



PULASKI COUNTY MEDICAL SOCIETY News

September 2022

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Pulaski County Medical Society

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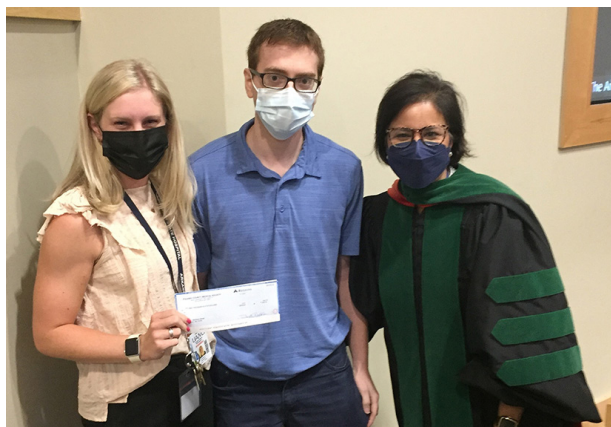
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When you think professional, ethical, quality healthcare,
think physicians of Pulaski County Medical Society.

2022 Freshman Orientation Luncheon



The Pulaski County Medical Society hosted lunch on Tuesday, August 2, 2021 during freshman orientation at the school of medicine. Executive Director Derek Rudkin, IOM, CAE gave a brief presentation about the society and its rich history with the medical college. PCMS Student Representative Anna-Claire Pilkington, Chair of the PCMS Social Media Committee, presented the PCMS Carolyn Clayton Scholarship to Freshman Osvaldo Andres Cossio Donoso. Freshman Katherine Connelly was the winner of the Littman Classic III stethoscope that the society gave away on Friday, August 5, 2022.



(from left to right) PCMS Social Media Committee Chairman Anna-Claire Pilkington (M3); Osvaldo Andres Cossio Donoso, UAMS M1 student; Dr. Sara Tariq



Katherine Connelly, stethoscope winner



We have your back, so you can move forward.

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www.svmic.com



CHI St. Vincent North Recognized for Its Commitment to High-Quality Stroke Care by American Heart Association



[CHI St. Vincent North](#), home of the [CHI St. Vincent Arkansas Neuroscience Institute](#), has received the American Heart Association's Silver Plus Get With The Guidelines® - Stroke quality achievement award for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

"By implementing the latest treatment guidelines and best practices, CHI St. Vincent consistently works to ensure our patients have access to the highest quality care," said CHI St. Vincent North President Shawn Barnett. "These steps help our patients recover better with the goal of ensuring more Arkansans can experience longer, healthier lives."

CHI St. Vincent North also received the American Heart Association's Target: StrokeSM Honor Roll Advanced Therapy award by meeting specific criteria that reduce the time between an eligible patient's arrival at the hospital and treatment to remove the clot causing the stroke. Stroke is the fifth leading cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so brain cells die. Early stroke detection and treatment are key to improving survival, minimizing disability and accelerating recovery times.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest research- and evidence-based guidelines. [Get With The Guidelines - Stroke](#) is an in-hospital program for improving stroke care by promoting consistent adherence to these guidelines, which can minimize the long-term effects of a stroke and even prevent death.

"We are incredibly pleased to recognize CHI St. Vincent North for its commitment to caring for patients with stroke," said Steven Messe, M.D., chairperson of the Stroke System of Care Advisory Group. "Participation in Get With The Guidelines is associated with improved patient outcomes, fewer readmissions and lower mortality rates – a win for health care systems, families and communities."

CHI St. Vincent North also received the American Heart Association's Target: Type 2 Diabetes Honor Roll award. Target: Type 2 Diabetes aims to ensure patients with Type 2 diabetes, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke. Each year, program participants qualify for the award by demonstrating how their organization has committed to providing quality care for stroke patients. In addition to following treatment guidelines, Get With The Guidelines participants also educate patients to help them manage their health and recovery at home.



American Heart Association

Baptist Health Adds Two Dedicated Ambulances: One for Adult Critical Care, Another for Neonatal Intensive Care

Two new dedicated transport ambulances are allowing Baptist Health to reach more patients in need of potentially life-saving, advanced emergency care.

The health care system's state-of-the-art critical care ambulance is the first in Arkansas dedicated to transporting adult patients on extracorporeal membrane oxygenation (ECMO) for a higher level of care. Another new ambulance can serve infants needing neonatal intensive care.

"This new critical care transport ambulance represents a significant advancement in critical care for all Arkansans, even those in rural communities," said Mike Perkins, president of Baptist Health Medical Center-Little Rock. "It is our hope that as more patients are able to benefit from this service, we are also able to greatly improve their outcomes and recovery from serious illness."

Baptist Health Medical Center-Little Rock is one of just three adult hospitals in the state using ECMO for patients who have a severe or life-threatening illness that stops their heart or lungs from functioning properly. ECMO patients are placed on a bypass machine that



(from left to right) Bryan Benton, Donnie Curtis, Kyle Fricks, Donna Givens, Dr. John Ransom, Mallory Druckenmiller, Wes McKamie and Austin Glov

removes blood from their body, oxygenates it and then recirculates the oxygenated blood in support of the heart and lungs.

During the COVID-19 pandemic, ECMO has been used to treat some of the most critically ill COVID-19 patients at Baptist Health, even those from out of state.

"Using the ambulance, we are able to take a physician, a perfusionist and an ECMO coordinator, or nurse, to the patient and bring them back to Baptist Health," said Dr. John Ransom, a cardiovascular surgeon and surgical director of the Baptist Health Heart Transplant Program. "It is really a full service we are bringing to hospitals that previously may not have had the means to offer such services for critically ill patients."

Before, no service in the state was able to offer ECMO in transit to adult patients as they traveled to Baptist Health Medical Center-Little Rock. Patients can now receive timely, comprehensive care that helps to close the gap in advanced critical care and decrease their risk of mortality, thanks to this form of outreach.

Generous donations totaling \$175,000 to Baptist Health Foundation from Windgate Charitable Foundation and Trinity Foundation funded the transport ambulance project.



(from left to right) Halea Williams and Donna Cleveland of Baptist Health

New Doctors Join Arkansas' Largest Cancer Center

Arkansas's largest cancer center, CARTI, announces the hire of five new doctors to better serve patients at their 18 locations across the state. The doctors specialize in Hematology/Oncology, Radiation Oncology, Interventional Radiology and Dental Medicine.

"CARTI patients expect and deserve the best and so that's what we look for when we recruit new doctors for our team," said Adam Head, CARTI CEO. "Each of these new team members bring with them something unique and their skillsets will only enhance our staff as we further expand our comprehensive cancer care presence across the state."

Blake B. Jacks, M.D., attended the University of Arkansas for Medical Sciences where he also did his residency. Dr. Jacks completed a fellowship in Interventional Radiology at Miami Cardiac and Vascular Institute and is board certified by the American Board of Radiology. He will be practicing Interventional Radiology at CARTI Little Rock.

Derek Middleton, M.D., is a graduate of the University of Arkansas for Medical Sciences. He has completed fellowships in Hematology/Oncology and is board certified with the American Board of Internal Medicine. Dr. Middleton will practice at the CARTI clinics in Little Rock, El Dorado and Magnolia.

Howard Morgan, M.D., joins CARTI after attending medical school at Louisiana State University Health Sciences Center, Shreveport, and completing an internship in Radiation Oncology at the University of Texas Southwestern Medical Center, Dallas. Dr. Morgan will practice Radiation Oncology in the CARTI Little Rock center.

Mackenzie Sitzman, D.M.D., will become the second dentist on staff at CARTI and will be serving patients in the Dental Clinic in Little Rock. She attended the University of Louisville School of Dentistry in Kentucky.

Naveen Yarlagadda, M.D., is a graduate of Osmania Medical College, Hyderabad, India. He has done residency work in Internal Medicine at the University of Buffalo—SUNY, New York, and a fellowship in Hematology/Oncology at the University of Arkansas for Medical Sciences. He is board certified through the American Board of Internal Medicine. Dr. Yarlagadda will see patients at CARTI locations in Little Rock, Crossett and Saline County.

CARTI is actively recruiting for clinical and non-clinical roles within the organization. To see a list of available openings, please visit [CARTI.com/careers](https://www.carti.com/careers).



(from left to right) Dr. Blake B. Jacks, Dr. Derek Middleton, Dr. Howard Morgan, Dr. Mackenzie Sitzman, and Dr. Naveen Yarlagadda



UAMS, AmeriCorps Announces Food Security Initiative in Arkansas

By David Wise

AmeriCorps, the federal agency for national service and volunteerism, announced more than \$255,000 in American Rescue Plan grant funding to the University of Arkansas for Medical Sciences as part of the AmeriCorps VISTA program's food security initiative over the next three years.

The AmeriCorps VISTA initiative, launched in 2020, is a comprehensive and collaborative approach to end hunger which affects [one in eight Americans and more than 400,000 Arkansans](#). AmeriCorps has awarded over [\\$2 million in grants](#) to organizations addressing the impact of hunger in their state during the pandemic.

The UAMS Office of Community Health & Research collaborates with Arkansas organizations who serve diverse food-insecure populations. Together with national and local experts, AmeriCorps and UAMS will work to improve the local food system.

On Thursday, Aug. 25, Daniel Dunlap, AmeriCorps South Central deputy regional administrator joined Amy Wenger, MHSA, vice chancellor, UAMS Northwest Regional Campus, Pearl McElfish, Ph.D., MBA, division director of the UAMS Office of Community Health & Research, and Mayor Doug Sprouse of Springdale, Ark., to recognize AmeriCorps members and announce the grant award at the UAMS Office of Community Health & Research in Springdale, Ark.

"The Biden-Harris Administration's historic American Rescue Plan investment enabled AmeriCorps to expand our food security efforts in communities with the greatest

need," said Michael D. Smith, AmeriCorps CEO. "UAMS' programs not only address immediate hunger, but they also prioritize public health education and agricultural production to disrupt the cycle of food access issues."

"Addressing food security in Arkansas is a priority aim of UAMS Community Health & Research," Pearl McElfish, division director of the UAMS Office of Community Health & Research said. "AmeriCorps VISTA Food Security Initiative service members will build the capacity of our partner organizations to best serve their communities. Access to healthy foods is key to building thriving communities, and we are thrilled to bring this program to Arkansas."

UAMS is recruiting up to 25 AmeriCorps members to serve in the VISTA program to support organizations across the state working to meet the needs of Arkansas' most vulnerable and underserved populations. These AmeriCorps members will expand capacity and increase food access through their service in the charitable food system, support of local agriculture and production programs, improve coordination and connection to essential services that impact food security, and increase availability to culturally and medically appropriate foods.

In addition to grants, VISTA's collaborative approach to poverty and hunger alleviation includes a recently launched learning community for VISTA sponsors to meet every other month to share ideas, best practices and build their network.

New Covid-19 Guidance: CDC Provides Streamlined Guidance For Quarantining and Isolation

by Cross, Gunter, Witherspoon & Galchus

On August 11, 2022, the Center for Disease Control and Prevention (CDC) issued new guidance that clarifies and updates its COVID-19 guidance.

The new guidelines provide significant changes to how people who are vaccinated and not vaccinated cope with having been exposed to COVID-19. Those who are unvaccinated will now be subject to the existing guidance for people who are up to date on COVID-19 vaccines. This means that people who are vaccinated and those who are not will now follow similar guidelines.

The CDC has made other alterations to the recommendations for when someone has been exposed to COVID-19. The CDC no longer recommends that a person quarantine after being exposed to COVID-19. Instead, the CDC now recommends that a person should wear a "high-quality" mask for 10 days and get tested on the 5th day. The change to the guideline now means that someone who has been exposed to COVID-19 can continue to be in public with other people if they wear a high-quality mask. In addition to getting tested on the 5th day from exposure they should monitor their symptoms.

The new guidance also made changes to the CDC recommendation regarding the testing of asymptomatic people. Under the new guidelines, screening testing of asymptomatic people without known exposure is no longer recommended in most community settings.

The revised guidelines also consider the severity of illness that a person with COVID-19 experiences. If a person experiences a moderate illness (shortness of breath or difficulty breathing) they should continue to isolate through day 10. If a person experiences severe illness (hospitalization) due to COVID-19 or has a weakened immune system, they should consult with a doctor before ending their isolation. With this new guidance, the severity of illness experience could significantly affect the amount of time people will need to isolate. As such, the CDC continues to promote the importance of being up to date with vaccination to protect people against serious illness.

With these changes to the CDC guidelines, employers will need to reconsider their current COVID-19 policies.

Two New Doctors Join Radiology Associates, P.A.

Radiology Associates, P.A. (RAPA) would like to welcome 2 new interventional radiologists to our practice as of July 2022. Their names are Dr. Brandon Kelly and Dr. William Borrer.

Dr. Brandon Kelly completed a Fellowship in Interventional Radiology at Beth Israel Lahey Hospital and Medical Center in Burlington, MA in June 2022. He did his residency at the University of Mississippi Medical Center. Dr. William Borrer joined RAPA after completing his Fellowship in Interventional Radiology at Massachusetts General Hospital in Boston, MA. He completed residencies at MD Anderson in Houston, TX and at Indiana University Methodist Hospital.

Both Dr. Kelly and Dr. Borrer will be serving our central Arkansas locations which include Little Rock, Conway, Pine Bluff and Searcy, as well as reading from remote locations around the state.



Dr. Brandon Kelly



Dr. William Borrer

UAMS Researchers Link Food Insecurity to Job Loss, Illness

Arkansans were more likely to rely on food pantry services following income loss or the diagnosis of a serious illness, according to a study published recently by researchers at the University of Arkansas for Medical Sciences (UAMS) Office of Community Health & Research.

The study, "Events Precipitating Arkansas Food Pantry Utilization," analyzed the events that led to individuals using seven different food pantries in Northwest Arkansas in 2018-2019. Job loss, acute and chronic illness, and fluctuation in the number of people in a household were the most common factors that led to increased pantry use. About three in four of those surveyed had been using food pantries for more than a year.

"I lost my job because of my illness, and we went down to one income, which was \$24,000 a year, and we were just trapped," said one participant in the study. "We had to start doing something. The cupboards were getting bare."

According to a 2019 Feeding America report, Arkansas has the second-highest rate of food insecurity in the U.S., with one in five Arkansans struggling to provide enough food for their families.

In the study, researchers noted the importance of health care and charitable food systems working together to address the unique situations each family faces when confronted with food insecurity.

"Food pantries are a vital resource for anyone struggling to put food on the table, but especially for those who experience unexpected hardships," said Chris Long, Ph.D., an associate professor with the UAMS Office of Community Health & Research and a lead researcher on the study. "Understanding the situations that bring people to food pantries can better prepare charitable food systems and community organizations to support their clients to get the nutrition they need to live longer, healthier lives."

Upcoming Dates to Remember

September 23rd Native American Day

October 10th Columbus Day

October 17th Bosses Day

October 31st Halloween

