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HARBORVIEW
MEDICAL
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UW Medicine



Salute Harborview Gala on March 17

The 15th annual Salute Harborview Gala will be **Saturday, March 17**, at the Sheraton Seattle Hotel & Towers in downtown Seattle. Tickets to the black tie optional event are \$350 per person. Proceeds from the gala support Harborview's Mission of Caring Fund.

Highlights of the evening include a limited live auction, dinner, and dancing to a performance by Rock & Roll Hall of Fame inductees Frankie Valli and The Four Seasons.

For more information, or to print the invitation, visit www.harborview.org. You may also contact Lisa Groeschell, (206) 543-8595 or lgroesch@u.washington.edu.

A publication for the staff of Harborview Medical Center

February 12, 2007

Call for Harborview CARES nominations

Have you experienced exceptional service from another staff member, physician, department or team? Have you observed a staff member, physician, department or team delivering extraordinary service? If so, tell us about it.

Harborview CARES awards are given quarterly to two staff members, two physicians and one department or team in recognition of service excellence. The deadline for nominations for the first quarter 2007 is **Friday, Feb. 16**.

Pick up nomination forms in Volunteer Services, 1EH, room 98, or from the display racks where STAT is distributed. Return completed forms by e-mail to compass@u.washington.edu, mail to Box 359788 or fax to 731-2989.

Ethics forum: Assessing patients' capacity to make decisions

Carrol Alvarez, R.N., clinical nurse specialist, will moderate an ethics forum on the "Complexities of Assessing Decisional Capacity" from noon to 1 p.m. **Wednesday, Feb. 14**, in the Research & Training Building, room 109/113.

Bring your brown bag lunch and enjoy a thought-provoking discussion of the issues involved when patients exhibit general confusion, thought disorders and impaired abilities to make decisions. Panelists include:

- Lynn M. Schnapp, M.D., UW associate professor of medicine, Division of Pulmonary and Critical Care Medicine
- Lori G. Davis, R.N., assistant nurse manager, Coronary Intensive Care Unit
- Mark Snowden, M.D., M.P.H., UW associate professor, Psychiatry and Behavioral Sciences

For more information, contact Jimmy Hoard, 731-3356 or jthoard@u.washington.edu.

Sekhar wins prestigious book award

Dr. Laligam Sekhar, vice chairman of neurosurgery at Harborview, has received the 2006 Clinical Medicine book award from the Professional and Scholarly Publishing (PSB) Division of the Association of American Publishers. Sekhar and co-author Richard Fessler were honored for their two-volume "Atlas of Neurosurgical Techniques."

PSP awards are given annually for excellence in a wide range of academic disciplines. Selected by a panel of expert judges and peers, each award-winning book represents the highest level of academic writing and scholarship.

French study validates Harborview's model for end-of-life care

An intervention to improve communication between clinicians in the Intensive Care Unit and family members of a dying patient was tested at 22 sites in France and found to significantly reduce feelings of stress, anxiety and depression in the family members, according to a study in the **Feb. 1** issue of the "New England Journal of Medicine."

Dr. J. Randall Curtis, a study co-author and founder and director of the End-of-Life Care Research Program at Harborview and UW Medical Center, noted that the French team based its intervention on the VALUE guidelines developed by our research

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New Web site for Human Resources

Find information and resources more quickly when you visit the redesigned UW Human Resources Web site at www.washington.edu/admin/hr. Enhancements include a "HR Search" tool and separate tabs for employees, managers, faculty, new employees and students.

Comments and suggestions to improve the Web site are welcome. Send them to uwahr@u.washington.edu.

Get caught reading for book drive

The Literacy Program wants to catch your department reading by taking photos of staff members and their favorite books. The photos will be used to create posters for the Get Caught Reading book drive to be held in May.

For more information, contact Deanna Clark, 731-6912 or deannac@u.washington.edu.

STAT is published weekly for Harborview employees. Send articles to stat@u.washington.edu or Box 359711. The editor reserves the right to edit for length, clarity and style. Submit articles by 5 p.m. Tuesday for the following week's edition.

program over the past seven years.

- Value what family members say
- Acknowledge their emotions
- Listen
- Understand the patient as a person through asking questions
- Elicit questions from family members

The French study indicated that this intervention also allows family members to express their emotions and arrive at a more realistic expectation of the outcome.

CHAMMP announces small grant program

The mission of Harborview's Center for Healthcare Improvement for Addictions, Mental Illness and Medically Vulnerable Populations (CHAMMP) is to support research and training to improve the clinical care of disadvantaged patients with overlapping medical, mental health and addiction problems.

Grant applications are now being accepted from Harborview faculty for studies that address the gaps in the care of these patients by designing and testing innovative programs of evaluation and treatment. The intent of the grant program is to facilitate research collaborations between psychiatry and other medical specialties including allied health professions, such as nursing and social work. Projects that can serve as the basis for obtaining more substantial external funding are of particular interest.

Grants will have a \$15,000 limit. A letter of intent is due by **Thursday, March 15**. For additional information, please contact Dr. Toni Krupski, associate director of CHAMMP, at (206) 341-4215 or krupski@u.washington.edu.

Winning entries from Stressbuster contest

Tiny bubbles, laughter and animal therapy are great ways to cope with stress, according to participants in the recent Stressbuster contest sponsored by the Patient and Family Resource Center.

"I keep a bottle of soap bubbles in my drawer at work", says Susan Layser, administrative assistant in clinical support services. "Focusing on the steady breathing it takes to blow bubbles is a great alternative to breathing into a paper bag. Bubbles never fail to bring a smile to people."

"My stressbuster is free, easy to share with others, and there are many health benefits derived from its use," says Kevin Wilhelmsen, clinical education nurse in psychiatry. "Laughter: Not the joke-driven type, but the spontaneous, willing-to-laugh-for-no-reason laughter."

For Patti Whitmarsh, a nurse on the Neurosurgery Intensive Care Unit, it is animal therapy. Whitmarsh raises therapy dogs and sometimes brings them to Harborview. "Patients' faces light up with joy; then a sense of peace takes over as they encounter the soft, calming canine," she says. "Their demeanor turns from grief to tender smiles."

Winners received gift bags of stressbuster supplies, such as soap bubbles, herbal tea and squeeze balls. If you would like to receive a full copy of all the stressbuster suggestions, send a request to rcenter@u.washington.edu.

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