The Mount Sinai Hospital Ranks Among Top in Nation

The Mount Sinai Hospital has been named by U.S. News & World Report to its 2018-2019 “Best Hospitals” Honor Roll, a distinction awarded to 20 U.S. hospitals that deliver the highest quality of care across a range of specialties and for common procedures and conditions. Achieving a No. 18 ranking—out of the more than 4,500 hospitals that U.S. News evaluated—places The Mount Sinai Hospital among the very best in the nation. It was the third consecutive year the Hospital has been named to the Honor Roll.

Overall, U.S. News measured hospital performance in 16 specialties and 9 procedures and conditions. To be named to the Honor Roll, a hospital had to score high across many of these areas of care, excelling in complex, high-acuity cases, as well as performing significantly better than the national average for the more common inpatient procedures and conditions.

“This is an outstanding achievement, to be among a small group of hospitals recognized across the nation for providing the best possible care to our patients, year after year,” says Kenneth L. Davis, MD, President and Chief Executive Officer of the Mount Sinai Health System. “We are extremely proud to be on the Honor Roll.”

New York Eye and Ear Infirmary of Mount Sinai was nationally ranked in two specialties: No. 11 in Ophthalmology and No. 44 in Ear, Nose & Throat—both gains over last year’s results. Mount Sinai Beth Israel, and Mount Sinai St. Luke’s/Mount Sinai West (considered one hospital for rankings purposes) were all ranked regionally.

Five specialty areas at The Mount Sinai Hospital were among the Top 20 in the nation:

• Geriatrics, No. 3
• Gastroenterology & GI Surgery, No. 9
• Cardiology & Heart Surgery, No. 10
• Nephrology, No. 14
• Neurology & Neurosurgery, No. 17.

Also ranked are: Gynecology, No. 24; Diabetes & Endocrinology, No. 56; Ear, Nose & Throat, No. 57; Urology, No. 58; Orthopedics, No. 40; and Cancer, No. 47.

Saving Lives Citywide With Innovative Stroke Treatment

On Tuesday, May 1, Dionne Garcia, 72, who was in New York City from Peru visiting her daughter, began experiencing slurred speech and weakness on her left side, and was becoming increasingly unresponsive. EMS arrived at her daughter’s home in Astoria and immediately took her to Mount Sinai Queens, a primary stroke center. Her stroke severity was assessed at 22 on the National Institutes of Health Stroke Scale, indicating severe stroke. Within 15 minutes of her arrival at the hospital, her CT angiogram revealed a blockage of the right middle cerebral artery.

With stroke, each passing minute increases the likelihood of permanent brain damage, and urgent treatment was needed for Ms. Garcia. The Mount Sinai Queens Emergency Department contacted the Mount Sinai Comprehensive Stroke Center at The Mount Sinai Hospital. The Center’s Director, Stanley Tuhrim, MD, Professor and Vice Chair for Clinical Affairs in the Department of...
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Neurology at the Icahn School of Medicine at Mount Sinai, immediately triaged the situation and identified the patient as having an emergent large vessel occlusion stroke (ELVO), one of the most devastating forms of stroke.

Dr. Tuhrim notified The Mount Sinai Hospital endovascular stroke team, led by Johanna T. Fifi, MD, Associate Professor of Neurosurgery, Neurology, and Radiology, and Associate Director of the Cerebrovascular Center for the Mount Sinai Health System. She, along with a neuroendovascular fellow and a radiologic technologist, quickly traveled to Mount Sinai Queens. There, they performed a minimally invasive endovascular thrombectomy to remove the blockage (see images). Doctors threaded a catheter through Ms. Garcia’s groin up to her brain, and used a combination of aspiration and stent-retriever techniques to completely open the blocked vessel. Within 24 hours of her procedure, Ms. Garcia showed no symptoms of stroke, and she was discharged to her daughter’s home less than a week later.

“Because of the recent advances in technology and the overwhelming evidence for thrombectomy, patients like Ms. Garcia are saved from a life of disability every day,” says Dr. Fifi, who is also Director of the Health System’s Endovascular Stroke Program.

In the past 12 months, the Mount Sinai Health System has performed nearly 200 endovascular thrombectomies, which are now considered the gold standard of stroke care for large-vessel occlusions detected within six hours of onset, and up to 24 hours for a subgroup of patients. The Mount Sinai Cerebrovascular Center has pioneered many of these endovascular techniques and approaches intended to speed up the assessment and treatment of stroke to eliminate or minimize brain damage.

To further address the time sensitivity, Mount Sinai created the innovative mobile interventional stroke team (MIST) approach, in which stroke specialists quickly travel—by taxi or subway—to the patient who has been brought to a Mount Sinai Health System primary stroke center. The MIST strategy, which aims to minimize risks and the delays inherent in patient transfer, allows for parallel processing of patients who are prepared for the procedure, and in some cases are given the clot-busting drug tPA intravenously, simultaneously as the team is mobilized. In a study led by Dr. Fifi and published in the journal Stroke in December 2017, the MIST model of care had an onset-to-treatment time that was 79 minutes faster than transporting patients from a primary stroke center to a comprehensive stroke center for treatment.

Currently, The Mount Sinai Hospital, Mount Sinai West, and Mount Sinai Beth Israel are thrombectomy-capable. In October 2017, Mount Sinai Queens became the first center in the borough to provide thrombectomy procedures, and construction is ongoing to create, for early 2019, a fully thrombectomy-capable stroke center entirely designed to maximize speed and efficiency in diagnosing and treating all stroke.

J Mocco, MD, MS, Professor and Vice Chair of Neurosurgery, and Director of the

Awards Recognize Mount Sinai’s Commitment to Quality Stroke Care

Six Mount Sinai Health System hospitals—Mount Sinai Beth Israel, Mount Sinai Brooklyn, The Mount Sinai Hospital, Mount Sinai Queens, Mount Sinai St. Luke’s, and Mount Sinai West—have received the American Heart Association/American Stroke Association’s Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. The award recognizes each hospital’s commitment to ensuring that stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines that are based on the latest scientific evidence.

Each of these Mount Sinai Health System hospitals earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period.

“We are pleased to recognize so many Mount Sinai Health System hospitals for their commitment to stroke care,” says Eric E. Smith, MD, national chair of the Get With The Guidelines Steering Committee. “Research has shown that hospitals adhering to clinical measures through the Get With The Guidelines quality improvement initiative can often see fewer readmissions and lower mortality rates.”

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Additionally, U.S. News ranked four departments in the Health System as “high performing,” a category that represents the top 10 percent of all hospitals surveyed. They were Pulmonology and Rehabilitation at The Mount Sinai Hospital, and Nephrology and Neurology/Neurosurgery at Mount Sinai St. Luke’s/Mount Sinai West.

Rankings for the majority of the specialties that U.S. News evaluated were derived largely from multiple objective measures that assessed factors such as risk-adjusted survival and readmission rates, volume, patient experience, patient safety, and quality of nursing, among other care-related indicators. Also factored in were the responses from the three most recent years of an annual reputational survey of board certified physicians across the 16 specialties who were asked to give the names of up to five hospitals in their specialty that provide the best care to patients with serious conditions, without considering location or expense.

The seven procedures and conditions for which The Mount Sinai Hospital rated better than the national average were: abdominal aortic aneurysm repair, aortic valve surgery, heart bypass surgery, colon cancer surgery, lung cancer surgery, and treatment for heart failure and chronic obstructive pulmonary disease.

“An entrepreneurial spirit and an emphasis on innovation among our clinicians and researchers have allowed us to continue to accelerate the path of discovery and contribute to improved methods of diagnosing and treating human disease,” says Dennis S. Charney, MD, Anne and Joel Ehrenkranz Dean, Icahn School of Medicine at Mount Sinai, and President for Academic Affairs, Mount Sinai Health System. “We expect our outstanding School of Medicine faculty to further build on these accomplishments.”

David L. Reich, MD, President and Chief Operating Officer of The Mount Sinai Hospital, adds: “To be recognized as a Top 20 hospital, based on metrics focused on quality of care, and patient experience and safety, is a significant reflection on the commitment by our physicians, nurses, and staff to excel every day.”

Faculty, family, and friends recently celebrated the accomplishments of 22 residents and fellows in Ophthalmology, Otolaryngology, and Plastic and Reconstructive Surgery at the 2018 Commencement of the New York Eye and Ear Infirmary of Mount Sinai (NYEE).

James C. Tsai, MD, MBA, President, New York Eye and Ear Infirmary of Mount Sinai, and Chair of Ophthalmology, Mount Sinai Health System, welcomed graduates and guests to the event, held in June at the Friends Meeting House near campus. “For 198 years, NYEE has proudly served the patients of our community, educated physicians, and led global ophthalmology and otolaryngology advances,” Dr. Tsai said. “You have inspired us to become better teachers and re-energized our dedication to educate tomorrow’s leaders in specialty surgical care.”

Four of the graduates were residents specializing in otolaryngology, and seven were residents in ophthalmology. Eleven fellows completed training in surgical specialties, including cornea and refractive surgery, glaucoma, ocular immunology, vitreoretinal surgery, and aesthetic plastic surgery.
Mount Sinai Queens Celebrates 19th Anniversary

Mount Sinai Queens recently celebrated the 19th anniversary of its acquisition by The Mount Sinai Hospital and its continued delivery of safe, high-quality health care and service to patients in Queens. The celebration attracted more than 125 faculty, staff, and members of the community, and included awards given to outstanding staff and clinicians, and the FDNY-EMS paramedics and emergency medical technicians (EMTs).

Among those in attendance were New York City Council Member Costa Constantinides, and representatives from the offices of Queens Borough President Melinda Katz, State Senator Michael Gianaris, and Assembly Member Aravella Simotas.

Caryn A. Schwab, Executive Director, Mount Sinai Queens, told the attendees that the hospital continues to expand the number of patients served and the depth and breadth of services offered. “To support that growth, we have expanded our number of physician faculty, RNs, technicians, and support staff,” said Ms. Schwab. “We are proud to have such a strong team of caring and engaged employees.”

The anniversary celebration—a Mount Sinai Queens tradition—was held in the Kaufman Astoria Studios Entrance of the new, six-story Mount Sinai Queens Pavilion. Specially designed anniversary cakes were served, and two Mister Softee trucks parked outside offered complimentary ice cream.

First Administrative Fellows Complete Two-Year Program

With broad support from Mount Sinai Health System leadership, the Office for Diversity and Inclusion (ODI) developed a two-year postgraduate program to build a pipeline to increase the number of underrepresented minorities in health care administration. ODI recruited fellows from a competitive pool of applicants who were recent recipients of master’s degrees, and assigned two fellows each to Mount Sinai Beth Israel and Mount Sinai St. Luke’s. In June, ODI hosted a celebration at the Corporate Services Center as this first Administrative Fellows cohort completed their rewarding experience.

Arthur A. Gianelli, MPH, President, Mount Sinai St. Luke’s, referred to the fellows as “dynamic” and said the program sent an important message. “When you have diversity in the leadership ranks—in gender, or in background, or in ethnicities and cultures—it really does make the organization better at taking care of the diverse patients we see each and every day.” Christopher Berner, Vice President, Human Resources, Mount Sinai Beth Israel, congratulated the fellows and thanked the many managers present for “really embracing the fellows from the start.”

The fellows served rotations that varied from several weeks to several months, learning from senior leadership preceptors and taking on projects such as training staff on the EPIC records system, setting up a gym for employees, and coordinating the relocation of clinics.

The four fellows have moved into managerial and coordinator positions across the Health System. Two more fellows are in their second year of the program, while six joined in July. The program in 2019 will expand to two corporate services departments—Information Technology, and Real Estate Services and Facilities.
**Public Health Students’ Research in Spotlight**

More than 50 Master of Public Health (MPH) students from the Icahn School of Medicine at Mount Sinai recently delivered poster presentations on high-quality and timely research during Public Health Research Day at Guggenheim Pavilion. Three students were selected to present their research in detail to their classmates and mentors. Molly Libou, MPH, studied barriers to treatment for opioid addiction; Lauren Esposito, MPH, located areas in New York City with the greatest risk of Zika virus transmission; and Chi Wen, MPH, examined the risks of exposure to mercury.

“This event demonstrates the excellence and diversity of our program and gives our students the opportunity to share the results of their scholarly work with the entire Mount Sinai community,” said Nils Hennig, MD, PhD, MPH, Director of the Graduate Program in Public Health. A keynote address was delivered by Ariel Pablos-Méndez, MD, MPH, former Assistant Administrator for Global Health, United States Agency for International Development.

**Playing Softball for Neurosurgery Charity**

Faculty, residents, and fellows from the Department of Neurosurgery flexed their competitive muscles at the 15th Annual Neurosurgery Charity Softball Tournament in Central Park. More than 40 teams from academic medical centers in the United States and Canada turned out for the friendly competition in June, which was hosted by Columbia University’s Department of Neurological Surgery. The event helps support the Neurosurgery Research and Education Foundation of the American Association of Neurological Surgeons, and pediatric brain tumor research.

Paul Singh, MD, MPH, Assistant Professor of Neurosurgery, and Neurology, Icahn School of Medicine at Mount Sinai, took home the team’s Most Valuable Player award, thanks to a game-winning triple. The team from Barrow Neurological Institute in Phoenix, Arizona, won the competition.

**Mount Sinai Staff Members March in Two Pride Parades**

The Mount Sinai Health System recently took part in two festive Pride Month events. In the Queens Pride Parade, held on Sunday, June 3, in Jackson Heights, dozens of employees walked behind a Mount Sinai banner wearing T-shirts that read, “We Take Pride in Your Health.”

A group of 75 employees were among the 40,000 marchers in the 49th annual New York City Pride Parade on Sunday, June 24, in Manhattan. During the march, the Health System also participated in the 25th annual PrideFest street fair in Greenwich Village. Staff of Mount Sinai’s LGBT Health Services, Office for Diversity and Inclusion, and Institute for Advanced Medicine distributed free condoms, pamphlets, and Mount Sinai favors.

Dominique Peters, MPH, presents a poster on the use of insecticidal mosquito nets to control malaria in Uganda.
OpenNotes and the OpenNotes Spanish-Language Navigator Program

The Mount Sinai Health System this year began making the notes of most outpatient medical providers available to patients through their MyMountSinaiChart accounts. This initiative, called “OpenNotes,” is part of a national movement to make medical office visit information more transparent to patients by enabling them to read the notes written by their doctors. OpenNotes empowers patients, families, and caregivers to feel more in control of their health care and leads to improvements in communication with their providers, and ultimately, can improve the quality and safety of care they receive. More than 25 million U.S. patients now have access to OpenNotes. Mount Sinai began piloting OpenNotes at the end of 2015 and is recognized as the first health system in New York State to offer it.

Recently, Mount Sinai began offering OpenNotes navigation services to patients who prefer to speak Spanish, with funding from the New York State Health Foundation. Navigator Zeida Quintero-Canetti is available to meet with patients three times a week in the Mount Sinai Doctors primary care waiting room at 17 East 102nd Street and once per week at 234 East 85th Street. Ms. Quintero-Canetti and the patients go to a private office where she helps them sign up for a MyMountSinaiChart account if they do not have one, shows them where to find their notes, and then translates notes from their office visits into Spanish.

Since the Spanish-language service began, Ms. Quintero-Canetti has worked with more than 130 patients. Sessions run from half an hour to an hour. She says, “It has been incredible to see how appreciative patients are of the OpenNotes program, where they receive personalized and confidential assistance from someone who takes the time to translate and assist them to better understand their doctor’s progress notes.”

To schedule an OpenNotes session with Spanish-language navigator Zeida Quintero-Canetti, call 212-824-7808 or email: zeida.quintero-canetti@mssm.edu.

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Cerebrovascular Center at the Mount Sinai Health System; Dr. Fifi; and stroke team members also continue to advance innovative stroke treatments and technologies.

“The Mount Sinai stroke team has become an international leader in published research aimed at saving more stroke patients’ lives,” says Dr. Mocco. “We are addressing important questions and improving patient care at every stage of ELVO treatment, from initial evaluation, through acute treatment, to rehabilitation.” Among their efforts: they are testing an innovative device that may one day be used by 911 responders to detect and diagnose stroke and other brain disorders in the field; investigating artificial intelligence algorithms to speed up the detection and triage of stroke patients; and leading national trials investigating a number of other new devices for stroke.

“Only a few years ago, many major strokes were fatal, or patients were left with devastating effects. However, with rapidly developing technology and systems of care, Mount Sinai is changing the global conversation about stroke treatments,” says Joshua B. Bederson, MD, Professor and Chair of Neurosurgery at the Mount Sinai Health System. “While other hospitals in New York City focus on stroke diagnosis with ambulances that are outfitted with CT machines, our stroke-treatment team meets the incoming patient upon arrival at one of our Health System locations in Manhattan, Queens, and Brooklyn. Within minutes, the patient is diagnosed, and advanced endovascular treatment restores blood flow to the brain.”

Mount Sinai Human Rights Program presents:

Forensic Evaluation of Asylum Seekers and Documentation of Human Rights Abuses

All physicians, residents, social workers, psychologists, language interpreters, and nurse practitioners are welcome to attend the Program’s annual asylum evaluation training. The training will prepare individuals to perform or assist in medical or psychological evaluations of those seeking asylum in the United States. The training is free. Interested participants are required to register by Wednesday, September 5. To register, go to http://tinyurl.com/HRPfalltraining. For more information about the program, visit https://mountsinaihumanrights.org/.

Saturday, September 15
9 am – 4:30 pm
Goldwurm Auditorium