



The Inside View

Special COVID-19 Wellness Edition

In light of the COVID-19 pandemic, the Department of Radiology wants to do everything it can to support the health and well-being of its faculty and staff. We recently sent a short survey to all department members and received an overwhelming response rate—more than 170 replies in just the first day! We learned the majority of you would find a recurring wellness newsletter helpful.

To make this resource the best it can be, we ask that you send content that you and your colleagues would find most valuable. Thank you for all you are doing for others during these unpredictable times and please stay safe and well.

Share Your Content and Ideas

Staff Spotlights

Radiology Nursing Team Supports Rapid Activation of New RCU Medical/Surgical Unit

On Thursday, April 9, our Radiology Nursing team played a tremendous role in activating our Radiology Care Unit (RCU) on West Campus as a new medical/surgical “surge” unit for non-COVID-19 patients.

Our nurses—representing our department in the group of redeployed BIDMC employees to meet patient care needs during the pandemic—will be staffing this unit 24/7 and admitting patients in preparation for the expansion of ICU capabilities on the inpatient floors.

“This was an extremely fast-moving, multidisciplinary endeavor and I cannot even begin to tell you how wonderful our nurses have been,” said Bridget O’Bryan-Alberts, RN, MSN, director, Nursing, Department of Radiology. “They were so engaged in the entire planning process and gave invaluable feedback about potential gaps and opportunities for improvement that helped us create an environment conducive to inpatient care.”

O’Bryan-Alberts emphasized the heroic mobilization, communication, and teamwork that took place between so many BIDMC departments, including clinical, dietary, facilities, patient care services, and project management, to make this complex undertaking happen.

Also crucial to the plan was education and training. Some nurses were returning to the inpatient setting for the first time in a while; others were doing it for the first time. To prepare for the transition, our nursing staff completed multiple training sessions and shadowed other nurses on the floor to absorb the visual and hands-on experience necessary for the job.

“This is incredibly new to people and we put in as many supports as possible to set them up for success,” O’Bryan-Alberts said. “Our nurses also have each other’s backs and a strong sense of camaraderie, whether through lighthearted moments or group support texts. It’s that human touch that makes all the difference.”

Important Operational Changes

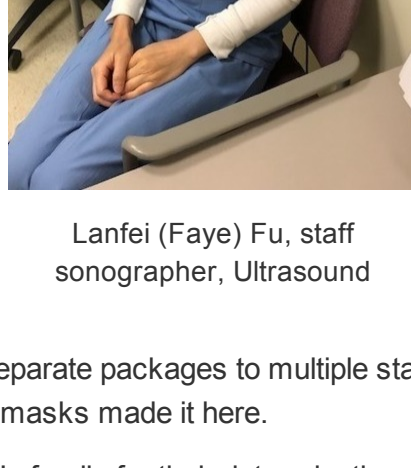
- The West Outpatient Radiology procedure patients will now be housed in the Recovery Room (behind the Interventional Radiology Suite), Beds A, B, C & D, and in the Holding Area, Beds E, F, G & H.
- The location of patients will still be reflected in IRIS accordingly.
- New RCU phone numbers: Recovery Area: 4-2589 (main); Holding: 4-2544.
- The current RCU phone number 4-2860 will be the new surge unit phone number.

Radiology procedural hours of operation and nursing staffing to cover Radiology procedures have also changed:

- 2 IR RNs: 7:30 a.m.-6:00 p.m.
- 1 INR RN: 7:30 a.m.-6:00 p.m.
- 1 West CT/US RN: 7:30 a.m.-6:00 p.m.
- 1 East CT/US RN: 7:30 a.m.-6:00 p.m.
- 1 Float RN: 8:00 a.m.-4:00 p.m. to cover outpatient paracentesis requiring albumin (in ultrasound procedural rooms), Shapiro (including CTAs), and MRI medications
- 1 Standby RN: 9:00 a.m.-5:00 p.m. to handle emergencies or surges in individual sections that cannot be managed with staff on site.
- New RCUs will be staffed from 7:00 a.m.-5:30 p.m.
- IR weekends: 1 RN Saturday/Sunday, 8:00 a.m.-4:30 p.m.

Receiving Mask Donations from Near and Far

Lanfei (Faye) Fu is one of our staff sonographers in Ultrasound. Faye’s family in China recently donated and mailed 1,000 surgical masks to BIDMC as part of the COVID-19 relief efforts. Because



Lanfei (Faye) Fu, staff sonographer, Ultrasound

of the restrictions in China on shipping packages to the U.S., Faye’s family sent 10 separate packages to multiple staff in Boston to ensure the masks made it here.

A big thank you to Faye’s family for their determination and incredibly generous support!

The Radiology department recently received an additional donation of over 170 cloth face masks. The donation came from quilters, seamstresses, and many others and was coordinated by Dr. and Mrs. Rawson. Mrs. Rawson sewed unique masks with beautiful patterns that our colleagues chose from for their personal use outside the medical center. Thank you very much, Dr. and Mrs. Rawson!

Interested in making your own masks for personal use? Check out these resources:

- [NYT: How to Make a Face Mask](#)
- [YouTube: Face Mask Sewing Tutorial](#)
- [NYT: How NOT to Wear a Face Mask](#)

Completed masks for redistribution to BIDMC/BILH can be dropped off with or shipped to:

Tim Parritt
Sr. Operations Director
Department of Radiology
Beth Israel Deaconess Medical Center
1 Deaconess Rd., Rosenberg Building, Room 306
Boston, MA 02215

Know an individual or a team in Radiology that has gone above and beyond? Share your stories.

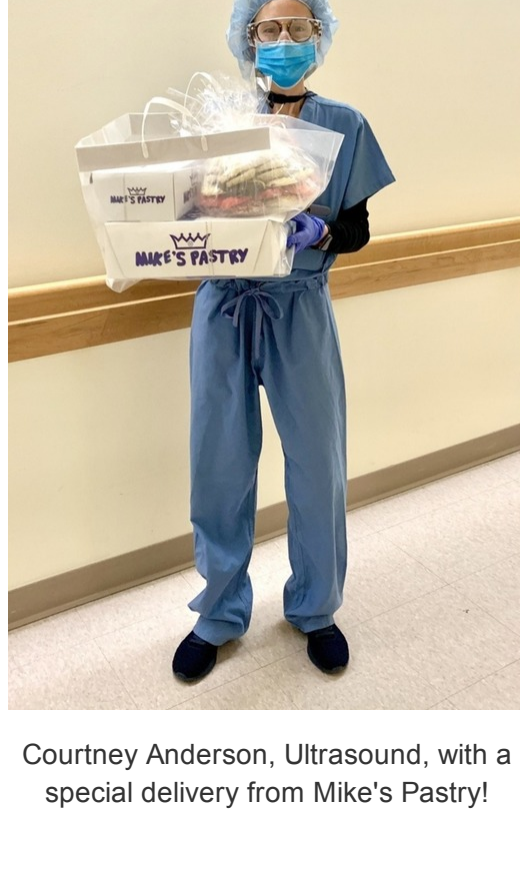
Weekly Contest!

Radiology needs a theme song!

Music is a part of many of our lives. Drs. Jim Rawson and Katarina Anderson would like to challenge the BIDMC Radiology community to nominate their favorite inspirational song to be the Department of Radiology theme song for COVID-19. Please email your entries (song and artist name) to [Dr. Anderson](#) by **Monday, April 20**. A winner will be announced in this newsletter on Monday, April 27!

Community Support

Mike’s Pastry Shop in the North End sent a delicious selection of pastries this week to thank our Ultrasound staff for their work during these trying times. One of our staff members, Courtney Anderson, is a close friend of the family and delivered these sweet treats to her colleagues. Thank you so much, Courtney and Mike’s!



Courtney Anderson, Ultrasound, with a special delivery from Mike’s Pastry!

Team Photo Gallery

During this time of social distancing, it can be especially uplifting to see photos of our teammates. [Send us your photos](#) and check out our first submissions below!



Pictured is Jeana Damiano from the 1101 Beacon St. team receiving her complimentary plant on East Campus. Jeana has been redeployed to the staff masking station in the Shapiro Lobby.



Thank you to Support Staff Mande Martin and all of our technologists and support staff for brightening up our days with your thoughtfulness and creativity!

Coronavirus Central

BIDMC Daily COVID-19 Update

For the latest number of suspect and inpatient cases, inpatients needing intensive care, and employees who have tested positive, [visit Coronavirus Central](#).

Infection Control Resources

- [Daily Symptom Reporting](#)
- [Employee Health FAQs](#)
- [Transitioning Between Work and Home: Keeping Your Loved Ones Safe](#)



The Cooking Corner

What’s cooking at home? [Submit your favorite recipes](#) for breakfast, lunch, dinner or any time in between for our next newsletter.

Delivery/Curbside:

- [Whole Foods](#)
- [Peapod](#)
- [Wegmans](#)
- [Mercato](#)
- [Wilson Farm](#)
- [Russo's](#)
- [Allium Market](#)
- [Berezka International Food](#)
- [Curds and Co.](#)
- [Dave's Fresh Pasta](#)
- [Outdoor Grocery Shopping with Appointments](#)
- Fish, Meat, Poultry, Butter:
 - >>[Red's Best](#)
 - >>[Savor Butcher Shop](#)
 - >>[Walden Local](#)
- [Boston Magazine's List of Local Stores](#)
- [Eater Boston's Grocery Guide](#)

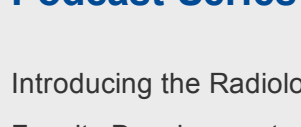


Supporting Your Health and Wellness

“Nadi Shuddhi” is a breathing technique that involves deep, slow breathing through alternating nostrils. It helps you feel energized, produces mental clarity, and eliminates stress, fear, and anxiety. For a Nadi Shuddhi practice video, [click here](#). For more emotional and physical wellness ideas and links, click the buttons below.

Emotional Wellness

Physical Fitness



Tune In: Faculty Development Podcast Series

Introducing the Radiology Faculty Development Podcast Series! In each episode, our host, **David Hackney, MD**, talks with a different Radiology faculty member about his or her area of expertise. Check

out the first three episodes on the Portal and let us know what you think!

Listen Now



Webinars

- Managing Our Fears and Stress: Strategies to Cultivate Emotional Agility. [Register](#).
- Leading with Compassion: Supporting Healthcare Workers in a Crisis. [Watch](#).
- Caring for Yourself & Others During the COVID-19 Pandemic. [Watch](#).

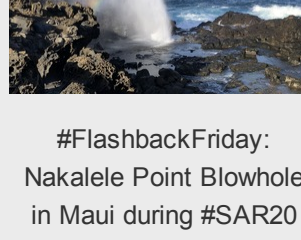


Bookmark It

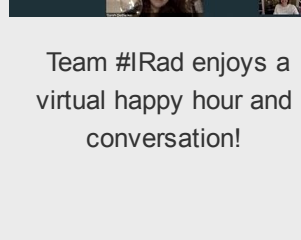
PDFs of these special wellness newsletters will be posted in the Radiology News section of the Portal.

Newsletter Library

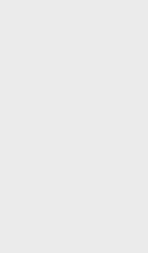
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#FlashbackFriday: Nakalele Point Blowhole in Maui during #SAR20 by Leo Tsai, MD



Team #IRad enjoys a virtual happy hour and conversation!



Thank you for reading!

The Inside View is brought to you by the BIDMC Department of Radiology

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