

GOLETA VALLEY
SANTA BARBARA
SANTA YNEZ VALLEY

Edmund M. Wroblewski, MD,
Editor

SUMMER 2024

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Scholarly Success Among Internal Medicine Residents at SBCH

The Internal Medicine Residency at Santa Barbara Cottage Hospital fosters a culture of ongoing improvement in processes and systems that shape the way we provide care. The residency is comprised of 35 residents annually, supervised by seven core faculty members and dozens of voluntary faculty within the greater Cottage medical community. Beyond their core clinical responsibilities as hospitalists and primary care physicians for all CenCal and uninsured patients, many residents pursue opportunities to critically analyze and enhance various aspects of medical practice, leading to improved outcomes and an elevated standard of care. Given the population we serve, many of these projects directly impact our community’s most marginalized members, aligned with our Institution’s Top Goals for 2024.



Lindsay B. Katona,
DO MPH

Director, Research and
Quality, Internal Medicine
Residency Program

There is a wide range of projects that capture the attention of our residents. These include the Introduction to Quality Improvement Rotation, curating posters and abstracts for local, regional and national conferences, participation in clinical trials in collaboration with specialists and Cottage Health’s Research Institute (CHRI), and working with external partners on research

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studies, manuscripts and book chapters. Given the strong resident involvement in research and quality improvement, we have strengthened our infrastructure to allow for a robust curriculum, faculty involvement, and a multitude of opportunities to share this innovative and practice-changing work.

All categorical Internal Medicine Residents participate in a two-week Introduction to Quality Improvement Rotation. This immersive experience empowers residents to critically evaluate one specific area of healthcare delivery or patient safety through hypothesis development, literature review, stakeholder meetings, process mapping, data collection (when relevant), and recommendations for further study. We have built strong partnerships with the CHRI research team, the librarians, Cottage's Quality & Safety Department, Data & Analytics, nursing leadership and the Emergency Room to maximize this work's collaborative nature. The deliverable associated with this rotation is a one-page Impact Summary along with a 20-minute presentation to their peers and attendings, which are far more than an academic exercise; they are often catalysts for further quality or research projects with real-time impacts on patient care. Moreover, many of these projects serve as powerful mechanisms to address and mitigate health disparities across our healthcare system.

NOTABLE RESIDENT-LED PROJECTS FROM 2023-2024 INCLUDE:

- Dr. Meghali Singhal's "Sex-Based Differences in Diagnosis and Management of NSTEMI and STEMIs" aimed to shed light on whether the seemingly atypical presentations by female patients with acute coronary syndrome (ACS) symptoms led to differences in diagnostic workup and treatment. She found that the duration of work up for patients with ACS did not differ by gender, though average time to stress testing and diagnostic angiography were longer for females than males. Dr. Singhal presented at the CHRI Poster Symposium in April 2024 and won the Inaugural Poster Award.
- Dr. Monique Ferro's "Ethnic, Racial and Language Disparities in Pain Assessment and Management" was a retrospective cohort study conducted on 40 inpatients admitted to the Internal Medicine service between July and December 2023. Interestingly, patients who identified as Hispanic, Latino or those with Limited English Proficiency (LEP) received fewer opioids and had their pain assessed less frequently compared to non-Hispanic White and English-proficient patients. While the study had limitations, it highlighted the need for awareness and further research to address potential unconscious biases and systemic factors contributing to disparities in pain care for minority and LEP patients.
- Dr. Paloma Ochoa's "Readmissions for exacerbations in Congestive Heart Failure (CHF) among Hispanic and Latino patients" project was done in partnership with Cottage Center for Population Health and specifically the Community Health Worker (CHW) for CHF Project. Her project identified several potential contributing factors leading to readmission, health literacy as it pertains to discharge instructions, lack of scheduled follow up, and absolute number of medications – all posing major challenges for this patient population. While the CHW Project appeared beneficial for engaged patients in reducing admissions and ED visits, Dr. Ochoa's project highlighted opportunities to improve transitions of care through clear discharge instructions, confirmed follow-up plans, and sustained program engagement. Addressing health literacy, care coordination, and socioeconomic barriers could help reduce preventable CHF readmissions in this vulnerable population.

Outside of quality projects, residents regularly author case reports, case series and abstracts. Many of these ideas stem from conversations during morning report – an academic discussion around all newly admitted patients - or team rounds, where attendings, residents, medical students and pharmacists flesh out nuances of various patient presentations and treatment plans. This knowledge dissemination enriches academic discourse and fosters intellectual curiosity and scientific inquiry. In addition, mentorship from the medical staff helps residents contextualize their research questions along their academic trajectory. During the 2023-2024 academic year, Internal Medicine Residents presented at a multitude of conferences including the

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American College of Cardiology, American Council on Graduate Medical Education, American College of Physicians, CHEST, Cottage Health Research Symposium, International Society of Experimental Hematology, Society of General Internal Medicine, Society of Hospital Medicine, and Society of Critical Care Medicine. These rich experiences during residency are one reason our program has had so much success in the fellowship match, with seven current graduates going into the competitive fields of Infectious Diseases, Allergy and Immunology, Pulmonary and Critical Care, and Hematology and Oncology.

Looking to the future, we will continue to equip Internal Medicine Residents with a foundation for academic engagement, supporting their efforts with informative lectures, hands-on quality projects and ample opportunities to write case reports and join research projects in their areas of interest. No ideas are ever too small, and this hard work does not go unnoticed!

Chief of Staff Highlights

FROM GOLETA VALLEY COTTAGE HOSPITAL



David Vierra, MD

Chief of Staff

Goleta Valley
Cottage Hospital

I would like to thank Dr. Alex Morf and all of the previous Chiefs of Staff who have provided outstanding leadership to Goleta Valley Cottage Hospital and helped to shape it into the outstanding patient care resource that it has become.

The Chiefs of Staff at all 3 Cottage Hospitals (Dr. Anne Rodriguez, Dr. Kevin Beckmen, and I) are working to improve collaboration at all 3 campuses. We meet with Mr. Werft and Dr. Wroblewski monthly to discuss relevant issues.

Goleta Valley recently had a visit from The Joint Commission. The survey went very well with only a few issues to address — a great testament to our dedicated staff and physicians.

Deltopia has come and gone with very few significant issues thanks to the great planning and work of everyone in the Emergency Department. 107 patients were cared for (as opposed to the average daily census of 65).

MRI cases continue to exceed projections. Thanks to Dr. Svedlow for his tireless efforts to bring this imaging modality to GV.

Work on Cottage Rehabilitation Hospital continues. Some contracting issues slightly delayed the project.

The scope and mission of the Compton Center for Medical Excellence and Innovation is being developed by a dedicated multi-disciplinary group, so start working on your ideas to improve patient care.

Earth Day was April 22, with the theme “planet vs plastics”. Overall, the healthcare industry produces 8%-10% of total carbon emissions in the U.S. At GVCH we are recycling approximately 38% of our waste and are working with the Sustainability Committee from SBCH to improve our carbon footprint.

We continue to enjoy great working relationships with Arie DeJong and other Cottage administrators.

Please feel free to contact me with any issues that you may have.

Medical Advisory Panel 2023

We would like to take this opportunity to update the medical staff briefly on the recent topics and programs being discussed by the Medical Advisory Panel. As a refresher, the Medical Advisory Panel (MAP for short) reviews clinical programs and initiatives for Cottage Health and makes recommendations to the Board of Directors. The panel is composed of physician leaders from a broad spectrum of departments who meet quarterly.

In February, a comprehensive weight loss program was presented by Dr. Farida Bounoua and Dr. Marc Zerey. The management of weight loss in most communities is disjointed and unorganized, and there is no multidisciplinary center for obesity and weight control between San Diego and San Francisco. Their proposal is to create a Metabolic Center for Obesity and Diabetes care, that would house a team of physicians and clinical providers including endocrinology, obesity experts, bariatric surgeons, behavioral psychologists, dieticians, and physical therapists to provide comprehensive and integrated care to patients with obesity and metabolic-related diseases. This concept received overwhelming support from the Medical Advisory Panel, and a detailed review of the financial sustainability and professional feasibility of such a program is currently being performed. In this new era of weight loss management with pharmaceuticals and surgery, a program such as this would be a novel and valuable resource for patients in the Santa Barbara community.



Phil Delio, MD
Co-Chair



Bryce Holderness, MD
Co-Chair

In May, Ron Werft provided an indepth overview of the strategic plan for Cottage Hospital. Having attended a series of Board of Director meetings in the past, I have always been impressed by how much time and effort Mr. Werft and the Board of Directors spend in formulating a comprehensive strategy to ensure that Cottage Health remains true to its Mission Statement, while at the same time ensuring its financial viability. Cottage strives to be an employer of choice for nurses and staff, and is creating new pathways and partnerships to attract the best talent to Santa Barbara and ensure that Cottage retains

those individuals over the long term. Similarly, Cottage continues to develop a culture of innovation, a culture within which MAP is an important element to review and develop the latest clinical and technical advances. Mr. Werft also discussed the importance of growing our regional programs in Behavioral Health, Cardiovascular care, Children's Services, the Neurosciences, Orthopedics, and Women's Health. These programs are as important to our regional health care partners as they are to our local community. Similarly, Mr. Werft proposed strategies to ensure health equity amongst all members of our community, and outlined important measures of financial stewardship to assure Cottage can continue to provide health care services now and in the future. This financial stewardship involves prioritizing investments towards employees, physicians, and strategic growth initiatives, as well as developing a culture of philanthropy that will help support our Hospital for years to come.

It has been an exciting time for MAP, with a host of upcoming new proposals and initiatives to review, so please stay tuned for future updates!

IT Update

The Picture Archiving and Communication System (PACS) has served us exceptionally well for over 25 years. But it is time to bring our system back up to the top of the best systems available to serve our needs another 20 years into the future.

We began the process a year and a half ago with a large group sent to the Radiology Society of North America meeting in November 2022. The group met with twelve of the most widely recognized vendors,



Christophe Le Renard, MD

Chief Medical
Information Officer

while individual members also met with several more. Cottage Health then contracted with Impact Advisors to explore our current system and needs to develop a recommendation for a strategy moving forward. Impact Advisors met with 22 physicians from 12 departments to assess successes and challenges. These departments included Radiology, Vascular Surgery, Ob/Gyn, Emergency Medicine, Cardiology, Neurology, Neurocritical Care, Neurosurgery, Orthopedics, Gastroenterology, and Pediatrics. Based on Impact Advisors' recommendations, we narrowed the field to three vendors.

We began our Request for Proposal (RFP) process, requesting information from the three vendors. They have responded with their final proposals. The Imaging Solutions RFP Steering Committee reviewed all documents provided, and we chose to include the three vendors in the next steps. Each vendor has come to do in-person demonstrations of their products. Sixteen different specialties participated in the demonstrations, including Radiology, Interventional Radiology, Emergency Medicine, ENT, Internal Medicine, General Surgery, Interventional Cardiology, Nephrology, Neurology, Neuro Intensive Care, Neurosurgery, Ob/Gyn, Orthopedics, Pediatrics, Pediatric Surgery, and Pulmonary/Critical Care.

Six of the departments had representatives at all three vendor demonstrations. The last step in the evaluation was site visits. We organized site visits at different health systems that are currently using vendor technology for a small group of us to attend to see their product in a real-world scenario. We learned a lot from the people at these different organizations based on their hands-on experience.

We have collected the feedback from the RFP process during the intake, demonstrations, and site visits. We will gather our steering committee members in June to narrow down our final ranking and select a preferred vendor we would like to contract with. After the contracting is complete, I can announce the new partnership agreement and the next steps to take in building our new PACS.

We sincerely appreciate the participation of so many talented physicians who bring their full expertise, knowledge, and perspectives to this important project. Changing a PACS is as big a project as changing Electronic Medical Record vendors. We take this responsibility very seriously. The process is meant to be transparent and inclusive of the various points of view from across our health system to make the best decision for the organization moving forward.

Facility Master Plans Update

SANTA BARBARA COTTAGE HOSPITAL (SBCH)

Phase 8 Emergency Department

The third and final phase of the project received final sign-off from HCAI in May. The Emergency Department transitioned to the new space in early June. This marks the completion of two-decade project to build our new Santa Barbara Cottage Hospital.



Nick Henderson

Vice President
Support Services

SB Medical Office Building

McCarthy Building Companies have completed the underground parking garage, the above grade concrete work, and structural steel. The light gauge steel framing is 80% complete and they are in the initial phases of their rough Mechanical, Electrical and Plumbing work. The project will be complete in 2025.

Cardiology Clinic

Painting and casework are being installed and construction is scheduled to be complete in June 2024. The Clinic is expected to open to patients in July 2024.

Pueblo Pavilion Air Handler Replacement Project

The contractor is finalizing the air balancing scope of work for the Pueblo Pavilion. The remaining work on the exterior patio will be completed in Q3 2024. Burtness Auditorium and the 6th Floor patio will reopen in late Q3 2024.

Simulation Lab Expansion Project

The design team continues to work through the HCAI process on drawing approval and we anticipate construction starting in late 2024.

Cath Lab B Remodel Project

This phased project will replace Cath Lab B, construct new locker rooms for Cath Lab, EP, and IR staff members, and build a new office space, lounge and physician reading room. Project bids have been received and construction is slated to start in Q3 2024.

GOLETA VALLEY COTTAGE HOSPITAL ("CRH AND GVCH")

Prowest Constructors received final sign-off from HCAI on Phase 1 in May. Phases 2, 3 and 4 have been value engineered, bids have been received, and the work is scheduled to begin in Q3 2024.

The new Aquatic Center is constructing CMU walls and rough mechanical, plumbing, and electrical work has commenced. The project is scheduled to be completed in Q1 2025.

The Hollipat Parking lot is scheduled to begin construction in early 2025.

The MRI Trailer was signed off by CDPH and began serving patients earlier this year.

SANTA YNEZ VALLEY COTTAGE HOSPITAL ("SYVCH")

The structural (SPC-4D) and non-structural (NPC-4) seismic upgrades are complete and have been signed off by HCAI.

The Emergency Generator Replacement project continues and will be completed in Q4 2024.

The CT Replacement project has been signed off by HCAI and began serving patients earlier this year.

Getting to Know Your Executive Team

COURTNAY CAUFIELD, DNP, RN

Associate Chief Nursing Officer

Cottage Health welcomed Courtney Caufield, DNP, RN, CENP, RN-BC as Associate Chief Nursing Officer this past April.



Courtney Caufield,
DNP, RN

Associate Chief
Nursing Officer

With more than 19 years of healthcare experience, Courtney has held key leadership positions that include Chief Nursing Officer at Cedars-Sinai Marina del Rey Hospital and Chief Nurse Executive at Kaiser Permanente Sunnyside Medical Center in Oregon. Her expertise in informatics and women's and children's services at both hospital and health system levels make her a valuable addition to the Cottage team.

Courtney holds a Doctor of Nursing Practice (DNP) in Executive Leadership from the University of San Francisco - School of Nursing and Health Professions, as well as a Master of Science in Nursing Administration and a Bachelor of Science in Nursing. She is a distinguished fellow of the American Organization for Nursing Leadership (FAONL), board certified in healthcare management, and a Fellow of the American College of Healthcare Executives (FACHE).

DAVID QUINCY, MD

Chief Ambulatory Medical Officer

Cottage Health welcomed Dr. David Quincy as Chief Ambulatory Medical Officer this past April. In this role, Dr. Quincy provides clinical leadership within Cottage Clinical Associates, supporting Cottage's primary care and specialty clinics, Urgent Care centers and related ambulatory operations. Dr. Quincy has also established a part-time clinical practice and sees patients at Cottage Primary Care – Oak Park.

Dr. Quincy has extensive leadership experience in medical group and health system-affiliated medical



David Quincy, MD

Chief Ambulatory
Medical Officer

foundations, most recently serving as the Area CEO for Sutter Bay Medical Foundation. Prior to that, he served as Regional Medical Director for the Camino Division of the Palo Alto Medical Foundation. In addition to his administrative roles, Dr. Quincy has continued to work as a practicing physician in family medicine throughout his career.

Dr. Quincy is a graduate of Tulane University School of Medicine and completed his residency at San Bernardino County Medical Center (now Arrowhead Regional Medical Center).

Cottage Health Welcomes New Medical Staff Members



EVAN D. ALLEN, MD

Vituity

2100 Powell St, Ste 900, Emeryville, CA 94608-1803

SPECIALTY: Telemedicine - Neurology

CH HOSPITALS: Santa Barbara Cottage Hospital, Santa Ynez Valley Cottage Hospital



JOEL D. BARRON, MD

Santa Barbara Cottage Hospital Pediatrics

400 W Pueblo St., Santa Barbara, CA 93105

SPECIALTY: Pediatric Critical Care

CH HOSPITALS: Santa Barbara Cottage Hospital



JULIAN C. DUDA, MD

Vituity

2100 Powell St, Ste 900, Emeryville, CA 94608

SPECIALTY: Telemedicine - Neurology

CH HOSPITALS: Santa Barbara Cottage Hospital, Santa Ynez Valley Cottage Hospital



ARIELLE S. KANNER, DO

SB Oak Park Primary Care Clinic

2329 Oak Park Ln, 2nd floor, Santa Barbara, CA 93105

SPECIALTY: Internal Medicine

CH HOSPITALS: Santa Barbara Cottage Hospital



DANIEL R. KOGAN, MD

Vituity NeuroHospitalist Management Group

2100 Powel St, Ste 900, Emeryville, CA 94608

SPECIALTY: Telemedicine - Neurology

CH HOSPITALS: Santa Barbara Cottage Hospital, Santa Ynez Valley Cottage Hospital



PAULA M. LEE-VALKOV, MD

CA Managed Imaging Medical Group (VetMed Group, LLC)

2320 Bath St Ste 208, Santa Barbara, CA 93105

SPECIALTY: Telemedicine - Radiology

CH HOSPITALS: Goleta Valley Cottage Hospital, Santa Ynez Valley Cottage Hospital



SUMIT T. MEHTA, MD

Cottage Health Gynecologic Oncology

2400 Bath St, Ste 102, Santa Barbara, CA 93105

SPECIALTY: Gynecologic Oncology

CH HOSPITALS: Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital



JANINA MEISSNER-FRISK, DO

Santa Ynez Valley Cottage Hospital
2050 Viborg Rd., Santa Ynez, CA 93463

SPECIALTY: Family Medicine

CH HOSPITALS: Santa Barbara Cottage Hospital, Santa Ynez Valley Cottage Hospital



CIMBERLY L. PENICK, DO

Santa Barbara Cottage Hospital
400 W Pueblo St., Santa Barbara, CA 93105

SPECIALTY: OB/GYN - Hospitalist

CH HOSPITALS: Santa Barbara Cottage Hospital

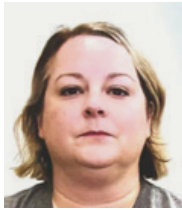


PRASANNA K. TADI, MD

Vituity
2100 Powell St Ste 900, Emeryville, CA 94608

SPECIALTY: Telemedicine - Neurology – Vascular Neurology

CH HOSPITALS: Santa Barbara Cottage Hospital, Santa Ynez Valley Cottage Hospital



DENA K. HUBBARD, MD

Santa Barbara Cottage Hospital
400 W Pueblo St., Santa Barbara, CA 93105

SPECIALTY: Neonatal-Perinatal

CH HOSPITALS: Santa Barbara Cottage Hospital



TRACY N. LAWRENCE, MD

Santa Barbara Cottage Hospital
400 W Pueblo St., Santa Barbara, CA 93105

SPECIALTY: Emergency Medicine

CH HOSPITALS: Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital, Santa Ynez Valley Cottage Hospital



SIMON P ONDERI, MD

CA Managed Imaging Medical Group, Inc.
2320 Bath St Ste 208, Santa Barbara, CA 93105

SPECIALTY: Diagnostic Radiology

CH HOSPITALS: Goleta Valley Cottage Hospital, Santa Ynez Valley Cottage Hospital



STEVEN PULITZER, MD

CA Managed Imaging Medical Group (VetMed Group, LLC)
2320 Bath St Ste 208, Santa Barbara, CA 93015

SPECIALTY: Telemedicine - Radiology

CH HOSPITALS: Goleta Valley Cottage Hospital, Santa Ynez Valley Cottage Hospital



UMAIR SALEEM, MD

CA Managed Imaging Medical Group (VetMed Group, LLC)
2320 Bath St Ste 208, Santa Barbara, CA 93015

SPECIALTY: Telemedicine - Radiology

CH HOSPITALS: Goleta Valley Cottage Hospital, Santa Ynez Valley Cottage Hospital



JENNIFER B. KOSEK, MD

Santa Barbara Radiology Medical Group, SBCH
400 W Pueblo Street, Santa Barbara, CA 93105

SPECIALTY: Diagnostic Radiology

CH HOSPITALS: Santa Barbara Cottage Hospital



TOMMASO TOSINI, MD

Coastal Addiction Professionals
2320 Bath St Ste 307, Santa Barbara, CA 93105

SPECIALTY: Family Medicine & Addiction Medicine

CH HOSPITALS: Santa Barbara Cottage Hospital

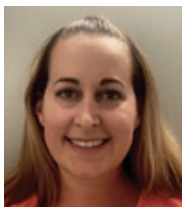


JOSEPH WINDHEIM, MD

UCLA Montecito Clinic
1187 Coast Village Rd., Santa Barbara, CA 93108

SPECIALTY: Internal Medicine

CH HOSPITALS: Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital



LAUREN E. JORDAN, MD

Sansum Clinic
515 W Pueblo St., Santa Barbara, CA 93105

SPECIALTY: OB/GYN

CH HOSPITALS: Santa Barbara Cottage Hospital



PRITHVI PANDE, MD

SBCH Medical Education
400 W. Pueblo St., Santa Barbara, CA 93105

SPECIALTY: Internal Medicine

CH HOSPITALS: Santa Barbara Cottage Hospital



STINSON T. RITTER, MD

Anesthesia Medical Group of Santa Barbara
514 W Pueblo St 2nd floor, Santa Barbara, CA 93105

SPECIALTY: Anesthesiology

CH HOSPITALS: Santa Barbara Cottage Hospital, Santa Ynez Valley Cottage Hospital



JESSICA M. SPRAGUE, MD

Sansum Clinic
215 Pesetas Lane, Santa Barbara, CA 93110
SPECIALTY: Dermatology & Pediatric Dermatology
CH HOSPITALS: Santa Barbara Cottage Hospital



SHAWNA L. WEISLER, MD

Sansum Clinic
215 Pesetas Lane, Santa Barbara, CA 93110
SPECIALTY: Endocrinology
CH HOSPITALS: Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital



SHANTWANIAN BUCHANAN, MD

Santa Barbara Cottage Hospital
400 W. Pueblo St., Santa Barbara, CA 93105
SPECIALTY: OB/GYN - Hospitalist
CH HOSPITALS: Santa Barbara Cottage Hospital



JILL C. HALL, MD

Santa Barbara Cottage Hospital
400 W Pueblo St., Santa Barbara, CA 93105
SPECIALTY: OB/GYN - Hospitalist
CH HOSPITALS: Santa Barbara Cottage Hospital



SEEN K. KEEM, MD

Sansum Clinic Orthopedic
4151 Foothill Rd., Santa Barbara, CA 93110
SPECIALTY: Orthopedic Surgery
CH HOSPITALS: Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital



MELLAD M. KHOSHNOOD, MD

Cottage Children's Medical Group
5333 Hollister Ave Ste 250, Santa Barbara, CA 93111
SPECIALTY: Child Neurology
CH HOSPITALS: Santa Barbara Cottage Hospital



PATRICK S. PEVOTO, MD

Santa Barbara Cottage Hospital
400 W Pueblo St., Santa Barbara, CA 93105
SPECIALTY: OB-GYN - Hospitalist
CH HOSPITALS: Santa Barbara Cottage Hospital



JOHN T. STOCKTON, MD

Santa Barbara Cottage Hospital
400 W Pueblo St., Santa Barbara, CA 93105

SPECIALTY: Emergency Medicine

CH HOSPITALS: Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital, Santa Ynez Valley Cottage Hospital



JONATHAN P. VACCARO, MD

SBCH Radiology Group & CA Managed Imaging Medical Group, Inc.
2320 Bath St Ste 208, Santa Barbara, CA 93105

SPECIALTY: Diagnostic Radiology

CH HOSPITALS: Santa Barbara Cottage Hospital, Goleta Valley Cottage Hospital, Santa Ynez Valley Cottage Hospital



BRIAN P. WALCOTT, MD

Brian P. Walcott, MD
2410 Fletcher Ave Ste 302, Santa Barbara, CA 93105

SPECIALTY: Neurosurgery

CH HOSPITALS: Santa Barbara Cottage Hospital



ANTONIO G. ALVAREZ, MD

CA Managed Imaging Medical Group, Inc
2320 Bath St Ste 208, Santa Barbara, CA 93105

SPECIALTY: Diagnostic Radiology

CH HOSPITALS: Goleta Valley Cottage Hospital, Santa Ynez Valley Cottage Hospital



ASHLEY N. LAMB, DO

CMH Health
168 Brent St Ste 302, Ventura, CA 93001

SPECIALTY: Orthopedic Surgery - Consulting

CH HOSPITALS: Santa Barbara Cottage Hospital



PARKER LOVELACE, DO

CA Managed Imaging Medical Group
2320 Bath St Ste 208, Santa Barbara, CA 93105

SPECIALTY: Diagnostic Radiology – Telemedicine

CH HOSPITALS: Goleta Valley Cottage Hospital, Santa Ynez Valley Cottage Hospital

American Heart Association (AHA) HeartCode Complete Programs BLS, ACLS, and PALS



What is HeartCode Complete?

HeartCode Complete is a self-guided, self-paced blended learning program that includes an online module and hands-on CPR skills assigned to you through Compass Learning. This program eliminates the need for in-person classes, allowing more flexibility to complete life support certifications.

- HeartCode Complete BLS is automatically assigned to your Compass Learning 90 days prior to expiration date.
- HeartCode Complete ACLS and PALS must be requested within 90 days of your certificate expiration date. Send an email to the Life Support Training Center Coordinator Mandy Tagye atagye@sbch.org for HeartCode Complete ACLS and/or PALS assignment(s).
- If ACLS is required for your job description, you must also enroll in ACLS Megacode. ACLS Megacode is attended in addition to recertifying for ACLS; it is an education requirement for ACLS providers at Cottage Health. To view ACLS Megacode dates, click this link [Education & Nursing Professional Development](#) then email the Life Support Training Center Coordinator Mandy Tagye atagye@sbch.org for ACLS Megacode registration.

STEP 1: ONLINE MODULE

BLS – approximately 1 to 2 hours

ACLS – approximately 4 to 5 hours
must also attend Megacode.

PALS – approximately 4 to 5 hours

STEP 2: HANDS-ON SKILLS

Go to a CPR skills station to complete your CPR skills independently upon completion of the online portion-no appointment required. Manikin stations are available at SBCH and GVCH year-round, and at CRH, SYVCH on a rotating schedule. Schedules can be found on our website [Education & Nursing Professional Development](#).

STEP 3: RETRIEVE YOUR AHA ECARD

AHA eCards are issued immediately upon completion of the hands-on skills.

Email: An email box will appear with your Cottage Health email already inserted. You can hit send and have the email sent to that email or you can change the email address and have it sent to your personal email as well.

PLEASE ENSURE YOU EMAIL YOUR ECARD TO YOURSELF BEFORE LOGGING OUT OF THE COURSE OR YOU WILL NOT BE ABLE TO RELAUNCH THE COURSE TO GET BACK IN TO CLAIM YOUR ECARD.

If you find that you did not claim your eCard prior to logging out, you can contact RQI Support at RQIsupport@rqipartners.com and request a copy, or Mandy Tagye atagye@sbch.org

STEP 4: SUBMIT YOUR CARD TO HR COMPENSATION

Email a copy of your eCard to your manager and HR Compensation at chcertifications@sbch.org or upload to EverCheck Wallet.

QUESTIONS?

Contact Brandon Smith, NPD Administrative Assistant at b8smith@sbch.org or by telephone at (805) 569-7325. Please leave a detailed message with a call back number.

Please visit our [Education & Nursing Professional Development](#) website on the Cottage Employee Portal for Life Support/CPR resources.



06/22/23



Save the Date

21ST ANNUAL **VIRTUAL**

Trauma/ Critical Care Symposium

Friday, November 8, 2024 | **VIRTUAL**



Cottage
Trauma Center
Santa Barbara
Cottage Hospital

July 11, 2024



Infantile Spasms: What you need to know for the Front Lines



SPEAKER
Genevieve Cruz, MD
Pediatric Neurologist

COURSE DESCRIPTION

This presentation will be a refresher course on epileptic spasms with discussion on how to help pediatricians and front line providers better identify infantile spasms in a timely manner and where to refer these patients. Dr. Cruz will provide a brief overview on workup and treatments, and what follow up requirements are needed from Primary Care Physicians to support these patients and families. There will be time allotted for Q & A.

LEARNING OBJECTIVES

- Differentiate infantile and epileptic spasms.
- Evaluate the various diagnostics for infantile spasms.
- Discuss management and follow up.

DISCLOSURES: The planners and speakers for this educational activity have stated that they have no relationships with ineligible companies.

This CME activity did not receive commercial support.



The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.

The Santa Barbara County Consortium for Continuing Medical Education designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PEDIATRIC GRAND ROUNDS

Cottage Amphitheatre and Zoom
Please attend in person, if you are able.

Thursday, July 11, 2024

7:30 – 8:30 a.m.

Breakfast provided for in-person attendees

JOIN US

Register in advance:

cottagehealth.org/pedsgr

After registering, you will receive a confirmation email containing information about joining the webinar.

QUESTIONS

Contact Aimee Deppe at:

deppe@sbch.org

06/2024 RLC





Department of Pathology & Laboratory Medicine

DEPARTMENT REPORT



MISSION STATEMENT

Mission Pathology Consultants provides superior pathology services through a culture of continuous quality improvement, efficiency, responding to the needs of the medical community, and active engagement with our colleagues.

WHO WE ARE

The Department of Pathology and Laboratory Medicine interacts with every clinical facet of Cottage Health to provide quality diagnostic medicine as the foundation to high-quality, patient-centered care.

Our Department is staffed by the members of Mission Pathology Consultants (MPC), an independent group of board-certified pathologists who contract with Cottage hospitals and with Pacific Diagnostic Laboratories (PDL) for medical director and pathology professional services. We continue to make significant achievements in our healthcare system with a focus on quality improvement, health care community enhancement, and best efficiency practices. We have summarized a few of our accomplishments in this report.



Mission Pathology Consultants contracts with Pacific Diagnostic Laboratories and Cottage Health to provide Medical Director and Pathology professional services.



“Our pathology department represents some of our best and brightest physicians. This group is thorough, extremely intellectual, personable, and makes themselves available whenever needed. We are extremely fortunate for a small community to have the level of intellect and experience of our pathology team that rivals our nearby academic centers.”

- Dr. Alex Soffici, *Obstetrics & Gynecology/Perinatology*

OUR TEAM

OUR 2022-2023 ACCOMPLISHMENTS



CONTINUOUS FOCUS ON QUALITY

Our department is committed to a culture and practice of outstanding quality. We view quality not as a destination, but as a continuous process of striving for improvement. We cultivate this through numerous methods, a few of which are outlined below:

- **Daily Department Consensus Conference** for new malignancies and challenging diagnoses.
- **Continuously updated, rigorous QA/QC plans** to meet the current needs of our health system. A new Pathology QA/QC plan is set to go live in 2024!
- New Laboratory Quality leadership, including Quality Services Director, Amy Luong and Quality Manager, Pooja Bavkar oversaw **multiple near-perfect Joint Commission inspections**. They have been streamlining quality improvement processes across the organization and have especially tackled quality variance reporting and resolution processes, working closely with Cottage Health risk management to guide systemic change where necessary and ensure patient and employee safety.
- **Mission Pathology provides Anatomic Pathology, Clinical Pathology and Hematopathology subspecialty after-hours call** to ensure the highest quality care 24 hours a day, 365 days a year.
- Pathologists and laboratorians maintain **open and continuous communication with clinicians, facilitated by our designated subspecialty pathologists**. This improves diagnosis and molecular/prognostic testing strategies in a landscape of increasing detail and molecular analysis required in Pathology reporting.
- **We have created a team of pathologists with diverse subspecialty training, and can therefore provide subspecialty sign-out, oversight of frozen section interpretations, and continuous education of our group.**



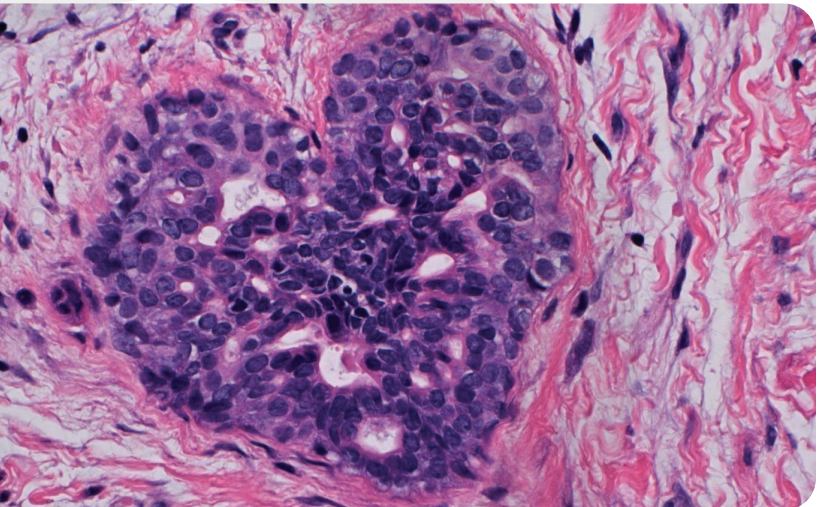
OUR 2022-2023 ACCOMPLISHMENTS



BUILDING COMMUNITY TO IMPROVE PATIENT CARE & SATISFACTION

Our department strives to strengthen the health care community with active and continuous clinicopathologic collaboration. We believe that the foundation of excellent patient care and satisfaction is a **fundamentally connected health care team**, with communication across all departments and at all levels. Listed below are a few highlights of our department's commitment to community.

- Our microbiology division, headed by specialist Weiling Xie, PhD, implemented the **BioFire Blood Culture Identification Panel 2** to identify sepsis pathogens and selective antibiotic resistance genes quickly and accurately. We worked with the Pharmacy Department to publish a sepsis antibiotic usage guide for inpatients. This allowed for fast, accurate, and standardized communication between departments.
- We collaborated with infection control to build a **Multi-Drug Resistant Organism (MDRO) dashboard and California Reportable Disease Information Exchange (CalREDIE) reporting system** in Epic for inpatients to foster efficient and accurate communication between the laboratory, infectious disease, intensive care, and the pharmacy.
- Supply chain failures have challenged our Chemistry Department over the last few years. Only through active, hospital and community-wide education and communication have we been able to flexibly and creatively overcome these difficulties and provide excellent patient care.
- We made Health System wide **improvements in getting pathology and other hospital results to primary care physicians in the community.**
- We aided information technology leadership, Maryam Milani-Baladi, in **creating a long-awaited UCLA/PDL electronic health record interface.**
- **Our patient satisfaction scores are excellent.** Under the direction of Andrea Anderson (PDL Director of Support Services) improvements at patient service centers provided boutique services for our most complex patients—including our transplant patients. We worked closely with the Nephrology Department to enact this positive change.





FOCUS ON EFFICIENCY TO SAVE TIME & REDUCE HOSPITAL COST

Now more than ever, in a world of increasing medical care complexity and decreasing reimbursements, **we need to focus on efficiency.** Our department is dedicated to a process of **continuous efficiency evaluation**, with ongoing, multipronged projects to save time and **reduce hospital cost, while maintaining excellent patient care.**

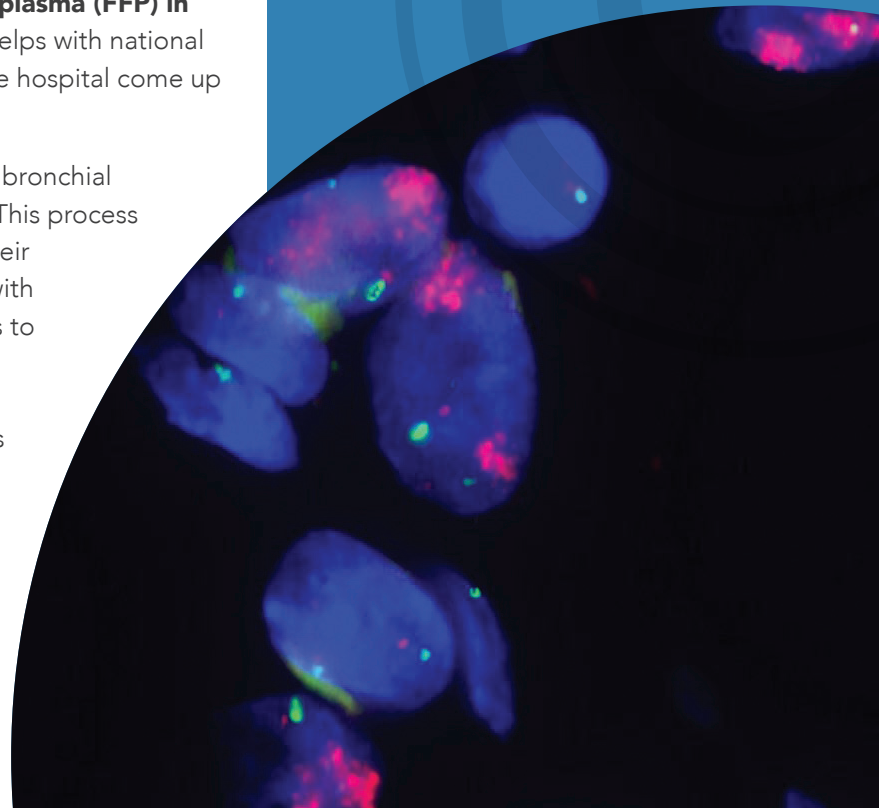
Listed below are a few highlights of our department's commitment to efficient and quality patient care.

- We have addressed blood culture contamination by providing feedback and education. **This lowered the blood culture contamination rate from 5% to currently less than 3% and resulted in ~\$1 million in hospital savings.**
- Development of a "best practice" Clostridium difficile algorithm— To avoid unnecessary costs of using the gastrointestinal polymerase chain reaction (GI PCR) panel and increase the diagnostic utility with a much cheaper and faster Clostridium difficile assay (C diff. enzyme immunoassay). **Estimated savings \$67k annually.**
- We **implemented new in-house blood bank elution testing** which provides faster patient results and reduced send out testing cost.
- We have implemented multiple modalities for **expedited transfer of RBCs** within our organization which **reduces blood product wastage, decreases costs, and helps with overall national blood products shortage. Estimated savings \$200k annually.**
- Implementation of use of **Type A fresh frozen plasma (FFP) in massive transfusion protocols (MTP)**, which helps with national AB Plasma shortages and specifically helped the hospital come up with a Pediatric MTP plan.
- Provided an alternative method for endoscopic bronchial needle aspiration called the **ROSE-less EBUS**. This process allows clinicians more flexibility in scheduling their procedures, reduced staffing costs associated with the procedure, and concentrates the specimens to allow less "QNS" results on molecular studies. **Estimated savings \$20k annually.** We are encouraging as many practitioners to adopt this method as possible.

“

The collaborative spirit of our pathologists is a cornerstone of our daily practice. They not only bring exceptional skill to the table but also a warmth and friendliness that makes complex tasks seem more manageable. Their dedication to patient care goes beyond the microscope; they play a key role in our radiology-pathology conferences and are heavily involved in assisting our residents in developing high-quality national radiology-pathology case submissions. It is a privilege to work alongside such a remarkable team of pathologists on the forefront of diagnostic medicine.”

- Dr. Manu Singh, Radiology

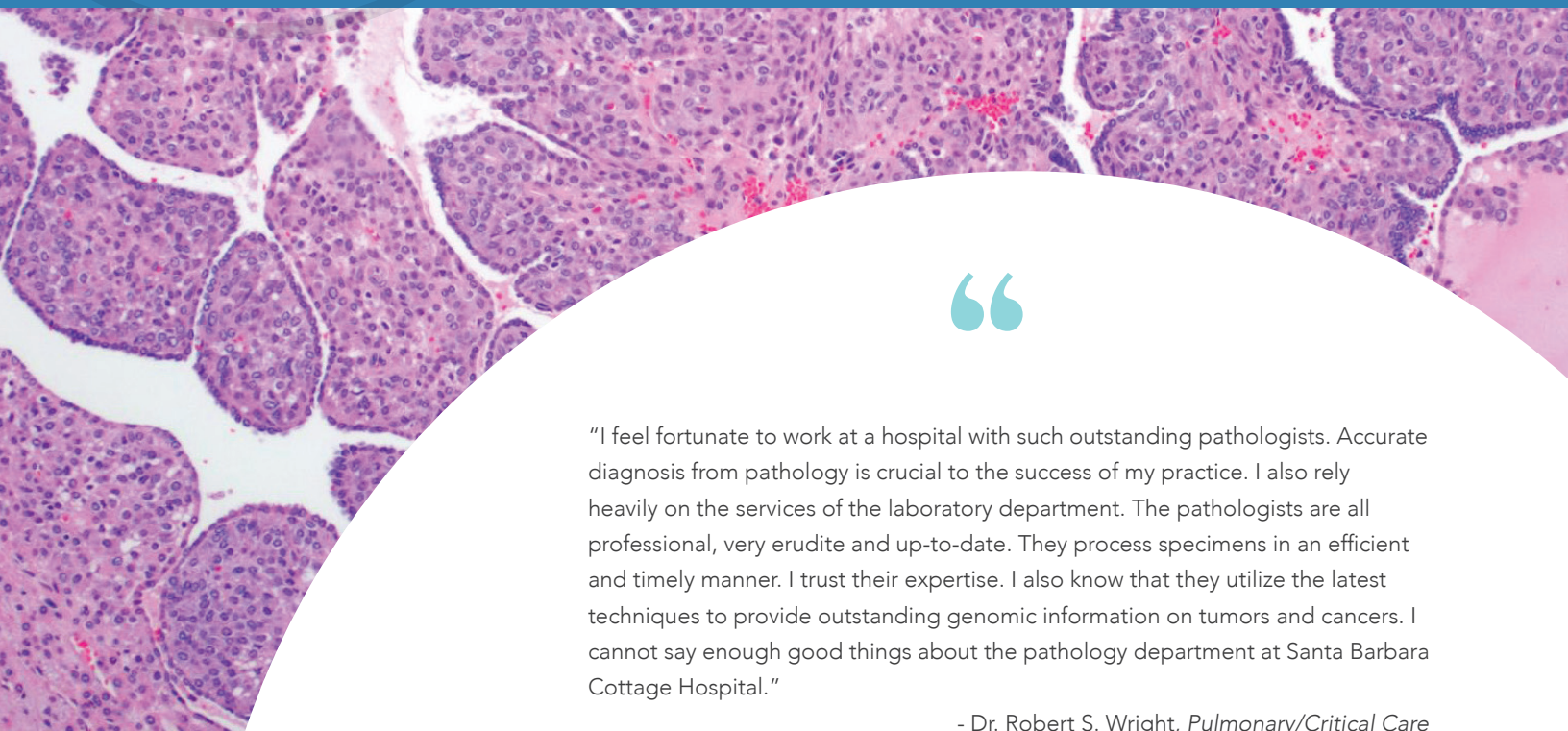


LOOKING AHEAD

Collaborating with other regional Pathology

groups: We are an independent pathology practice that strives to recruit the best Pathologists to serve this health care community. To achieve this goal, maintain financial solvency, and continue to save hospital dollars, we are in the process of creating partnerships with other independent practices in the area to build even more efficiency and quality into our practice. If we are going to demonstrate why we are better than cut-rate, "race to the bottom" models being introduced by corporate and insurance-based healthcare models, physicians need to work together. We are spearheading this effort within our speciality, and would be eager to discuss our successes with anyone interested.

Building a Dream Laboratory: We have devised a transformative 10-year plan for laboratory and diagnostic excellence, which we feel reflects the absolute best of what a lab can bring to our community and the Cottage Health System. This includes new and innovative diagnostic technology in microbiology, expansive molecular capabilities in oncology, neonatology, and blood banking, and dedicated HLA and immunology testing. The dream also incorporates fellowships and residency opportunities, research support, and a flagship building that allows for multi-specialty, patient focused care that will give the wonderful people of this community the "destination healthcare center" they deserve. While we recognize this is a dream, we are actively seeking support for our concept—moral support and financial support are both welcome!



"I feel fortunate to work at a hospital with such outstanding pathologists. Accurate diagnosis from pathology is crucial to the success of my practice. I also rely heavily on the services of the laboratory department. The pathologists are all professional, very erudite and up-to-date. They process specimens in an efficient and timely manner. I trust their expertise. I also know that they utilize the latest techniques to provide outstanding genomic information on tumors and cancers. I cannot say enough good things about the pathology department at Santa Barbara Cottage Hospital."

- Dr. Robert S. Wright, *Pulmonary/Critical Care*

GET TO KNOW US

MISSION PATHOLOGY



DR. MATTHEW DENICOLA

Dr. DeNicola is the director of our hematopathology service, as well as the flow cytometry, hematology, and coagulation divisions of the clinical laboratory.

mdenicola@sbch.org • (805) 569-7375



DR. LAUREN JACOBSON

Dr. Jacobson directs our breast and gynecologic pathology services, focusing on providing consistent, high quality pathology services including the most current molecular testing.

ljacobson@sbch.org • (805) 569-7372



DR. AEGEAN CHAN

Dr. Chan is a fellowship-trained and board-certified dermatopathologist with a background in clinical dermatology, who strives to provide high quality, precise dermatopathology services.



DR. DAVID MARTIN-REAY

Since 2011, Dr. Martin-Reay has practiced General Pathology and subspecialized in Dermatopathology at Cottage Health in Santa Barbara where he has served as Chairman of the Department of Pathology.



DR. ELIZABETH MOSCHIANO

Dr. Moschiano is a board-certified hematopathologist providing high quality care across sub-specialties.



DR. FAITH OUGH

Dr. Ough has fellowship training in surgical pathology and cytopathology and is board certified in anatomic and clinical pathology and cytopathology. She has special interest in gastrointestinal pathology.



DR. MONICA PHILLIPS

Dr. Phillips is the CLIA laboratory medical director for Cottage Health hospitals and Pacific Diagnostic Laboratories. She is board-certified in anatomic and clinical pathology, and cytopathology with additional fellowship training in surgical pathology and women's pathology.



DR. EMILY WATERHOUSE

Dr. Waterhouse specializes in gastrointestinal pathology and genitourinary pathology, providing data-driven, high quality care with a focus on integrated medicine.



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