

YALE HEALTH CARE

news from Yale Health
fall 2019

A Boost of Immunity
Moving Forward
Creativity in the Clinic



SLEEP TIPS

BONE DENSITY

MEDICAL ASSISTANTS



A Boost of **Immunity**

**What you need to know
about adult vaccinations**

VACCINATIONS ARE OFTEN ASSOCIATED WITH PEDIATRIC PATIENTS as schools, daycares, and camps generally require documentation that your child has received all of their recommended shots. However, adult vaccinations to help prevent conditions such as tetanus, human papillomavirus (HPV), and pneumonia are an important part of preventive care, as the protection of those childhood vaccinations wears off as you age and new risks for vaccine-preventable illness may develop.

Which Vaccinations Do I Need as an Adult?

Yale Health follows the adult vaccination guidelines from the Centers for Disease Control and Prevention (CDC), which are in partnership with the U.S. Preventive Health Guidelines. Recommendations differ for those who are generally healthy and are getting the vaccine as a routine recommendation as compared to those who have an underlying illness that may place them at higher risk of a vaccine-preventable illness. Underlying illnesses may include heart or lung disease or if you have a medical condition that may compromise your immune system, either from an illness or from any medications you are taking.

The CDC universally recommends everyone 6 months and older get a flu vaccine each year (see flu shot schedule on page 2). For a list of recommended vaccines by age group, visit cdc.gov/vaccines/schedules. You can see if you are due for any of the more common adult vaccines in MyChart by selecting the Health folder and selecting Preventive Care. Yale Health will also remind you in your annual Birthday Letter. Speak with your primary care provider if you are unsure about which vaccinations are recommended for you.

How Do I Get Vaccinated?

Most adult vaccinations are available in Yale Health's Immunization Department on a walk-in basis. The majority of the commonly recommended vaccinations do not require a referral. If, after a nurse review, a referral is required, the nurse will contact your primary care provider. For Immunization Department hours and contact information, visit yalehealth.yale.edu/immunization.

How Do Vaccinations Work?

When you get a vaccine, you are exposing your body to a component of the organism that causes an infection so your body protects itself by generating the immune response before being infected. Some vaccines require multiple doses and some require a booster.

What is a Booster?

The immune response generated by a vaccine fades with time and a booster gives you another little shot of the vaccine to extend the period of immunity. The Advisory Council on Immunization Practices (ACIP) studies vaccine effectiveness over time by

IMMUNITY CONTINUED ON NEXT PAGE

IMMUNITY CONTINUED FROM PREVIOUS PAGE

measuring titers, the amount of antibodies in your blood, and creates the timeline for boosters, if necessary. Some vaccines may not require a booster while some boosters are only given to high-risk patients.

Can I Still Get Sick After Being Vaccinated?

Vaccines vary in their effectiveness and no vaccine is 100 percent effective. In many cases, even if you do get the illness, there is good evidence that it is likely to be shorter and less severe than if you had not been vaccinated.

Are There Any Side Effects?

There are rarely any side effects to adult preventive vaccinations. The nurses in Yale Health’s Immunization Department will discuss any potential side effects during your visit.

How Do I Check My Immunization History?

If you have had vaccinations during your time at Yale Health, you can access your immunization record via MyChart by selecting the Health folder and selecting Immunizations. You can send a MyChart message to your primary care provider to request an update if you believe your record is incomplete. You can also request a copy of your immunizations through Yale Health’s Health Information Management

“Vaccinations are on the list of important preventive steps that you can take to minimize the risk of becoming ill. They are preventive in the sense that they are not treating an active illness, but they are a very effective way to reduce risk.”

Dr. Madeline Wilson, Chief Quality Officer

Department available at yalehealth.yale.edu/health-information-management.

What About Vaccinations Required for Travel?

Vaccines required for travel, such as polio or typhoid or yellow fever, are *considered specialty vaccines and are not covered by Yale Health*. Travel vaccinations are available through a Passport Health provider at passporthealthusa.com.

Is the Shingles Vaccine Still in Short Supply?

Shingrix, the shingles vaccine, still does not have a reliable supply. *Yale Health has the vaccine on site and is now vaccinating anyone over the age of 65*, a population considered at higher risk for the illness. Yale Health is not routinely vaccinating those between ages 50–65 unless the person has underlying medical issues and there is an order from a primary care provider.

Why Do Outbreaks, Such as Measles, Still Occur?

Measles was almost entirely suppressed in the community for many years because of very effective vaccination programs.

As people have increased avoiding vaccinations for themselves or their children, pockets of non-immunized individuals have generated outbreaks, which are exposing some cracks in vaccine coverage. *Yale Health strongly recommends that people who may not have been previously vaccinated receive the measles vaccine as adults.*

How Do Those Who Choose Not to Be Vaccinated Impact Others?

People may choose not to be vaccinated for cultural, religious, or philosophical reasons. One of the ways vaccinations work is through “herd effect”. When a disease such as measles, which is highly infectious, gets into the community, it spreads quickly through direct contact. *If you have even one or two people who have chosen not to vaccinate and they are exposed, they can bring that into the community and it will impact those around them*, particularly children who are too young to be vaccinated and those who are immunosuppressed. Their choice not to be vaccinated is not only impacting them, but it is also impacting those around them.

Flu Shot Schedule

- Flu shots are free for all Yale staff, faculty, students, seniors and Yale Health members.
- Adults and children over 5 years of age can go to any of the flu clinics.
- **Children 6 months through 4 years can ONLY go to the flu clinics offered at the Yale Health Pediatrics Department.**
- Children under 18 years old must be accompanied by an adult.
- High dose flu vaccine is available at all of the flu clinics **except** the ones at the Yale Health Pediatrics Department.
- All flu clinics are available on a walk-in basis for Yale Health members, Yale University employees and Yale University students.

5 years and older	Tues., Oct. 15* 9 am to 3 pm Yale Health Center, 1st Floor	Wed., Oct. 23 10 am to 3 pm Yale School of Medicine, Harkness Lounge	Fri., Oct. 25* 9 am to 3 pm Yale Health Center, 1st Floor	Thurs., Nov. 7* 2 pm to 7 pm Yale Health Center, 1st Floor	Wed., Nov. 13 10 am to 3 pm Yale School of Medicine, Harkness Lounge	Tues., Nov. 19* 2 pm to 7 pm Yale Health Center, 1st Floor
	Sat., Oct. 19 9 am to 1 pm Yale Health Pediatrics, 3rd floor	Wed., Oct. 30 4:30 pm to 7 pm Yale Health Pediatrics, 3rd Floor	Sat., Nov. 2 9 am to 1 pm Yale Health Pediatrics, 3rd Floor	Sat., Nov. 16 9 am to 1 pm Yale Health Pediatrics, 3rd Floor	Sat., Nov. 23 9 am to 1 pm Yale Health Pediatrics, 3rd Floor	

** On these dates Flu FIT home-based colon cancer screening kits will be available for eligible adults with a Yale Health primary care provider.*



I see many exciting priorities for our new and future medical leadership. We will continue to build out our patient-centered program.

FROM THE DESK OF PAUL GENECHIN, MD

As I embark on my 23rd year as director, I find Yale Health in the midst of remarkable change. For one thing, many members of the Yale Health physician leadership group are retiring in unison. Starting with Dr. Michael Rigsby (Medical Director), we are also saying goodbye to our Chiefs of Obstetrics and Gynecology (Dr. David Roth), Student Health (Dr. Andrew Gotlin), Student Mental Health & Counseling (Dr. Lorraine Siggins), and Ophthalmology (Dr. Susan Forster). In addition, Dr. Madeline Wilson left the position of Chief of Internal Medicine and Acute Care to become Yale Health's Chief Quality Officer, creating a vacancy in that important position that has since been filled (see page 4). After many years of relative stability, it seems like we have transition happening everywhere at once. These physician leaders have been wonderful colleagues and dedicated patient advocates.

I feel fortunate to have had so many years of stability in our physician leadership team, especially when I reflect on the rapid pace of change in health care. At the same time, new leaders bring new beginnings. Turnover leads to a widened perspective as well as fresh energy for innovation. I am delighted with two very recent leadership recruits, Drs. Jennifer McCarthy (Medical Director) and Julie Rosenbaum (Chief of Internal Medicine and Acute Care). Both have started at Yale Health in the past few months and both promise to fill these important roles with distinction. I already sense the benefits of having new people at the table who look at our organization with fresh eyes as well as wisdom and insight informed by experience in diverse medical settings.

People often ask me what is new at Yale Health, and lately, the answer has been recruitment, recruitment, recruitment. My colleagues and I are evaluating resumes, conducting interviews, and learning from the experiences of diverse candidates. We deliberate about which contender will be the best fit for Yale Health. With patience and perseverance, we are rebuilding our team of physician leaders – so look out for announcements about these important appointments in coming months.

I see many exciting priorities for our new and future medical leadership. We will continue to build out our patient-centered program, the Partnership for Patient-Centered Care. I see great promise in a patient-centered program for Yale students, a “student-centered medical home.” We must also continue to develop our ambitious programs in clinical quality and safety. We have plans to strengthen our clinical partnerships with Yale Medicine and Yale New Haven Hospital. We look forward to innovations in medical informatics that improve our members' healthcare experience at the same time that we improve our care delivery systems.

As I reflect on the challenges of medical leadership turnover, I must also acknowledge the work of our clinical managers. In each of the departments I listed above, I have had the privilege to collaborate with a stable group of capable managers, each of whom has worked doubly hard to oversee and support their departments. I owe each of them a debt of gratitude. In every case, our new and future medical leaders can look forward to partnering with these gifted managers in supervising our clinical practices and working to deliver excellent, patient-centered care to our members.

A handwritten signature in black ink that reads "Paul Genechin". The signature is fluid and cursive, with a large initial 'P'.

Director

Moving Forward

Dr. Jennifer McCarthy hired as Yale Health's new medical director



DR. JENNIFER (JENNA) MCCARTHY briefly visited Yale in the early 1990s to see her cousin graduate. This time, she plans to stay a bit longer.

McCarthy joined Yale Health as its new medical director in July, succeeding Dr. Michael Rigsby, who held the position from 2005 until Dr. McCarthy's arrival in late June 2019. Rigsby will retire from Yale at the end of the year.

"I see my role as providing leadership for the outstanding clinicians that are here and to make this the best patient-centered health center that we can," McCarthy said. "This is a first-class health service and I'd like to keep that moving forward."

A native Long Islander and the oldest of four children, McCarthy's mother was a teacher and her father was a literary agent.

After earning her undergraduate degree in history as a member of the second class of women from Columbia College in 1988, she went to work for several years to help with her goal of ongoing education in graduate school. She knew she wanted to pursue a career in the "healing or caring professions" so she began volunteering in a hospital emergency room.

McCarthy was serious with her future husband at the time and the couple wanted to remain in the New York area. She enrolled at the State University of New York, Downstate College of Medicine and earned her medical degree magna cum laude in 1997. She completed her internship and residency at NewYork-Presbyterian Hospital, where she was a colleague of Dr. Julie Rosenbaum, Yale Health's new chief of Internal Medicine and Acute Care.

"It was such a phenomenal experience," said McCarthy, who was honored with NewYork-Presbyterian Hospital's Internal Medicine Residency Program Director's Award in 2000. "I had world-class

mentors and colleagues. As a resident, the breadth of what we saw there was really fascinating."

She went on to work at NewYork-Presbyterian Hospital in various roles for the next 16 years with responsibilities focusing on the health and well-being of the hospital and medical staff. McCarthy worked part-time for some of those years as she raised her four children, now ages 14 to 23.

An email soon popped up in her LinkedIn account from a leading global investment banking, securities, and investment management firm in New York City expressing interest in McCarthy. She assumed they had contacted the wrong person, but she replied and soon became the firm's associate medical director and vice-president of benefits and wellness. In the role, McCarthy was the global occupational health physician responsible for 33,000 employees in 170 locations in over 30 countries.

"Dr. McCarthy is an outstanding physician leader and advocate for patients and providers. She has a wonderful opportunity to build a new leadership team of physician chiefs. I know that I speak for my entire leadership team when I express how excited we are to have Jenna McCarthy on our team."

Dr. Paul Genecin, Director

After two years, McCarthy headed to Case Western Reserve University in Cleveland as the executive director of university health, counseling, disability resources, and wellness. Her mission was pretty clear.

"When I first got there, the president of the university said, 'I want to have the healthiest campus in the United States,'" McCarthy recalls.

She partnered with student, faculty, and staff wellness groups and developed several programs in a short amount of time. Student satisfaction surveys were very positive. The university's health and counseling departments were historically separated and one of McCarthy's key responsibilities was to have them partner to provide more holistic care to students.

"Organically, it started to grow," she said. "If there was a complicated case, everyone felt the student was getting better care because there was a social worker, a psychiatrist, a medical doctor, a nutritionist all working together. Clinicians started to say they could see why increased collaboration worked so well. It was an understanding that we work better as a team."

She was also doing a lot of work in the area of population health management, which uses data to help understand the needs of a patient population and determine where changes can be made to improve the patient experience.

While she loved Cleveland (“Cleveland rocks,” she said. “Everyone who visited, I took them to the Rock & Roll Hall of Fame and never got tired of it.”), she was looking to get back to the East Coast as her husband’s career kept him as a lawyer in New York. Soon, she was nominated for the Yale Health position by a friend and was settling into her new home in Hamden just a short while later.

“I’ve worked at a large academic medical center and I’ve worked at a university and this seems to be a combination of the two,” McCarthy said of Yale Health. “The facility is state-of-the-art and the fact that everyone is in the same building and you can just run up the stairs to collaborate really enhances the care for a patient.”

Dr. Paul Genecin, director of Yale Health, said McCarthy is coming into her position at a time of transition as several long-time clinicians and department chiefs are headed for retirement (see page 3).

“We are recruiting for a new generation of medical leaders and, in that group, Dr. McCarthy’s role as medical director is key,” Genecin said. “Dr. McCarthy is an outstanding physician leader and advocate for patients and providers. She has a wonderful opportunity to build a new leadership team of physician chiefs. I know that I speak for my entire leadership team when I express how excited we are to have Jenna McCarthy on our team.”

“I’m really happy to be here,” McCarthy said. “I’m so looking forward to getting to know all of the teams and working with patients to understand the needs of the community.”

Photo by Heather Smith

Creativity in the Clinic

Yale Health Center fills its walls with artistic talent

AFTER SHOWING OFF A PAINTING in the stairwell heading down to the lower level of the Yale Health Center, Meredith Miller stopped outside of the Internal Medicine Department. She watched as a patient took a moment to describe a painting to his young child in a stroller.

“That was awesome,” she said as a smile formed on her face.

Miller, a senior photographer at the Beinecke Rare Book and Manuscript Library and a 2003 graduate from the Yale University School of Art, had the idea to add artwork around the Yale Health Center over a year ago after visiting family and friends in hospitals.

“I spent some time looking around at the art on the walls in those places,” Miller said. “When you’re in a healthcare facility, there’s a lot of waiting around and biding your time. This is really something to help take your mind elsewhere. It makes it a little more of an uplifting experience.”

Miller reached out to Yale Health representatives with the idea of gifting some of her work for display in the building. Upon meeting with Yale Health staff, she decided to propose an art program. Yale Health was receptive and The Arts at Yale Health was born.

The first pieces of artwork, all created by members of the Yale community, were unveiled in February. A committee with members from across Yale was formed and includes artists, Yale Health staff, and Yale faculty members from across disciplines. The committee is tasked with reviewing the submissions and deciding which ones will be installed in the Yale Health Center. There are certain criteria that must be met and the artwork must be deemed appropriate for family viewing in public spaces with respect for cultural backgrounds and the Yale community. The plan is to switch out the artwork in the building every nine months.

Submissions are considered by anyone with a Yale affiliation, which includes staff, faculty, students, alumni, and their family members. The first display contained roughly 50 pieces of art from 25 artists and ranged from paintings to photographs to textiles.

Artists can also choose to sell their artwork if they wish with a 20 percent commission fee going to The Arts at Yale Health to help build a permanent collection of artwork.

For more information on The Arts at Yale Health, including submission information, guidelines for artists, and current exhibits, visit yalehealth.yale.edu/about/arts-yale-health.



Meredith Miller stands by her photographs at the Yale Health Center.

Yale Health Welcomes New Clinicians



Kathryn McKenney, MD
OBSTETRICS AND GYNECOLOGY

Kathryn McKenney has joined the Obstetrics and Gynecology Department following completion of her residency in obstetrics and gynecology at the Northwestern-McGaw Medical Center in Chicago.

McKenney earned her undergraduate degree in biological sciences-animal physiology from Cornell University in 2010 and her Master of Public Health from the University of North Carolina School of Public Health in 2014. She received her medical degree from the University of North Carolina School of Medicine in 2015.

She is a member of the American College of Obstetricians and Gynecologists and the Society for Academic Specialists in General Obstetrics and Gynecology.



Ryan Steele, DO
ALLERGY

Ryan Steele earned his undergraduate degree in multi-disciplinary studies (biology/English) from Stony Brook University in 2004. He then received his MS from Long Island University-C.W. Post in 2006 with a major in immunology and minor in hematology and went on to earn his DO from the New York College of Osteopathic Medicine in 2010.

Steele completed his internal medicine residency and allergy-immunology fellowship at NYU Winthrop Hospital in Mineola, NY.

He previously served as an allergist-immunologist at ENT and Allergy Associates, LLP in Purchase, NY and at the Allergy & Asthma Associates of Murray Hill in Queens, NY. Steele was an attending physician at Montefiore New Rochelle Hospital and NYU Winthrop Hospital and a visiting attending physician at Mount Sinai Hospital in New York, NY.

Steele is a Diplomate of the American Board of Allergy and Immunology and the American Board of Internal Medicine.

FROM OUR MEMBERS

“

“Our pediatric provider took the time to connect with my daughter, listening and explaining, and is simultaneously friendly and professional.”

“

“I had a very good experience at Yale Health. This was my first visit with my provider and I felt very comfortable with her. All the questions I had were answered in full and I did not feel rushed.”

“

“My OB/GYN provider’s ability to explain all my options, offer recommendations without pushing me in a particular direction, and help me understand what’s going on is unparalleled.”

HEALTH EDUCATION**Why is Sleep So Important?**

⊕ Sleep, along with a balanced diet and exercise, is essential for your well-being, no matter your stage of life. Not getting enough sleep can increase your risk of heart disease, diabetes, and obesity. It can also weaken your immune system, contribute to poor mental health, and impair your attention, concentration, and problem-solving abilities.

The National Sleep Foundation recommends newborns get 14–17 hours of sleep each day and infants (4 months–11 months) should get 12–15 hours. Toddlers (1–2 years) need 11–14 hours of sleep and preschoolers prior to kindergarten age should get 10 to 13 hours nightly. School-age children (ages 6–13) are recommended to get 9–11 hours each night while teenagers need 8–10 hours. Adults (18 and older) should get somewhere between 7–9 hours of sleep each night.

Having a consistent routine is important to getting a better night's sleep. You should aim to go to sleep and wake up at the same time each day. Try to relax prior to getting ready to sleep by taking a bath or reading a book. Limit the exposure of bright lights in your bedroom, including from electronic devices. Avoid heavy or spicy meals, alcohol, and caffeine prior to getting into bed. If you smoke, think about quitting as it can impact your sleep pattern.

Have a good night's rest!



*Lisa Kimmel, MS, RD, CDN
Director, Wellness and Health Education*

INTERNAL MEDICINE**What is a Medical Assistant?**

⊕ A medical assistant helps clinicians and patients with an examination. We introduce ourselves after you check in with reception and bring you to the exam room. All medical assistants have an ID badge that specifically says “medical assistant” in light blue and we wear pewter uniforms.

We verify your name and date of birth and ask what brings you in for your visit before taking your vital signs including weight, height, blood pressure, temperature, and pulse.

Prior to your meeting with your clinician, we review notes in your chart so we can alert the clinician if you are overdue for any testing. We can also check the results of certain urine tests in the office.

Part of our job is to ensure exam rooms are properly set up and to provide low-level disinfection. We also make sure the room is stocked with supplies and check the expiration dates of solutions your clinician may use during your exam.



*Roma Chowdhury
Certified Medical Assistant, Internal Medicine*

Making the Rounds

HEALTH AND WELLNESS INFORMATION
FROM YALE HEALTH STAFF

INTERNAL MEDICINE**What is Bone Density?**

⊕ Bone density is a way that we think about how our bones change over time. You are at greater risk for fractures as you age and your bones get weaker. If we have an idea that your bones are thinning too much, we may be able to intervene and avoid serious injury.

Reduction of bone density is often associated with osteoporosis, which translates to “porous bones”. Risk factors for osteoporosis include family history, smoking, alcohol, lack of physical activity, and side effects from certain medications.

Yale Health, in alliance with many other national guidelines, recommends women over the age of 65 be screened for bone density. Screenings are recommended at age 55 for women with certain risk factors. There are no current screening guidelines for men, but it is an actively evolving area.

A bone density test is much like an x-ray and focuses on your lower back and hip. The test will give you a sense of your bone strength.

To help keep your bones strong, you can participate in weight-bearing exercise, walk or run to strengthen the muscles around your bones, stop smoking, eat well, and be sure you are getting enough calcium and vitamin D.

It is also important to have a conversation with your primary care provider about the effects of your medications on your bone density.



*Julie Rosenbaum, MD
Chief, Internal Medicine and Acute Care*



For more on these topics, listen to the complete healthcasts on yalehealth.yale.edu/healthcasts.

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KEEP IN MIND



Getting to Know... Dr. David Smith

Get to know Dr. David Smith, a primary care provider in Internal Medicine since 1993.

Visit yalehealth.yale.edu/healthcasts to hear his story in his own words.

Pharmacy Academic Hours

The Pharmacy has resumed academic year hours effective Tuesday, September 3rd.

Monday–Friday	8:00 am–6:30 pm
Saturday	8:30 am–3:30 pm
Sunday	Closed

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