” said Dr. Davis.

Ultrasound, echocardiography, fetal magnetic resonance imaging, and all diagnostic testing will be performed at The Mount Sinai Hospital. Images will be read by specialists in fetal radiology at CHOP and Mount Sinai in coordination with Mount Sinai maternal-fetal medicine specialists using telemedicine video links. “In effect, we are building a dream team of fetal medicine,” said Joanne Stone, MD, MS, Director, Division of Maternal-Fetal Medicine, Mount Sinai Health System, and Professor, Obstetrics, Gynecology and Reproductive Science, Icahn School of Medicine at Mount Sinai.

The new pediatric cardiac care alliance includes the Fetal Heart Program, which aims to diagnose congenital heart disease as early as 12-14 weeks gestation using fetal echocardiography. Specialists at Mount Sinai and CHOP would then jointly develop an optimal plan for care. Additionally, the Children’s Heart Center at The Mount Sinai Hospital, overseen by the divisions of Pediatric Cardiology and Cardiac Surgery, and offering a



From left: Khanh Nguyen, MD, Professor of Cardiovascular Surgery, and Pediatrics, Icahn School of Medicine at Mount Sinai, and Chief, Pediatric Cardiothoracic Surgery, The Mount Sinai Hospital; Joanne Stone, MD, MS; and Peter Pastuszko, MD.

continuum of care from fetal to adult life, will now have access to the expertise of CHOP’s Cardiac Center in areas such as pediatric cardiac intensive care and pediatric cardiothoracic surgery. The Mount Sinai and CHOP teams are able to provide joint expertise at all points of treatment through direct consultation and use of telehealth technology.

“Every day, we are confronted with new babies who depend upon us for life,” said Peter Pastuszko, MD, Chief, Pediatric Cardiac Surgery and Director of Pediatric Cardiovascular Services, Mount Sinai Health System, and Professor, Cardiovascular Surgery, Icahn School of Medicine at Mount Sinai. “Today, we are well equipped to handle a congenital heart defect of any complexity.”



The event featured a videoconference with N. Scott Adzick, MD, Surgeon-in-Chief and Director of the Center for Fetal Diagnosis and Treatment, Children’s Hospital of Philadelphia (CHOP), and Professor of Surgery, University of Pennsylvania School of Medicine, and the CHOP team.

“We are combining our strengths to give children in the New York metropolitan area access to an unprecedented scope of pediatric services.”

—Kenneth L. Davis, MD

Partnership Will Provide Legal Help to Patients in Need

The Mount Sinai Health System recently launched the Mount Sinai Medical-Legal Partnership, a nonprofit organization created to help address the needs of patients living in poverty.

“While we provide extraordinary health care, sometimes legal services are necessary, even critical, for our patients to get well and stay well,” Dennis

S. Charney, MD, Anne and Joel Ehrenkranz Dean, Icahn School of Medicine at Mount Sinai, and President for Academic Affairs, Mount Sinai Health System, said at a kickoff event on Wednesday, April 26, at the Corporate Services Center, 150 E. 42nd Street. “That is why I am so proud of the mission of this partnership, which tracks so closely with the mission of Mount Sinai.”

The partnership was the idea of Beth Essig, Executive Vice President and General Counsel, Mount Sinai Health System, who recruited two co-chairs: Bettina Plevan, a partner at Proskauer Rose LLP, and Allison



From left, Dennis S. Charney, MD; Allison Charney; Beth Essig; Mount Sinai Trustee Blaine V. Fogg, President and Chief Executive Officer, Legal Aid Society; and Sena Kim-Reuter.

Charney, a partner at Foley & Lardner LLP, who proudly said that her father, Dr. Charney, was “all-in” from the start. Sena Kim-Reuter, President of the partnership, is an experienced litigator who has been recruiting pro bono lawyers and studying the best way to serve patients, with three projects under way:

- At the Center for Transgender Surgery and Medicine, lawyers are helping patients with a variety of issues, including changing their legal name and gender markers, and handling Medicaid and health insurance matters.
- At The Lilian and Benjamin Hertzberg Palliative Care Institute, lawyers will help patients with standby guardianships of their children.

- At the Child and Family Institute at Mount Sinai St. Luke’s, the Partnership and the Legal Aid Society were awarded a \$1.3 million grant from the Manhattan District Attorney’s Office to hire two full-time attorneys and a part-time social worker for a three-year program to help patients get the special services they need in school.

The partnership also plans to work with pro bono legal services providers such as the New York Legal Assistance Group, the Legal Aid Society, and Youth Represents. “We have been very busy,” Ms. Kim-Reuter says, “but this is just the beginning.”

Fifteen Honored During Nurses Week Celebration

“We celebrate the heart of Mount Sinai, the Department of Nursing,” said David L. Reich, MD, President of The Mount Sinai Hospital and Mount Sinai Queens, at the 36th Annual Excellence in Nursing Practice Awards ceremony on Tuesday, May 9. The event, held in Stern Auditorium during National Nurses Week, honored 15 individuals who were nominated by their peers for their leadership skills and support of excellence in patient care. Mount Sinai Trustee Edgar M. Cullman, Jr. congratulated the honorees and told them they were “excellent every day.”

Magnet Nurse of the Year winner, Agneiszka Mieczkowska, RN-C, BSN, first became affiliated with Mount Sinai as a 16-year-old volunteer. “I am accepting this award on behalf of all Magnet nurses at Mount Sinai,” she said. “We are all in this together.”

The Mount Sinai Hospital held a series of activities during National Nurses Week that included catered breakfasts and unit rounds made by nursing leadership who thanked staff. Nurses also attended a talk with Margaret Edson, author of *Wit*—a Pulitzer Prize-winning play about a woman coming to terms with metastatic ovarian cancer.

“Mount Sinai is fortunate to have a bevy of experienced and compassionate nurses,” said Frances Cartwright, PhD, RN-BC, Chief Nursing Officer and Senior Vice President, Mount Sinai Hospital and Mount Sinai Queens. “Your peers nominated more than 40 individuals for these awards. While we honor 15

individuals today, I commend the exceptional skills of all nominated.”

The 15 honorees were: Kerri Biktjorn, RN, BSN; Cynthia Bobadilla, RN, BSN; Carol Boyle, RN, BSN; Elizabeth Cariseo, RN, BSN, CHPN; Lydia Creary, RN, BSN; Ruth Directo-Arreza, RN, BSN; Beata Fanzloch; Radley Flores, RN, BSN; Katie Ip, RN, MSN, BSN; Salvatore LaVecchia; Brenda Luke, RN, BSN; Kenny Ma, RN, BSN; Agneiszka Mieczkowska, RN-C, BSN; Dominique Monsegur, RN, BS; and Carlie Regis, RN, BSN.



Frances Cartwright, PhD, RN-BC, and David L. Reich, MD, back row, sixth and eighth from the left, respectively, gathered with all of the recipients of the 36th Annual Excellence in Nursing Practice Awards.

Around the Health System

The Dubin Breast Center Opens New Pre-Operative Unit

Leaders of The Mount Sinai Hospital held a ribbon cutting on Wednesday, April 5, to celebrate the newly redesigned Dubin Pre-Operative Unit, an inviting area on the seventh floor of the Guggenheim Pavilion with five private rooms where patients can prepare for surgery at the Dubin Breast Center. The Unit was established through the generosity of Mount Sinai Trustees Eva Andersson-Dubin, MD, and Glenn Dubin. The rooms reflect the same soothing décor found at the Dubin Breast Center and provide patients with a place where they can register for surgery, change their clothes, store their belongings, and speak privately with members of their care team before going into surgery.



From left to right: Michael McCarry, Senior Vice President, Perioperative Services, Mount Sinai Health System; Elisa R. Port, MD, Chief of Breast Surgery, Director of the Dubin Breast Center; Mount Sinai Trustee Eva Andersson-Dubin, MD; and David L. Reich, MD, President, The Mount Sinai Hospital and Mount Sinai Queens.

Educating Patients About High Blood Pressure and Stroke



Mount Sinai nurses provided valuable information on blood pressure maintenance and stroke prevention.

During National High Blood Pressure Education Month and American Stroke Month in May, Mount Sinai Heart, the Cerebrovascular Center, and the Department of Neurology sponsored an awareness event in the Guggenheim Pavilion. Attendees had their blood pressure screened, walked through an oversized, inflatable heart and brain, and received the latest information about stroke prevention and treatments.

“Stroke is the leading cause of long-term disability in the United States. By controlling blood pressure and diabetes, and not smoking, many strokes can be avoided,” says J Mocco, MD, MS, Professor and Vice Chair for Education in the Department of Neurosurgery, and Director of the Cerebrovascular Center, The Mount Sinai Hospital. “The past few years have seen tremendous advances in the treatment of strokes. It is important that patients know the warning signs and get to a doctor right away.”

Mount Sinai Cardiologist Awarded 2017 Ellis Island Medal of Honor

In a ceremony held on Ellis Island in May, Annapoorna S. Kini, MD, Zena and Michael A. Wiener Professor of Medicine and Director of the Cardiac Catheterization Laboratory at The Mount Sinai Hospital, was among an esteemed group of recipients of the 2017 Ellis Island Medal of Honor. The award exalts the immigrant experience and recognizes individuals who impart their unique talents and wealth of knowledge to the American public.

Dr. Kini is a native of Mangaluru—also known as Mangalore—India, and has been a vital member of the Mount Sinai community

for two decades. A renowned cardiologist, she performs more minimally invasive coronary procedures than any female interventionist in the United States, with a complication rate of less than .5 percent. “Through Dr. Kini’s joint-leadership, the Cardiac Catheterization Laboratory of Mount Sinai Heart offers patients unparalleled excellence and safety in interventional cardiology care. We congratulate her on this honor,” says Dennis S. Charney, MD, Anne and Joel Ehrenkranz Dean, Icahn School of Medicine at Mount Sinai, and President for Academic Affairs, Mount Sinai Health System.



Annapoorna S. Kini, MD

Mount Sinai Transformation update

Mount Sinai Doctors and the Mount Sinai West Department of Radiology recently opened Radiology Associates West,

a comprehensive outpatient radiology center serving Midtown and the West Side of Manhattan. Located at 425 West 59th Street, Suite 6C, the facility offers the newest 3D digital mammography, ultrasound, X-ray, and bone densitometry services. MRI services are expected to be added in late 2017.

To make an appointment with Radiology Associates West, please call 212-523-8333.



From left: Serafin Ayllon, Administrator, Radiology, Mount Sinai West and Mount Sinai St. Luke's; Ash Rafique, Administrative Manager, Radiology; Alexander Kagen, MD, Chair, Radiology, Mount Sinai West and Mount Sinai St. Luke's; Evan L. Flatow, MD, President, Mount Sinai West; Burton P. Drayer, MD, Chair, Department of Radiology, Mount Sinai Health System, and Chief Executive Officer, Mount Sinai Doctors Faculty Practice; John Hart, Vice Chair, Administration, Radiology, Mount Sinai Health System; Laurie Margolies, MD, Director, Breast Imaging, Dubin Breast Center; Lydia Liao, MD, PhD, Director, Breast Imaging, Radiology Associates West; Myra Rosa, Practice Manager; and Nisha Sullivan, Administrative Director, Radiology.

June is **LGBT Pride Month**

To celebrate Lesbian, Gay, Bisexual, and Transgender (LGBT) Pride Month, a contingent from the Mount Sinai Health System will march on Sunday, June 25, in the 48th Annual NYC Pride Parade from 36th Street and Fifth Avenue to Christopher and Greenwich Streets. Registration is open until Wednesday, June 21. The Mount Sinai Health System has also designated Wednesday, June 28, as "Pride for Pride Day," on which all are encouraged to show their pride and support by



wearing rainbow colors.

To register and learn more, go to <http://bit.ly/2017ManhattanPride> or email Richard.Cancio@mountsinai.org.

New Integrative Medicine for Immunology and Wellness Program in Pediatrics

This clinical program, recently launched by the Mount Sinai Doctors Faculty Practice, Department of Pediatrics (Division of Allergy and Immunology), provides an additional option for patients with multiple allergic conditions and functional gastrointestinal disorders who are interested in incorporating a traditional Chinese medicine (TCM) approach along with an established management plan from their physicians. The program could serve as a resource for allergists, pediatricians, dermatologists, and their patients in TCM therapy and help facilitate clinical research and education in integrative medicine. Xiu-Min Li, MD, Professor of Pediatrics, is the Program Director.

Mount Sinai Doctors Faculty Practice
5 East 98th Street, Tenth Floor
For an appointment, please call 212-241-5548

Epic Inpatient Implementation Town Hall

Staff can learn the latest updates about the Epic Inpatient Implementation project at the Q2 2017 Town Hall hosted by the Program Management Office and the Mount Sinai Epic Clinical Transformation Group within the Information Technology Department, along with Mount Sinai St. Luke's and Mount Sinai West project leaders.

To learn more, or to submit a question, email EpicSLWinPatient@mountsinai.org.

Tuesday, June 20
2 – 3 pm
Mount Sinai West
Conference Room B

The Town Hall will be videoconferenced to these locations:

Mount Sinai St. Luke's
Muhlenberg Auditorium

Corporate Services Center
3-A.9, Large Videoconference Room