

Employee News



Debbie Ceasar, R.N., Marcella Bernstein, R.N., and Maureen Rooney, R.N.

UCLA Nurses Benefit Community

About a dozen nurses from SMUCLA and RRUCLA donated their time and talents at the Northern Trust Open at the Riviera Club in Pacific Palisades to staff an emergency first-aid station. During the five-day golf tourney, they treated spectator injuries such as cuts, sprains and strains and distributed UCLA Health System promotional items.

Thank you, nurses, for your commitment to community outreach!

Move over, “Biggest Loser!”

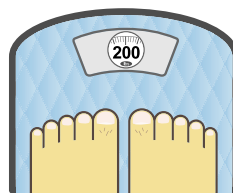
“Fiona’s 12-Week Weight-Loss Challenge” is creating quite a buzz in Santa Monica.

Lose some weight, gain some cash! That’s how it works and 27 people are vying to become the winning loser. Each participant paid \$39.99 to enter the challenge, with \$10 of that amount being donated to the Foundation for Prevention of Childhood Obesity (www.gofitkids.org). The remainder went into a jackpot that will be paid to the biggest losers — of pounds and inches!

Fiona Angus, interim director, Women’s and Children’s Services at SMUCLA, created the

challenge to help her co-workers and other hospital employees lose weight and get healthy. She provides participants with weekly talks on nutritional and wellness topics, body-composition evaluations and group support to help them overcome obstacles to weight loss. So far, the results are impressive. One nurse lost almost nine pounds in one week. Another weighed in six pounds lighter.

Who will win by losing? You’ll have to weight and see.



On the web:

Urology website launched

The UCLA Department of Urology provides treatment for kidney cancer, prostate cancer and urological conditions of all kinds. For more information, visit www.urology.ucla.edu



Human Resources website

UCLA Health System Human Resources serves to provide employees with an outstanding work experience matched by highly competitive pay, benefits and professional resources to reach your full potential.

To learn more, visit <http://hr.uclahealth.org>

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UCLA Staff Inspires “ER”

The stars of television’s acclaimed “ER” team up this month with Camp del Corazon staff and children to film an episode devoted to the story of children with heart disease. The show will air on Thursday, March 26, on NBC.

While training as a resident in emergency medicine at UCLA in 1988, “ER” writer/executive producer Joe Sachs, M.D., met pediatric cardiology nurse Lisa Knight and began a friendship and a mutual dream of helping children, especially those with cardiac conditions. As “ER” went into its final season this year, Dr. Sachs proposed a story about Camp del Corazon. Actor Tom Arnold, also a long-time fan of the camp, will play the camp director, a character modeled after Kevin Shannon, M.D., the UCLA pediatric cardiologist who co-founded the camp along with Lisa.



Lisa Knight, R.N., and Kevin Shannon, M.D.

Camp del Corazon opened in 1995 with 49 campers, ages 7 to 17 years, who spent three

fun-filled days on Catalina Island. “The camp was inspired by a young patient of mine who had undergone heart surgery but who felt very embarrassed by his scars,” Dr. Shannon says. “I felt that if he could spend time with other children who had heart surgery, he’d be less self-conscious. I found a camp in Louisiana for children with heart disease, but it was too far away. So instead, we came up with the idea of creating a camp locally that would cost nothing and where counselors, nurses and physicians would all volunteer their time to help these special kids.”

Fifteen years later, the camp has gained national recognition. More than 450 children from around the country will attend the camp’s three sessions this summer—all paid by corporate and

individual sponsorships raised by the Camp del Corazon Foundation.

Camp del Corazon will celebrate its 15th anniversary with a fundraising gala on April 25. Dr. Joe Sachs will be honored “for his sensitive portrayal of families affected by congenital heart disease, and for his unwavering support of the camp,” Lisa says. Brian Reemtsen, M.D., chief of congenital and pediatric cardiac surgery at Mattel Children’s Hospital UCLA, will also be honored, and Tom Arnold will emcee.



Camp del Corazon participants wait to film ER episode.

MOTMed letto device provides physical fitness for inpatients

Imagine being able to exercise while you sleep! In the liver transplant and oncology Intensive Care Units (ICUs), a device called a MOTMed letto allows patients to exercise in bed — sometimes even when they are asleep.



“I’m really grateful for this machine because I work with a lot of patients who are in the hospital for prolonged periods, so it’s critical to keep them active both physically and emotionally,” notes Demetrios Wilson, UCLA physical therapist. “It makes me feel like I’m doing my best to challenge patients while also protecting their extremely vulnerable conditions.”

“Over the last several months it has been used by 15 to 20 patients and we have had very positive results. We hope to move it into the medical and neuropsychiatric ICUs soon,” says Cindy Jaeger, inpatient physical therapy/occupational therapy manager, RRUCLA.

The device slides over the foot of the bed where two pedals can be adjusted to fit the patient. A physical therapist sets controls on either a passive or active-assist mode, depending on the condition of the patient. A computer monitors how long and how hard the patient exercises and indicates which side of the body is weaker. The exercise breaks the monotony of the day and makes patients feel they are making progress and heading toward rehabilitation.

Shirley Tse and Demetrios Wilson