



PULASKI COUNTY MEDICAL SOCIETY News

March 2021

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When you think professional, ethical, quality healthcare,
think physicians of Pulaski County Medical Society.



Like Us!

The Pulaski County Medical Society now has its own Facebook page and we are posting items of interest to our members, sometimes before it hits the newsletter. Please go to <https://www.facebook.com/Pulaski-County-Medical-Society-100260252095789> and like our page and follow us. We will be bringing you updates on medical student projects, member news, legislation, health department updates, etc. Suggest it to your Facebook friends so that we can get a huge following.

Unsung Heroes

This past month, during the inclement weather, a group of unsung heroes were working hard for the doctors and patients of central Arkansas. They worked doing a job that many would not want to do, but is necessary. They braved the weather and road conditions to be of assistance to the frontline healthcare workers of central Arkansas. Some in this group volunteered to work additional hours in treacherous conditions while others in the community would not even try to work what they had been scheduled.

I am speaking about the operators of the Pulaski County Medical Exchange. This group of healthcare workers, and yes I said healthcare workers, were on duty when others would not leave the comfort of their own homes. They were not at full staff, and some were working 16 hour shifts, but they did the job and sent the calls to those who needed them.

It might surprise you that during these events, like our recent snowmageddon, that calls to the Medical Exchange actually increase exponentially. Of course, we receive the normal calls from Hospital floors trying to find a doctor on call, etc., but the vast majority has nothing to do with immediate issues or needs. The calls range from checking on appointments, cancelling appointments, should I come in for my appointment? Is the office open? When will they reopen? And all the while trying to explain their ailments and symptoms to the point we have to let them know we need to take other calls. We even have patients and healthcare professionals who want to argue with us as to why a doctor they need to reach does not subscribe to our service. All of these calls take a long time to complete and it makes the wait on hold a long one, especially when you are down by one or two operators already.

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We have your back, so you can move forward.

When a problem occurs, you need a proactive partner that can navigate unforeseen challenges and help you solve the tough legal issues that come with practicing medicine. In our collaborative claims process, our in-house attorneys and our roster of local defense attorneys help you – our valued members – to be ready for what lies ahead.

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Unsung Heroes

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I know that it is frustrating to wait for someone to answer a phone when you need to reach a physician. That frustration comes across in many different ways as you

can imagine. These unsung heroes deserve the respect and courtesy of all callers because they are here to help as best, and quickly, as they can. Maybe the next time you call the Pulaski County Medical Exchange you can say thank you. It would mean a lot to the person on the other end of the phone.

Arkansas Department of Health COVID Guidelines Update

February 19, 2021. The Arkansas Department of Health (ADH) wants to update healthcare providers on Arkansas's recent adoption of new guidelines concerning the need for fully vaccinated persons to quarantine if exposed to a person known to have COVID-19. These changes were published by the Centers for Disease Control and Prevention (CDC) February 10, 2021 and have now been adopted by the State of Arkansas.

Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria:

- Are fully vaccinated (i.e., ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine)
- Are within 3 months following receipt of the last dose in the series
- Have remained asymptomatic since the current COVID-19 exposure

Persons who do not meet all 3 of the above criteria should continue to follow current quarantine requirements after exposure to someone with suspected or confirmed COVID-19. These quarantine recommendations for vaccinated persons, including the criteria for timing since receipt of the last dose in the vaccination series, will be updated when more data become available and additional COVID-19 vaccines are authorized.

Fully vaccinated persons who do not quarantine should still watch for symptoms of COVID-19 for 14 days following an exposure. If they experience symptoms, they should be clinically evaluated for COVID-19, including SARS-CoV-2 testing, if indicated.

Also, vaccinated persons should continue to follow current guidance to protect themselves and others, including wearing a mask, staying at least 6 feet away from others, avoiding crowds, avoiding poorly ventilated spaces, covering coughs and sneezes, washing hands often, following CDC travel guidance, and following any applicable workplace or school guidance, including guidance related to personal protective equipment use or SARS-CoV-2 testing.

These guidelines do not apply to residents of long-term care facilities or inmates of correctional facilities (as discussed in the "Vaccinated healthcare personnel, patients, and residents in healthcare settings" at <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>). Continue to follow previous guidance for these facilities.

The CDC guidance on which this change was based can be found at <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>.

OrthoArkansas Expands Saline County Clinic

OrthoArkansas, which specializes in head-to-toe comprehensive orthopedic care, will soon offer Saline County residents physical and occupational therapy with the expansion of its

Bryant/Benton clinic. The clinic is located in the Springhill Crossing office park near I-30 and Springhill Road.

Practicing at the clinic will be David A. Black, M.D., Adam R. Smith, M.D., Rod Cayme, M.D. and Jonathan D. Wyatt, M.D., along with licensed physical and occupational therapists.



**ORTHO
ARKANSAS**

"The surgeons and therapists at OrthoArkansas are excited to have the opportunity to better serve Saline County and the surrounding communities," said David Black, MD.

"Our goal is to provide the best and most comprehensive orthopedic care in Central Arkansas."

The expansion will double the size of its existing clinic. OrthoArkansas is the largest practice of its kind in Arkansas with nine locations.

CARTI Announces Plan to Build CARTI Surgery Center on Little Rock Campus

CARTI announced February 3rd its plan to expand its Little Rock campus to include an on-site surgery center. Located adjacent to the current flagship cancer center on CARTI Way, the CARTI Surgery Center will be the second largest construction project for the organization since the Little Rock cancer center's completion in 2015. Construction is set to begin in Summer 2021 and the project is anticipated to be completed by Fall 2022.

"The CARTI Surgery Center is a continuation of our commitment to the cancer patients of Arkansas - it's the next logical step in our mission to transform cancer care in the state," said Adam Head, CARTI president and CEO. "By bringing a cancer-focused, innovative surgery center to our campus, we are able to improve the patient experience and outcome, while offering a more convenient and comprehensive alternative for our patients. With a singular focus on compassionately treating cancer in the most technologically-advanced surgical setting, the CARTI Surgery Center will be unlike anything currently available in the region."

The 35,000-square-foot surgery center, with extended stay capabilities, will provide advanced surgical care unlike

anything available in Arkansas. CARTI's multi-specialty surgical department, which includes fellowship-trained oncologic surgeons, will provide management of all types of cancers in this unique surgical setting.

The two-story facility will include:

- Four operating rooms with the most advanced technologies
- Two procedure rooms
- Eight private overnight rooms
- 12 Recovery rooms
- 15 Pre- and post-op rooms

"With the most advanced surgical technologies at our fingertips, we will be able to expand the range of surgical procedures we can provide to our patients," said Dr. Scott Stern, CARTI's chief medical director and head and neck oncologic surgeon. "From reduced costs to expedited recovery times, research shows that patients benefit from a surgical setting that encourages mobility and safe recovery outside of a hospital setting, which is incredibly important to our vulnerable patient population. This is the future of cancer surgery." The architects for the project are Cromwell Architects Engineers.

Free, Online Tool from CHI St. Vincent Heart Institute Assesses Risk for Fib

CHI St. Vincent Heart Institute has launched a free, online Fib Health Risk Assessment tool to help Arkansans quickly determine if they may be suffering from the heart arrhythmia known as atrial fibrillation. AFIB affects 1-in-25 Americans over age 60 and the World Health Organization has designated it a global epidemic. If left untreated, Fib can lead to serious complications like stroke and heart failure, but now Arkansans can take the first step in managing their heart health with this free, online tool.

"Atrial fibrillation is the fastest growing heart rhythm problem in America and it's a heart rhythm problem that affects people as they age," said CHI St. Vincent Heart Institute Cardiac Electrophysiologist Dr. Thomas Wallace. "Becoming aware of the symptoms is the first step, but then patients at risk should schedule an appointment

Is your heart skipping a beat?

[CLICK HERE TO TAKE THE QUIZ](#)

with their cardiologist to assess their condition and explore options for treatment, which continue to grow."

Fib symptoms can come and go and last between a few minutes or a few hours. Symptoms of Fib include:

- Heart palpitations
- Strong awareness of your heart beating
- Weakness
- Fatigue
- Chest pain, pressure or discomfort
- Dizziness or lightheadedness
- Shortness of breath
- Anxiety

Anyone ready to take responsibility for their heart health can take the first step with CHI St. Vincent's free, online Fib risk assessment tool available at: chistvincent.com/more-heart.



Baptist Health Officially Marks 100 Years of Operation, Kicks Off Year-Long Commemoration

February 16, 2021 Baptist Health officially celebrated 100 years of operation since it began serving its first patients in a small wood-frame building in downtown Little Rock.

The raising of new flags this morning at hospital campuses within the system marked the occasion a century after Baptist State Hospital, which grew into the Baptist Health system, became a legal entity on Feb. 16, 1921.

The event also kicked off a year-long commemoration that, out of concern for health and safety amid the ongoing COVID-19 pandemic, will initially be conducted virtually through social media and via a special website section.

"When the Arkansas Baptist State Convention incorporated Baptist State Hospital in 1921, it made a commitment to provide quality, faith-based care that continues today," said Troy Wells, president and CEO

of Baptist Health. "Through 100 years, we have stayed true to that original mission and remain committed to delivering on that promise into the next 100 years."

"Our 100-year anniversary represents a century of responding to health needs with Christian compassion and personal concern. The story of Baptist Health is the story of people working to advance quality health care for the communities we serve, overcoming challenges to achieve significant developments in health care and being there for every single patient who needs us."

Baptist Health plans to host public and employee events to celebrate its 100th anniversary at a later date, dependent on the prevalence of COVID-19 as well as federal, state and local guidance.

Larry Crain Sr. Honors Wife, Family with \$1 Million Pledge to UAMS Winthrop P. Rockefeller Cancer Institute

The University of Arkansas for Medical Sciences (UAMS) has received a \$1 million pledge from Larry Crain Sr. to support the Winthrop P. Rockefeller Cancer Institute's pursuit of National Cancer Institute Designation.

In appreciation of the gift, UAMS will rename the Seed of Hope Garden on the Cancer Institute's ground floor as the Janett Crain Seed of Hope Garden, after Crain's late wife, who died in 2018 after a brief battle with cancer.

"I just want to honor her and the things she did, not only in our personal lives, but also the things she's done for all the communities we've lived in," Crain said. "I didn't realize how many lives she affected until after her death. There were so many people who made me aware of things she did for them that I otherwise wouldn't have known about."

The gift also honors Janett's caregivers, as well as Crain's sister-in-law, who survived advanced lung cancer thanks to a clinical trial and is now cancer-free. "I want to think that making this commitment will create results for someone else in a similar way," Crain said.



"This incredible gift will provide critical resources to the Winthrop P. Rockefeller Cancer Institute as we pursue NCI Designation," said Michael Birrer, M.D., Ph.D., vice chancellor and director of the Cancer Institute. "With NCI Designation comes access to the latest in clinical trials and therapies for our patients. Renaming the Seed of Hope Garden is a fitting way to honor Janett, who inspired so many with her example and service."

The Seed of Hope is a seed-shaped sculpture carved by local artist

Michael Warrick from a 3,700-pound piece of Turkish marble. It is a symbol of hope and healing for patients at the Cancer Institute. A small garden surrounds the sculpture. On each patient's final day of active treatment, they are presented with two seed-shaped tokens. One token is placed in the sculpture as a celebration of survivorship. The second is taken with them to keep or pass on to someone else as their own symbol of hope. The Seed of Hope Garden is one of the most-visited areas in the Cancer Institute, and every instance of another patient placing their token in the sculpture is a celebration.



Donors Making a Difference

The following are members and clinics who have donated in support of the PCMS Healing the Healer Foundation during the 2021 Annual Dues drive since the last publication. Your support will insure that our doctors are taken care of so that they can care for their patients:

Doctors

Muhammed G Alam, MD
Fakhar Ijaz, MD
Kashaf Rasheed, MD
Melissa Graham, MD
Brian M. Burton, MD
Michael Cope, MD

Shelly Gibbs, MD
Jill K. Jennings, MD
David N. Shenker, MD
Stanley Burns, MD
Jock Cobb, MD
Joel Cobb, MD

Barry Baskin, MD
Joe Daugherty, MD
John Daugherty, MD
Gary Nunn, MD
Ernest Clifton, MD

Schueck/McCarty Family Gives \$1 Million to UAMS Winthrop P. Rockefeller Cancer Institute for NCI Designation

The Schueck/McCarty family has pledged \$1 million to the University of Arkansas for Medical Sciences (UAMS) Winthrop P. Rockefeller Cancer Institute to support its efforts in achieving National Cancer Institute Designation.

The family is passionate about UAMS achieving NCI Designation and sees their gift as having an immediate impact toward reaching that goal, said Marge Schueck.

"As our family has witnessed, the Winthrop P. Rockefeller Cancer Institute is a lifeline for countless individuals in our state and region," Schueck said. "We are grateful for the opportunity to help UAMS reach this milestone and achieve NCI Designation."

NCI Designation is a highly competitive assessment process during which cancer centers must demonstrate outstanding depth and breadth of high-quality cancer research and treatment. Receiving designation brings



substantial benefits, including the ability to access federal research funding and offer clinical trials not available to non-designated centers. It also is expected to result in a \$72 million economic impact on Arkansas and create approximately 1,500 new jobs over five years.

There are 70 NCI-designated cancer centers in 36 states across the country, with the closest to Arkansas being in Memphis (pediatrics only), Dallas and Oklahoma City.

"We at the Winthrop P. Rockefeller Cancer Institute are so grateful to the Schueck-McCarty family for this incredible gift," said Michael Birrer, M.D., Ph.D., vice chancellor and director of the Cancer Institute. "Achieving NCI Designation will place the Cancer Institute among the top 2% of cancer centers in the country. This gift will accelerate our progress to gain access to clinical trials and new therapies that our patients need."

UAMS's Barnes Named by Becker's Healthcare Among Top U.S. Orthopedic Surgeons

By Spencer Watson

C. Lowry Barnes, M.D., chair of Orthopedic Surgery at the University of Arkansas for Medical Sciences (UAMS), has been named one of "65 total knee replacements surgeons to know" by Becker's Healthcare.

"I'm grateful to be mentioned in such company by such an authoritative voice in the world of health care," said Barnes. "That recognition speaks to the standards, expertise and level of care we strive to provide for all Arkansans at UAMS."

Barnes is the only Arkansas surgeon included in the list. Becker's Healthcare is a publisher that is considered an industry leader in healthcare information.

"Dr. Barnes is president of the American Association of Hip and Knee Surgeons as well as the Carl L. Nelson, MD,

Distinguished Chair in Orthopedic Surgery at UAMS Health," the listing notes.

"He focuses his practice on total joint replacements and has published more than 250 peer-reviewed articles on the topic. He also holds four patents for orthopedic devices as the designer of multiple hip and knee implants."

Becker's composed the list, which includes leaders from many of the most renowned institutions and accomplished surgeons from across the U.S., based on nominations and internal research. Individuals do not pay, and cannot pay, to be included.



C. Lowry Barnes, M.D.



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Mission:

**Promote medical care,
professional growth, and
public health.**

Vision:

**To be a catalyst for change
in how healthcare is
viewed and implemented
in Central Arkansas**

Strategic Plan 2018 – 2021

1

Practice and Professional Viability

Maintain and enhance services,
professional staff and communications
to effectively implement the mission.

2

Community Voice and Outreach

Create and participate in events to
promote health; monitor and propose
government initiatives that affect public
health and safety; become the trusted
resource in the community for overseeing
the influencing of public health policy.

3

Leadership

Growing the number of active members
involved in the society's community
outreach and service, and take care of
the mental health of its members through
the foundation.

**If you would like to be involved in the
committee to help implement the
Strategic Plan please call 501-687-0039.**