

Translations

for friends and colleagues of the *Department of Medicine*

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Krekun Leads Division of Hospital Medicine

Hospital medicine is the medical specialty dedicated to the delivery of comprehensive medical care to hospitalized patients. The term “hospitalist” was first used in the *New England Journal of Medicine* in 1996, and since that time hospitalist groups have emerged across the nation.



Susan Krekun, MD, leads members of the Hospital Medicine team in providing comprehensive coordinated care to hospitalized patients. From left to right: nurse practitioner Michele DiPaolo, CNRP, and hospitalist Lim Wong, MD.

Jefferson’s hospitalist group was previously part of the Division of Internal Medicine. In July 2009, a separate Division of Hospital Medicine was created, and **Susan Krekun, MD**, came on board as Director in November of that year. Trained at Columbia-Presbyterian Medical Center in New York, Dr. Krekun was one of four original members of the University of Pennsylvania hospitalist program.

Dr. Krekun sees hospitalists as change agents in hospital systems. “Our division’s mission is to provide high-quality, efficient, and coordinated care to our patients, and to align our practice with the goals of the health system to drive positive change in quality of care, as well as patient satisfaction,” she explains. “Being available to patients in the hospital all day allows us to respond to their needs in a timely fashion — to get needed tests, consultations, or treatment quickly, and move them through our complex system more efficiently.”

“This is especially critical in treating patients with complicated health issues who are often seen by a number of specialists,” she continues. Working with nurse practitioners, nurses, pharmacists, physical therapists, and

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From the Chairman



In this issue, we look to the future of the department with great anticipation, and are pleased to build on our accomplishments to date. Our lead story showcases our newest division: Hospital Medicine, which is improv-

ing the quality of patient care under the direction of **Susan Krekun, MD**. This inpatient care complements the fifty thousand patients seen on an outpatient basis each year by Internal Medicine, under the leadership of **Barry Ziring, MD**, also profiled here.

We are proud to highlight the work of **Paul F. Bray, MD**, whose NIH-funded gene platelet research could have a profound impact for patients with cardiovascular disease and bleeding disorders. We also feature a model member of our volunteer faculty, **John R. Cohn, MD**, who is building the Adult Allergy program while doing all he can to train our students to be first-rate allergists.

With tremendous gratitude, we honor the work and dedication of **Bernard L. Segal, MD**, who served as Director of Cardiology for over 10 years. It is entirely fitting that his generosity, along with that of the Thomas Eakins Fund, has created a new endowed professorship. **Howard Weitz, MD**, Director of Cardiology, was invested as the first Bernard L. Segal Professor of Clinical Cardiology in 2010.

We are privileged in that generous donors, whose names appear on these pages, support much of the work we do. With their help, we continue to expand our commitment to providing optimal care for our patients, outstanding medical education for our students, and leading-edge research for tomorrow’s patients worldwide.

Arthur M. Feldman, MD, PhD
Magee Professor of Medicine and
Chairman of the Department

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David Whellan, MD, directs the department's newest center: the Jefferson Coordinating Center for Clinical Research (JCCCR).

Clinical Research Achieves Center Status

In the spring of 2010, clinical research activities within the Department of Medicine were granted "Center" status from the College of Medicine. "This is a vision about how to do clinical research at an academic medical center," said David Whellan, MD, Director, Clinical Research at the Jefferson Heart Institute. "What we want to create is a pathway for physicians and staff to do quality clinical research where the opportunity might not currently exist."

JCCCR handles clinical research projects for the divisions of Cardiology, Pulmonary, Rheumatology, Infectious Disease, and Vascular Medicine. "We specialize in what

others aren't staffed to do," says Suzanne Adams, RN, MPH, the center's Manager for Clinical Outcomes Research and Education. This includes handling budgets and contracts, providing clinical research staff, managing multicenter clinical trials, and project management.

JCCCR faculty includes: Nicholas J. Ruggiero II, MD, Director, Structural Heart Disease and Non-Coronary Interventions (see page 8); Danielle Duffy, MD, interested in women's cardiovascular health and prevention; and Gregory D. Marhefka, MD, involved in studies of acute coronary syndrome. ■

Division of Cardiology

Segal Looks Back Over a Decade at Jefferson

A ceremony in the Hamilton Building in April 2010 honored Bernard L. Segal, MD, who served as Director of the Division of Cardiology for over a decade. This was also an investiture of the current Division Director, Howard Weitz, MD '78, as the first Bernard L. Segal Professor of Clinical Cardiology, an endowed professorship made possible in part through Dr. Segal's generosity. Currently serving as Director Emeritus of the Jefferson Heart Institute (JHI), Dr. Segal has written some 375 scientific articles and five books, including some of the earliest papers on the diagnostic potential of echocardiography. He also helped to found the Thomas Jefferson Cardiology Research Foundation.

We recently spoke with Dr. Segal — who continues to see patients several days a week — about the evolution of cardiology during his time at Jefferson.



From left to right: Bernard L. Segal, MD; Howard Weitz, MD; and University President Robert L. Barchi, MD, PhD, at the April 2010 ceremony investing Dr. Weitz as the first Bernard L. Segal Professor of Clinical Cardiology.

How has the Division of Cardiology grown during your tenure?

The Jefferson Heart Institute has developed with the recruitment of 18 additional full-time cardiologists who are engaged in medical education with students, house officers, and physicians. We have also seen the expansion of various clinical services in cardiology, especially noninvasive studies, echocardiography, and nuclear cardiology. Our clinical practice offices have expanded from the Jefferson campus to Northeast Philadelphia, at Roosevelt Boulevard and Grant Avenue, to Bala Cynwyd on City Line Avenue, and the Voorhees Campus in New Jersey. These include outpatient services such as imaging.

What are some of the developments in cardiology made during this time?

The Sidney Kimmel Foundation has supported ten investigators who are responsible for initiating research projects including areas of heart failure, rhythm problems, and especially atrial fibrillation, as well as the use of defibrillators and the effects of sleep apnea on heart problems. The JHI faculty also investigated cardiology risk factors in low socioeconomic populations. All of this research has been supported by five full-time nurse practitioners, a coordinator, and a business manager within the division.

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Bray Leads NIH-Funded Gene Platelet Research

In fall 2010 Jefferson received a four-year, \$3 million grant from the National Institutes of Health (NIH) to study how gene expression can affect platelet function in the blood, such as clotting or bleeding. The goal is to use this understanding to help predict cardiovascular disease and identify effective drug therapies.

Funded by the National Heart, Lung, and Blood Institute (NHLBI), the grant will study 180 patients at Thomas Jefferson University and Baylor College of Medicine in Houston. Principal Investigator for the study is **Paul F. Bray, MD**, the Thomas Drake Martinez Cardeza Professor of Medicine and the Director of the Hematology Division and Cardeza Foundation for Hematologic Research. He also serves as the Director of the Cardeza Special Hemostasis and Hematology Clinical Laboratory.

Research Interests

Dr. Bray, who has directed Jefferson's Division of Hematology since 2006, has received continuous funding from the NIH for the past 25 years. An Associate Editor of the journal *Clinical and Translational Science*, Dr. Bray was on the Scientific Advisory Board for the XXII Congress of the International Society on Thrombosis and Haemostasis, Inc. (ISTH) in 2009.

He has served as Chair of the American Society of Hematology (ASH) Subcommittee on Platelets, as Chair of the NIH Hematology Clinical Research Study Section, and as a permanent member of the NIH Hemostasis and Thrombosis Study Section. Dr. Bray is also an investigator in the Women's Health Initiative (WHI), a major 15-year research program established in 1991 by the NIH and the NHLBI to address the most common causes of death, disability and poor quality of life in postmenopausal women: cardiovascular disease, cancer, and osteoporosis.

Dr. Bray's laboratory studies disorders of bleeding and excessive clotting as well as the role of platelets in cardiovascular disease. He is specifically interested in the role of platelets in arterial thrombosis (formation of blood clots within an artery), related risk

factors, and their impact on cardiovascular therapy. He studies genetic variations in platelet adhesive molecules and directs basic research on platelet physiology.

Platelet Gene Expression

Platelet microRNAs — short molecules of ribonucleic acid (RNA) — are the focus of this latest NIH study, which is, according to Dr. Bray, "at the leading edge of platelet genetic research." He continues, "MicroRNAs are known to modify gene expression in all tissues, but we still have a limited understanding of the control mechanisms regulating platelet gene expression."

Dr. Bray explains that, while some patients have hyper-functioning platelets that can lead to strokes and heart attacks, other patients have platelets that don't clot well enough, which cause bleeding disorders. "These common clinical problems affect huge numbers of people," he adds. "We're hoping to shed light on how the balance gets tipped from health to disease, via changes in these fascinating and complex blood cells." He envisions translation of his findings into novel approaches to drug delivery and manipulating the life span and function of platelets that are stored in blood banks.

Growth of the Division

Over the past four years, Dr. Bray has developed a focused group of world-class platelet biologists in the Cardeza Foundation for Hematologic Research. Professor **Steven McKenzie, MD, PhD**, studies immune-mediated thrombocytopenia and thrombosis syndromes. Heparin-induced thrombocytopenia is an extremely common and serious disorder in hospitalized patients exposed to the blood thinner heparin. Dr. McKenzie made the first animal model of heparin-induced thrombocytopenia and thrombosis, and continues to use this model to test novel treatment approaches.

Assistant Professor **Wolfgang Bergmeier, PhD**, recruited in 2007 from Harvard, performs research focusing on the adhesion mechanisms of platelets to sites of vascular injury. "Using highly sophisticated and state-of-the-art microscopy," says Bray, "Dr. Bergmeier is



Paul F. Bray, MD, Chief of Hematology, studies the role of platelets in cardiovascular disease and disorders of bleeding and excessive blood clotting.

able to visualize blood clot formation in real time in the vessels of living animals." In addition, Dr. Bergmeier has established a flow cytometry and intra-vital microscopy core in the Cardeza Foundation. "His studies are very important for defining the molecular mechanisms of platelet activation," Bray says, "which he will utilize to screen for novel anti-platelet drugs."

Assistant Professor **Michael Holinstat, PhD**, joined the Jefferson faculty from Vanderbilt University in 2008. He studies signaling mechanisms in human blood platelets, focusing on pathways activated by thrombin, a critical and multi-faceted protease. Dr. Holinstat is especially interested in understanding the pathways that lead to vascular complications in patients with diabetes and other clotting disorders.

Dr. Bray explains that these faculty have developed strong collaborations among themselves as well as with investigators in Cardiology, the Center for Translational Medicine, the Kimmel Cancer Center, and the Department of Pathology. He adds that these synergistic efforts have now positioned these colleagues to obtain Program Project funding from the NIH. ■

Volunteer Faculty

Adult Allergy Program Flowers at Jefferson

As Head of the Adult Allergy Section, Professor **John R. Cohn, MD**, is striving to build one of the nation's preeminent academic allergy programs. A graduate of Jefferson Medical College and former Jefferson resident, he returned to Jefferson in 1982 from the Duke University Medical Center, where he completed his subspecialty training and served on the faculty. Since that time, Dr. Cohn (also Assistant Professor of Pediatrics) has chaired several JMC and hospital committees, including serving as President of the medical staff and Chair of the JMC Professorial Faculty Advisory Committee.

One of only a few of the nation's physicians to be board certified in Pulmonary Medicine as well as Allergy and Immunology, Dr. Cohn wants to leverage Jefferson's many assets to grow the Allergy Section in the Department, providing outstanding patient care, meaningful clinical research, and top-level training for the next generation of allergists. The Allergy Section trains not only those in the Jefferson Allergy Fellowship program, but also medical students and medicine house officers, and residents from other departments such as otolaryngology.

University Research Collaborations

The Allergy Section is based in Asthma, Allergy & Pulmonary Associates (AAPA), a volunteer faculty practice. In addition to taking part in a number of sponsored and self-supported research projects, Dr. Cohn and his colleagues collaborate with other physicians in the University in research and clinical care. For example, members of the Division of Cardiology have worked with Dr. Cohn to develop new treatment models for patients allergic to clopidogrel (Plavix®), a key drug in preventing stent thrombosis. They have presented this research at national and international meetings, and are in the process of preparing several publications.

The Allergy Section is also involved in studies of hereditary angioedema (HAE), a rare disease that causes swelling of the extremities, abdominal pain, and compressed airways. "The random attacks can be debilitating and sometimes fatal," says Dr. Cohn. "Until recently, the only approach had been pain medication, but several new drugs, including the drug we worked with, ecallantide (Kalbitor®), help patients to feel better in just hours." Dr. Cohn says that studies such as this make the section's research efforts extremely gratifying.



John R. Cohn, MD, Head of Adult Allergy, consults with colleague Shirley M. Fung, MD, on asthma and allergy research.

Cost-Effective Allergy and Asthma Care

Dr. Cohn explains that 25 percent of the U.S. population suffers from allergies, and that Philadelphia is said to be the sixth-worst place in the country for allergy sufferers. "Philadelphians are blessed with one of the nation's biggest urban parks, but that also provides a great source of seasonal allergens."

He notes the importance of the many cost-effective treatments that allergy/immunology specialists provide to patients with asthma. "They result in fewer emergency room visits, fewer hospitalizations, and reduced length-of-stay for inpatients," he says.

Dr. Cohn and Assistant Professor **Shirley Fung, MD**, provide guidance and desensitization for allergies to various drugs, including aspirin desensitization for asthma patients with aspirin-exacerbated respiratory disease (AERD). Desensitization to aspirin can significantly improve symptoms, as well as help cardiac patients who have AERD but also need aspirin. "Once I was able to convince one particular patient," he says, "he went from 13 sinus surgeries over ten years to no surgeries over the past two."

Dr. Cohn finds these collaborations to be a meaningful part of his work. "It's great having these talented colleagues here on campus," he says. "It enables us to challenge each other to do even better work." ■

Krekun Leads Division...

Continued from page 1

case managers, hospitalists lead a health care team that meets each morning to ensure patients receive complete and coordinated care.

Dr. Krekun notes that the care continuum includes the transition back to patients' primary care providers. "We also emphasize the discharge process," she says, "by communicating with primary care doctors about their patients' hospital course."

The Division of Hospital Medicine currently has 25 faculty, including the Section of Neuroscience Hospitalists, who work closely with the neurosurgery teams to manage the medical issues of their patients. Hospitalists also serve in other vital roles within the university and health system. Hospitalists working in the Residency Program Office are Associate Director **Gretchen Diemer, MD**, and Assistant Directors **Jessica Salt, MD**, and **Susan West, MD**. **Jeffrey Riggio, MD**, is Medical Director for Clinical Informatics at Thomas Jefferson University Hospital.

"It's an exciting time for Hospital Medicine at Jefferson," Dr. Krekun says, "and we're pleased to lead positive change to improve the hospital experience for all our patients." ■

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July 1, 2009, through June 30, 2010

Supporting the Future

The Department of Medicine is grateful to all of our donors for their generous support of our centers, faculty, research, and education in the past year. Charitable gifts support the amazing work our physicians do every day and help the department to continue to expand its legacy as a leader in the region. This help makes it possible for us to recruit the finest physicians and residents, educate the most talented students, and advance our longstanding tradition of translating our patients' problems today into the next generation of medical care. Thank you! ■

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Recent Rehfuss Lectures

This annual event honors the late Dr. Martin E. Rehfuss, a faculty member renowned for his research on the digestive system who served as an emeritus professor until his death in 1964. ■



Guest lecturer **Andre Terzic, MD, PhD** (center), delivered the 46th Annual Rehfuss Lecture on April 1, 2010, on "Emerging Stem Cell Platforms for Heart Repair." A former Jefferson resident, Dr. Terzic is now the Marriott Family Endowed Chair of Cardiovascular Research and Professor of Medicine and Pharmacology, Medical Genetics at the Mayo Clinic in Rochester, MN. Left: **Gerald Grunwald, PhD**, Dean of the College of Graduate Studies; right: **Medicine Chair Arthur Feldman, MD, PhD**.



Attendees welcomed **Harry C. Deitz III, MD**, as he presented a lecture on "TGF β in the Pathogenesis of Disease: Embracing Paradox" for the 47th Annual Rehfuss Lecture on June 2, 2011. Dr. Deitz is the Victor A. McKusick Professor of Medicine and Genetics at Johns Hopkins University School of Medicine.

Responding to the Needs of Thousands

The Division of Internal Medicine handles the lion's share of outpatient visits within the Department of Medicine. **Barry Ziring, MD**, who directs the division, notes that Internal Medicine currently handles some fifty thousand outpatient visits each year.

Dr. Ziring, who was a resident at Jefferson in 1986 and joined the faculty in 1989, explains that the division has grown to accommodate this expanding patient base. In addition to the Center City offices at 833 Chestnut Street, the division also manages four satellite practices in the community and has expanded office hours to increase physician availability, including Monday and Wednesday evenings as well as Saturdays.

"There has also been an emphasis on expanding urgent care services," says Dr. Ziring, which means finding same-day appointments for patients with medical problems that are especially time-sensitive. "The idea is to keep patients with manageable medical conditions out of the emergency room," Dr. Ziring continues.

"Research reflects that this can lead to higher-quality care as well as decreased medical costs in the long term," says Ziring.

Advances of the EMR System

The division has made significant advances in implementing an electronic medical records (EMR) system and was one of the first practices to do so, in spring 2009. This has made possible electronic prescribing to patients' pharmacies and Jefferson consults available online for all patients, cutting out inefficient mailing or faxing. With a few keystrokes, a physician can pull up a patient's X-rays, lists of medications, and CT scans.

"EMR is also a useful tool to us in terms of mining for patients who would benefit from preventive services — or are overdue for routine treatment — such as cancer screening, diabetes care, asthma care, and lipid management," adds Dr. Ziring.

Future Directions

A recent focus of the division has been working toward becoming a Patient Centered Medical Home (PCMH). And under Ziring's leadership, the division accomplished its goal. Jefferson Internal Medicine Associates (JIMA) was awarded the National Center for Quality Assurance's highest level of recognition as a Level 3



Barry Ziring, MD, directs the Division of Internal Medicine, which provides care to over 50,000 outpatients yearly.

PCMH. This recognition was awarded for a three-year period from 2011 through 2014.

The term "medical home," first introduced in the 1960s as a model of comprehensive, coordinated primary care that focuses on improving quality and managing costs, was expanded and embraced over the last decade. More recently, PCMHs have been promoted by the Obama administration.

As a PCMH, the division will be able to expand educational services, electronic

connectivity, urgent care services, medical home services, and transitions of care from the hospital to the outpatient setting.

The division is also working with insurance companies to improve the quality of care and preventive care services that are so critical to its patient population. Under Dr. Ziring's leadership, Internal Medicine will continue to expand and adapt its services to suit thousands under its care. ■

Segal Looks Back Over a Decade at Jefferson

Continued from page 2

What specific research stands out?

We've done research comparing a new anti-thrombotic drug versus warfarin (Coumadin®) for stroke prevention in patients with non-valvular atrial fibrillation. Our arrhythmia faculty has evaluated the effectiveness of Cardiac Resynchronization Therapy (CRT) in patients with early heart failure. This group is also participating in a cardiac device retrieval program, which focuses on improving the extraction of hardware (i.e., pacemakers and Implantable Cardioverter Defibrillators or ICDs) from patients, which have been helpful in reducing risks associated with these devices.

Our cardiac catheterization faculty has become involved in evaluating novel drug-eluting stents, in both coronary arteries and in grafts in patients who have had coronary bypass surgery. Our group has made multiple presentations at international meetings on this subject, including long-term follow-up

with patients with regular metal stents as well as drug-eluting stents. Our heart failure physicians are now engaged in the study of short-term and long-term external pump support in patients with severe heart failure. The creation of the Center for Translational Medicine has created many opportunities for collaboration in basic science.

What was your experience of the April investiture ceremony creating a professorship in your name?

It was a lovely affair, and I was pleased to see the faces of so many friends and colleagues — a room full of doctors in white coats. I'm proud of our faculty and its accomplishments. I know Dr. Weitz will continue to expand the division and develop new areas for clinical diagnosis and management, as well as increase our research capabilities in the fields of cardiovascular, translational, and clinical medicine. ■

Faculty News

Welcome Back Dr. Ruggiero



In September 2010 Jefferson was pleased to welcome back **Nicholas J. Ruggiero II, MD, FACC, FSCAI**, as Director of Structural Heart Disease and Non-Coronary Interventions in the Division of Cardiology. Dr. Ruggiero trained at Jefferson, including medical school, residency, chief residency, and cardiology fellowship. He then spent two years at Harvard/Mass General in Boston performing coronary, structural heart, and peripheral vascular interventions.

Dr. Ruggiero comprises a new section of the department that focuses on structural heart disease and peripheral vascular interventions. This includes valvular interventions, such as valve repair and valve replacement procedures, as well as management of all aspects of arterial and venous disease. Dr. Ruggiero will also increase research within interventional cardiology by bringing new clinical trials into the catheterization laboratory dealing with coronary, structural heart, and vascular interventions.

Welcome New Faculty

Since our last issue, the following faculty members have joined the Department of Medicine.

Cardiology:
Raphael Bonita, MD

Center for Translational Medicine:
Sophie Astrof, PhD; Shi Pan, PhD; Jianxin Sun, PhD; Shey-Shing Sheu, PhD; and Weizhong Zhu, MD, PhD

Gastroenterology:
Louis Broad, MD; Daniel Quirk, MD; Ali Siddiqui, MD; and Curtis Alloy, DO

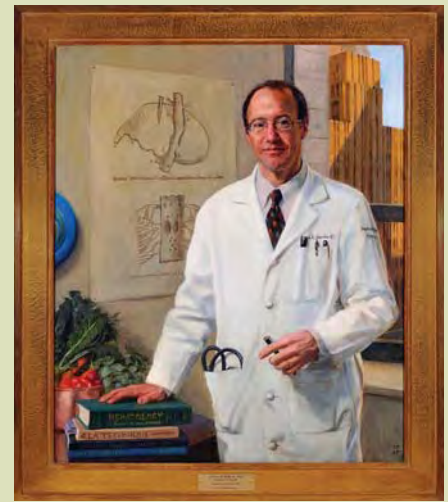
Hematology: Leonard Edelstein, PhD

Hospital Medicine
Shagupta Ahsan, MD; Ali Farshidi, MD; Joanne Kim, MD; Se-Eun Susan Lee, MD; John Stewart, MD; and Luis Taboada, MD

Internal Medicine:
Melanie Jewell, MD; Erin Ney, MD; and Arthi Reddy, MD

Pulmonary/Critical Care:
Mani Kavuru, MD, Director; and Rohit Kumar, MD

A Model Instructor



An annual tradition of the Medical College's senior class is to commission a portrait to honor a faculty member as an outstanding individual, a supportive teacher, and an inspirational leader. In 2010 this honor went to **Steven K. Herrine, MD**, Professor of Medicine, Division of Gastroenterology and Hepatology and Associate Medical Director of Liver Transplantation. Nationally renowned portrait artist Alexandra Tyng completed the portrait, which is on view on the first floor of Alumni Hall.

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The Department of Medicine encompasses:

Cardiology

Critical Care, Pulmonary, Allergic, and Immunologic Diseases

Endocrinology, Diabetes, and Metabolic Diseases

Gastroenterology and Hepatology

Hematology

Hematology/Cardeza Foundation for Hematologic Research

Hospital Medicine

Infectious Diseases and Environmental Medicine

Internal Medicine

Nephrology

Rheumatology

Center for Translational Medicine

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