

Knowing changes everything.™

UPSTATE

UNIVERSITY HOSPITAL

SYRACUSE, NEW YORK



REPORT CARD ISSUE

July 2010

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BEST MARKS IN CNY FOR CARDIAC CARE

Upstate's Patricia L. Kuntz RN, clinical manager, cardiothoracic/vascular surgery; and cardiothoracic surgeons Charles J. Lutz MD, and Gregory W. Fink MD, division chief

OPEN-HEART SURGERY

*Third Lowest Mortality Rate in New York State;
Lowest in Central New York*

According to the most recent report from the New York State Department of Health (DOH), Upstate University Hospital's open-heart surgery outcomes – with a risk-adjusted death rate of .50 percent – are the best in Syracuse and third best in the state.

The statewide average for the 40 New York State hospitals performing heart surgery is 1.95 percent. According to the state's April 2010 report, St. Joseph's Hospital Health Center – the only other Syracuse hospital performing heart surgery – had a risk-adjusted death rate of 2.27 percent.

The recent DOH report shows that, in 2007, only one of the 187 patients who underwent open-heart surgery at Upstate died within 30 days of surgery.

According to an article in the *Syracuse Post Standard*, Upstate's most recent ranking improved dramatically – in large part – because of a change in how the risk-adjusted death rate is calculated.

“In the latest report, the state excluded patients in pre-operative shock, a condition that puts patients at extremely high risk of death,” the *Post Standard* reports. “...The state made this change after a survey showed many doctors statewide were reluctant to do procedures on patients in shock because of the potential negative effect it could have on their hospital and personal quality ratings.”

NYS
Open Heart Surgery
Report



Playing Field Levelled

As the region's only Level 1 trauma center, Upstate treats a disproportionate number of emergency cases involving patients in shock.

The April 2010 report reflects the elimination of these high-risk patients from the data. According to the DOH, this helps ensure that "physicians could accept these cases where appropriate, without concern over a detrimental impact on their reported outcomes."

In the *Post Standard* article, Upstate's David Duggan MD, the hospital's medical director and chief quality officer, said the most recent rates "also reflect internal improvements at Upstate.

"We have had much greater attention focused on many of the details of care," according to Dr. Duggan.

BLUE DISTINCTION CENTER FOR CARDIAC CARE

Excellus BlueCross BlueShield

Based on its demonstrated commitment to quality care — and better overall outcomes for cardiac surgery patients — Upstate University Hospital has been designated as a Blue Distinction Center for Cardiac Care by BlueCross BlueShield of the Central New York region.



Robert Cooney MD,
professor and chair of surgery

To qualify for the designation, Upstate University Hospital had to meet rigorous, evidence-based clinical criteria, developed in collaboration with expert physicians and medical organizations, including the American College of Cardiology (ACC) and the Society of Thoracic Surgeons (STS).



David Duggan MD,
medical director
and chief quality
officer

Among these criteria are low overall complication and mortality rates; an experienced and comprehensive cardiac team, including cardiac surgeons and interventional cardiologists who are board-certified in their sub-specialties; and annual volumes for certain procedures (for example, a minimum of 125 cardiac surgery procedures annually). ■



**Designation as Blue Distinction Centers® means these facilities' overall experience and aggregate data met objective criteria established in collaboration with expert clinicians' and leading professional organizations' recommendations. Individual outcomes may vary. To find out which services are covered under your policy at any facilities, please call your local Blue Cross and/or Blue Shield Plan.*

2010 AMERICAN HEART & STROKE ASSOCIATION'S

STROKE GOLD PERFORMANCE ACHIEVEMENT AWARD



After two years of consistently providing high-quality stroke care, Upstate's Stroke Center has earned the Stroke Gold Performance Achievement Award from the American Stroke Association.

"This is further evidence that stroke patients at Upstate University Hospital receive outstanding care in accordance with the strictest national standards," reports Julius Gene Latorre MD, associate professor of neurology and stroke director at Upstate.

To earn the gold designation, Upstate demonstrated exemplary adherence to key stroke measures, including aggressive use of medications like tPA.

In addition to providing rapid stroke treatment, Upstate has the unique ability in CNY to treat stroke patients beyond the traditional three-hour window. "Through catheter-based therapy, we can deliver a much larger dose of tPA directly to the blood clot in the brain, for up to eight hours after stroke onset," explains Dr. Latorre. "But it takes a whole array of infrastructure to deliver that level of care 24/7."

Neuro Critical Care

In its new East Tower, Upstate University Hospital recently opened a neuroscience floor, including the region's only neuroscience ICU and neuroscience step-down unit.

In 2006, University Hospital became Central New York's first hospital to receive Stroke Center Designation from the New York State Department of Health — a distinction it continues to hold.

Upstate's intense focus on reversing stroke damage — through fast, aggressive and comprehensive care — is paying off for the community, reports Dr. Latorre. "We are seeing more and more stroke patients who receive treatment and go back to life as if nothing happened."



Julius Gene Latorre MD, associate professor of neurology and stroke director at Upstate

THE UPSTATE STROKE CENTER OFFERS THESE LIFE-SAVING DIFFERENCES:

24/7 board certified stroke neurologists

24/7 onsite neurosurgery

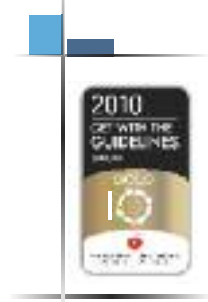
24/7 specialists in neurointerventional radiology

24/7 neurocritical care specialists

24/7 board certified emergency physicians

Specialized neuroscience nurses

Telemedicine capabilities to treat stroke patients in rural hospitals



The American Heart Association and American Stroke Association recognize this hospital for achieving at least two years of 85% or higher adherence to all Get With The GuidelinesSM program quality indicators to improve quality patient care and outcomes.

OUTSTANDING ACHIEVEMENT AWARD

FROM THE COMMISSION ON
CANCER OF THE AMERICAN
COLLEGE OF SURGEONS



Upstate University Hospital is only one of five accredited cancer programs in New York State – and the only one outside of metropolitan New York – to receive the Outstanding Achievement Award from the Commission on Cancer of the American College of Surgeons.

“This is confirmation of the high-level of integrated cancer care patients receive here,” notes Leslie Kohman MD, thoracic surgeon, distinguished service professor and cancer liaison physician to the Commission on Cancer.

This year, a select group of 82 cancer programs nationwide earned the Outstanding Achievement Award. The Commission on Cancer currently accredits more than 1,400 cancer programs, representing close to 25 percent of all hospitals in the US and Puerto Rico. These accredited facilities diagnose and/or treat 80 percent of all newly diagnosed cancer patients each year.

The Commission on Cancer’s core functions include setting standards for quality, multidisciplinary cancer patient care; surveying facilities to evaluate compliance with the 36 standards; collecting standardized, high-quality data from accredited facilities; and using the data to develop effective educational interventions to improve cancer care outcomes at the national, state and local level. ■

STRENGTH IN NUMBERS

Upstate’s interdisciplinary cancer program treated more than 16,000 patients last year.

Its world-class cancer team includes 90 board-certified physicians, including surgeons, medical oncologists, radiation oncologists, genetic oncologists, pathologists and other medical specialists.

These physicians work in interdisciplinary teams, alongside hundreds of additional cancer specialists, from nurses, epidemiologists and scientists to therapists, child-life specialists, social workers and spiritual care providers.




Leslie Kohman MD, thoracic surgeon and distinguished service professor at Upstate



Upstate recently announced construction of an outpatient cancer center, scheduled to open in late 2012. The 78,000-square-foot Upstate Cancer Center will be seamlessly connected to Upstate University Hospital and the Gamma Knife Center, and will envelop the space currently occupied by the Regional Oncology Center.

Just as the Upstate Golisano Children’s Hospital has helped to attract pediatric specialists, the new Upstate Cancer Center is expected to become a magnet for recruiting more high-level cancer specialists.

A photograph showing three people in a clinical setting. On the left, a man in a white lab coat (Howard Simon MD) stands with his hand on the shoulder of a woman sitting in a chair (Rebecca). In the center, another man in a white lab coat (Taewan Kim MD) is seated and looking towards the woman. The background wall is covered with numerous small photographs of patients.

From left:
Howard Simon MD,
professor of surgery
and division chief of
bariatric surgery and
Taewan Kim MD, assistant
professor of surgery, with
their patient, Rebecca.

AMERICAN COLLEGE OF
SURGEONS BARIATRIC SURGERY
CENTER NETWORK'S

HIGHEST LEVEL ACCREDITATION

The national group that accredits bariatric surgery programs has awarded Upstate's program with its highest level of accreditation. According to the American College of Surgeons Bariatric Surgery Center Network Accreditation, Upstate has achieved Level 1A status, which "symbolizes institutional commitment and accountability for safe, high-quality surgical care."

For bariatric surgery centers, accreditation by the American College of Surgeons is an independent, voluntary and rigorous peer evaluation in accordance with nationally recognized bariatric surgery standards.

The accreditation assures that the Upstate program maintains certain physical resources; human

resources; standards of practice; and documentation of outcomes, including improved surgical care.

Long-Term

"The American College of Surgeons has reviewed not only our outcomes data, but our entire hospital's approach to the bariatric surgery process," reports Howard Simon MD, professor of surgery and chief of bariatric surgery. "Our 20-year-old program involves far more than a surgical procedure. While weight-loss surgery is a fabulous operation, it is not a cure for obesity. It requires a commitment to a comprehensive, life-long maintenance program.

"We start with a good, straightforward consultation that helps us identify appropriate patients," explains

Dr. Simon. “It takes between six and ten months to get the patient psychologically ready for the procedure. Before the surgery, there is a lot of discussion and dietary modification.”

Following bariatric surgery, Upstate’s program offers patients long-term nutritional guidance, exercise plans and support groups.

Volume Criteria

In order to qualify for Level 1 accreditation, a bariatric

center must perform 125 or more weight loss operations annually and must have least two credentialed and experienced bariatric surgeons who have each performed at least 100 weight-loss operations in the previous 24 months.

By comparison, a Level 2 facility must perform 25 or more weight loss operations annually, with one or more credentialed and experienced bariatric surgeons who have each performed at least 50 weight-loss operations in the previous 24 months.

BEYOND WEIGHT LOSS

In addition to promoting dramatic weight loss, bariatric surgery has been proven to reverse a number of serious health conditions, including Type 2 Diabetes. “The numbers are in, and the results are evidence-based,” reports Dr. Simon. “We can and do reverse many health problems through the appropriate use of bariatric surgery, supported by an ongoing exercise program.”

At the top of the list is Type 2 Diabetes. At its 2009 meeting, the American Diabetes Association recommended that bariatric surgery be considered for adults with diabetes who have a Body Mass Index (BMI) greater than 35, especially if the disease is not well controlled using medications, diet and exercise alone. ■



Other health issues that can resolve or be reduced through surgical intervention to support weight control:

- ♦ high blood pressure
- ♦ high cholesterol
- ♦ sleep apnea
- ♦ asthma
- ♦ arthritis
- ♦ stress incontinence
- ♦ heartburn (acid reflux)

Rebecca, a patient at Upstate’s Bariatric Surgery program, lost 130 pounds in a year and plummeted from size 24 to a size 10. Inset: Rebecca, one year before surgery.

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