

# The Inside View

## Special COVID-19 Wellness Edition

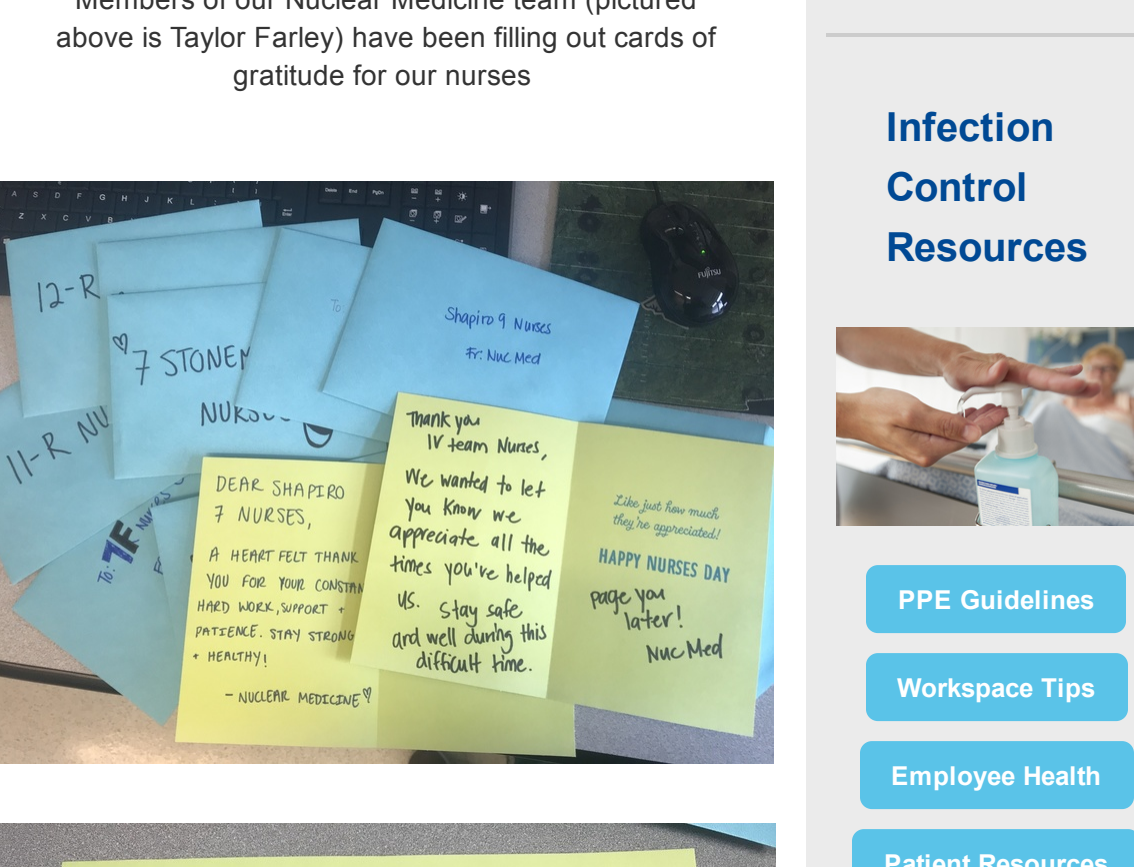
### Happy National Nurses Week, May 6-12!

In honor of nurses across the country, National Nurses Week begins each year on May 6, which is National Nurses Day, and concludes on May 12, the birthday of Florence Nightingale. In 1993, the American Nursing Association established this recognition event "to celebrate and elevate the nursing profession."

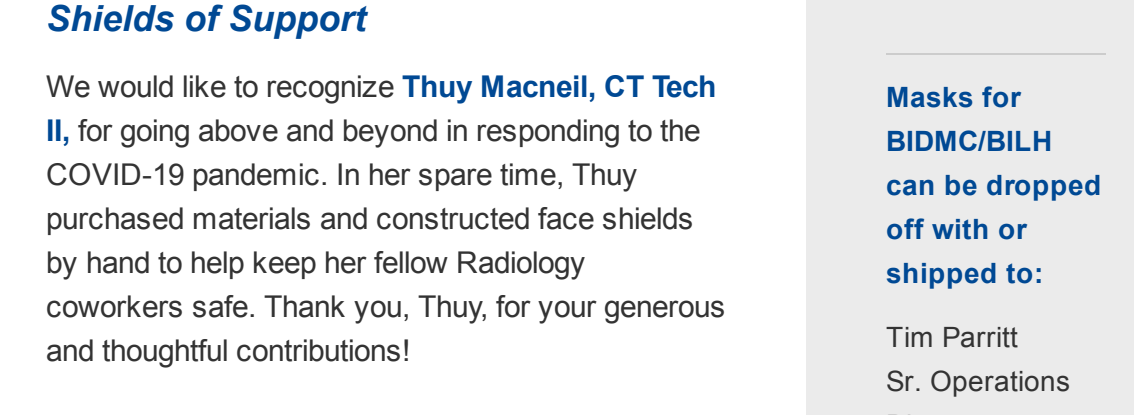
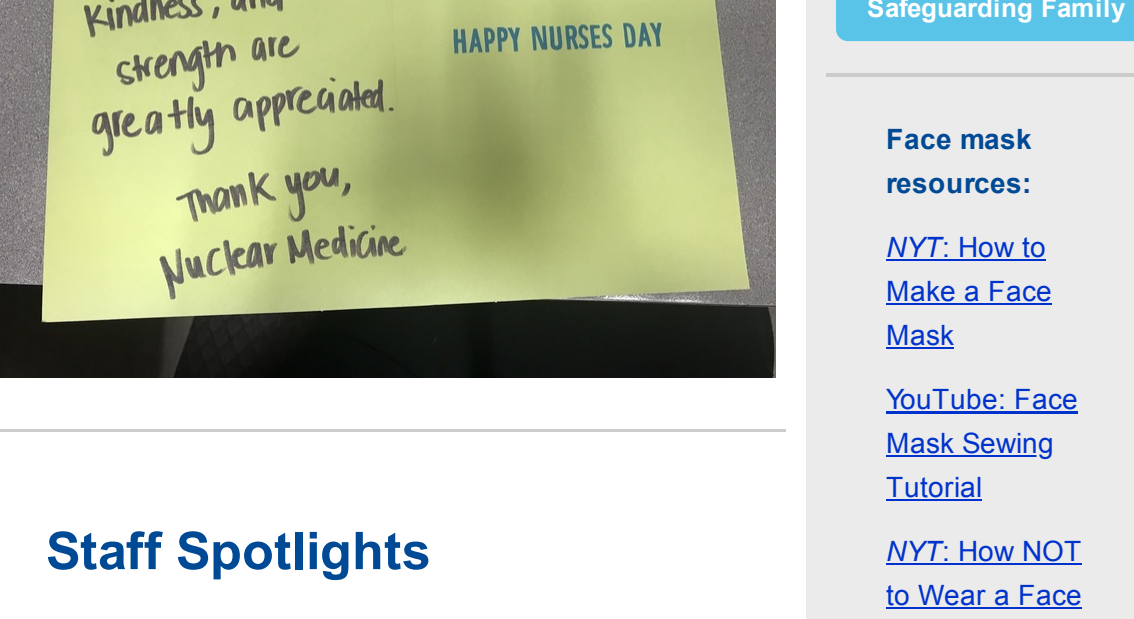
Now more than ever, the Department of Radiology is so appreciative of its nurses and all that they are doing for our patients, their loved ones, and each other in light of the pandemic.

Nursing requires exceptional clinical skills, compassionate care, and rapid problem-solving capabilities, among many other valuable qualities. Our nurses are also incredibly agile, adaptable, and kind.

If you see one of our nurses this week or next, please be sure to wish them a happy National Nurses Week and thank them for their service! We thank you, Radiology nursing colleagues!



Members of our Nuclear Medicine team (pictured above is Taylor Farley) have been filling out cards of gratitude for our nurses



### Staff Spotlights

#### Shields of Support

We would like to recognize **Thuy Macneil, CT Tech II**, for going above and beyond in responding to the COVID-19 pandemic. In her spare time, Thuy purchased materials and constructed face shields by hand to help keep her fellow Radiology coworkers safe. Thank you, Thuy, for your generous and thoughtful contributions!

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

### Weekly Contest Winner!

Thank you to everyone who participated in our second Covering Contest! "Radiology's Most Unique Face Covering!"

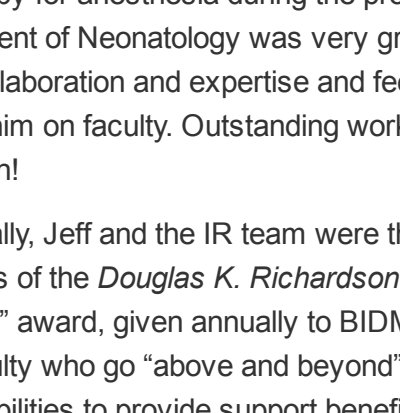
Please join us in congratulating our winner, **Courtney Anderson, staff sonographer, Ultrasound**, who has been chosen for her submission of her homemade USPS mask (pictured below).

Courtney designed this mask to remind everyone of the other essential heroes on the front line of this pandemic:

**"My dad is a mailman and he's my hero! It's important to remember all essential employees during this time!"**

In addition to bragging rights, Courtney will receive a \$20 gift certificate to a food store of her choice!

Congratulations, Courtney, and thank you to your father for his essential service!

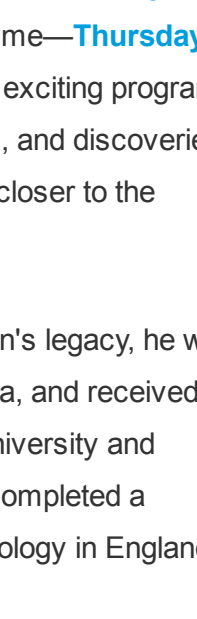


Courtney Anderson, staff sonographer, Ultrasound

### Contest #3: Cutest Pet Photo!

For our third contest, we are looking for the cutest pet photo! Take a picture of your furry work-from-home companion and submit it to **Lindsay Oslund** by end of day this Friday, May 8!

### Awards, Honors & Kudos

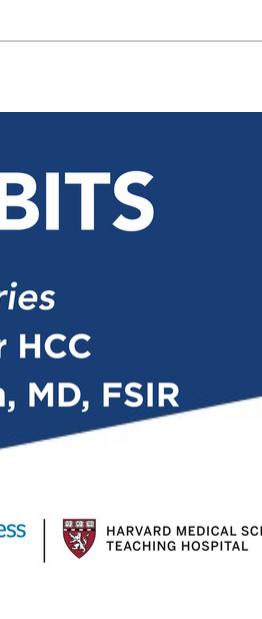


We would like to recognize **Jeff Weinstein, MD, FSIR**, for recently providing vital assistance with a complex BIDMC Neonatology case. The NICU patient had persistent hypoglycemia and difficult IV access. Upon learning about the case, Jeff jumped in and helped the team achieve PICC access right away, avoiding the need for transfer to Boston Children's Hospital and the potential for sedation and intubation of the baby for anesthesia during the procedure. The Department of Neonatology was very grateful for Jeff's collaboration and expertise and feels fortunate to have him on faculty. Outstanding work, Dr. Weinstein!

Additionally, Jeff and the IR team were the 2017 recipients of the **Douglas K. Richardson** "How Can I Help You" award, given annually to BIDMC/HMFP staff/faculty who go "above and beyond" their basic responsibilities to provide support benefiting the clinical, teaching, research, and/or community service missions of the Department of Neonatology.

### Our Virtual Classroom

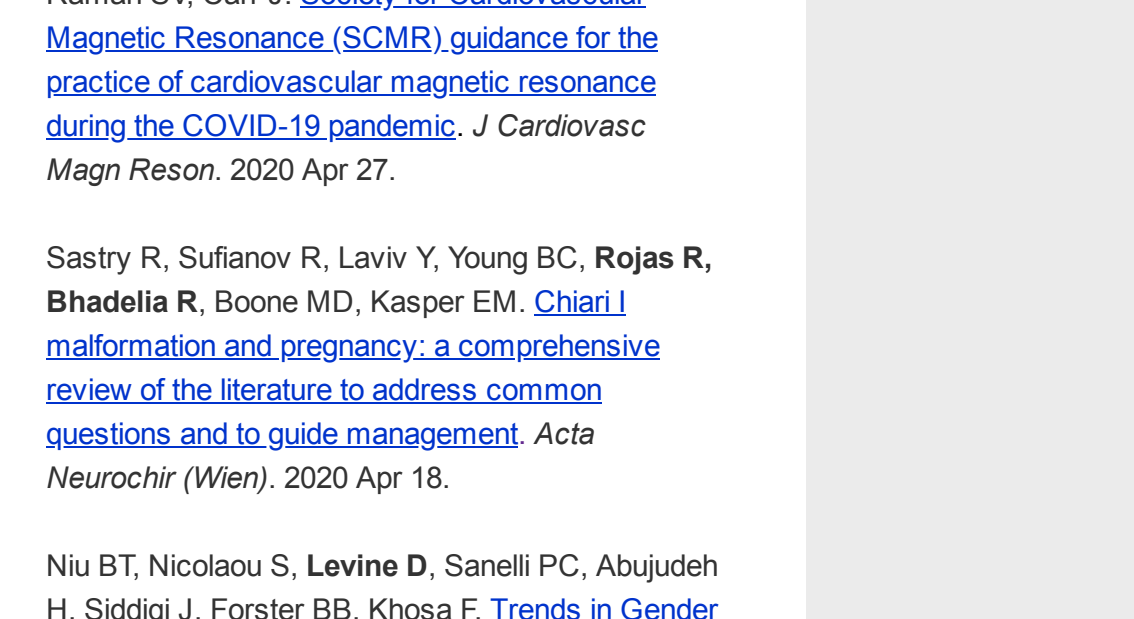
#### Save the Date: 4th Annual Morris Simon Research Day



Our annual Morris Simon Research Day focuses on celebrating the research efforts of our entire department. This year, it will be an **online-only event**. Please save the date and time—**Thursday, May 28, 4-8 p.m.**—and expect an exciting program of research awards, presentations, and discoveries. More information will be available closer to the event.

For those unfamiliar with Dr. Simon's legacy, he was born in Johannesburg, South Africa, and received his MB, BCh, at Witwatersrand University and Medical School in 1948. He then completed a fellowship with the Faculty of Radiology in England in 1956.

From there, he became a Radiology faculty member at Beth Israel Hospital in 1958 and remained here for 46 years until his passing in 2005. He served as acting chief of Radiology from 1960 to 1962 and then chief of Radiology from 1963 to 1970.

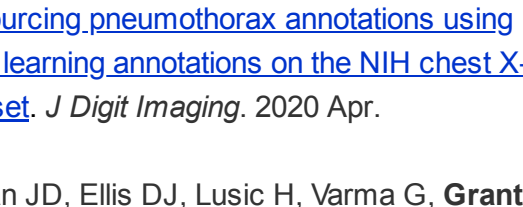


**The Faculty Development Podcast** focuses on the professional development topics that matter most to our radiologists. Check out our first five episodes on the Portal and email feedback and suggestions for topics and guests to our host, **David Hackney, MD**.

- **Episode 1: Clinical Teaching Best Practices** with Dr. Jim Wu
- **Episode 2: High-Quality, High-Throughput Clinical Reading** with Dr. Rafeeqe Bhadelia
- **Episode 3: Advancing One's Investigative Career** with Dr. Muneeb Ahmed
- **Episode 4: Longer-Service Criteria for Promotion at HMS** with Dr. Debbie Levine
- **NEW! Episode 5: High-Quality, High-Throughput Clinical Reading** with Dr. Dinushi Perera

### VIRTUAL BITS

#### BIDMC IR Trainee Series Radioembolization for HCC with Jeffrey Weinstein, MD, FSIR



Register for Tomorrow's Lecture >>

### Radiology Publications

Below is a PubMed list of Radiology publications from April 1 through 29. Faculty and staff names are bolded; trainee names are underlined. If your publication isn't shown here, please submit your citation for inclusion in our next newsletter

Ng TSC, Seethamraju RT, Bueno R, **Gill RR**. **Clinical Implementation of a Free-Breathing, Motion-Robust Dynamic Contrast-Enhanced MRI Protocol to Evaluate Pleural Tumors**. *AJR Am J Roentgenol*. 2020 Apr 29.

Uflacker AB, Haskal ZJ, Baerlocher MO, Bhatia SS, Carnevale FC, Dariushnia SR, **Faintuch S**, Gaba RC, Golzarian J, Midia M, Nikolic B, Sapoval MR, Walker TG. **Society of Interventional Radiology Research Reporting Standards for Prostatic Artery Embolization**. *J Vasc Interv Radiol*. 2020 Apr 24.

Han Y, Chen T, Bryant J, Bucciarelli-Ducci C, Dyke C, Elliott MD, Ferraro VA, Friedrich MG, Lawton C, **Manning WJ**, Ordovas K, Plein S, Powell AJ, Raman SV, Carr J. **Society for Cardiovascular Magnetic Resonance (SCMR) guidance for the practice of cardiovascular magnetic resonance during the COVID-19 pandemic**. *J Cardiovasc Magn Reson*. 2020 Apr 27.

Sastry R, Sufianov R, Laviv Y, Young BC, **Rojas R, Bhadelia R**, Boone MD, Kasper EM. **Chiari I malformation and pregnancy: a comprehensive review of the literature to address common questions and to guide management**. *Acta Neurochir (Wien)*. 2020 Apr 18.

Niu BT, Nicolaou S, **Levine D**, Sanelli PC, Abujudeh H, Siddiqi J, Forster BB, Khosa F. **Trends in Gender and Racial Profiles of US Academic Radiology Faculty**. *J Am Coll Radiol*. 2020 Apr 16.

Kruskal J, Meltzer CC, Shanafelt T, **Gupta S, Rawson J**, Dettle L, Gibbs I, Raybon C, West D, Canon C. **Fortifying Our Teams to Best Serve Our Patients: A Report of the 2019 Summer Intersociety Meeting**. *J Am Coll Radiol*. 2020 Apr 11.

Souza D, **Alessandrino F**, Ketwaroo GA, Sawhney M, Mortele KJ. **Accuracy of a novel noninvasive secretin-enhanced MRCP severity index scoring system for diagnosis of chronic pancreatitis: correlation with EUS-based Rosemont criteria**. *Radiol Med*. 2020 Apr 7.

Racine AM, Touroutoglou A, Abrantes T, Wong B, Fong TG, Cavallari M, Travison TG, Gou Y, Marcantonio ER, **Aisop DC**, Jones R, Inouye SK, Dickerson BC; SAGES study group. **Older Patients with Alzheimer's Disease-Related Cortical Atrophy Who Develop Post-Operative Delirium May Be at Increased Risk of Long-Term Cognitive Decline After Surgery**. *J Alzheimers Dis*. 2020 Apr 1.

Bakker JP, Baltzis D, Tecilazich F, Chan RH, **Manning WJ**, Neilan TG, Wallace MG, Lawton M, Malhotra A, Patel SR, Veves A. **The Effect of Continuous Positive Airway Pressure on Vascular Function and Cardiac Structure in Diabetes and Sleep Apnea: A Randomized Controlled Trial**. *Ann Am Thorac Soc*. 2020 Apr.

Filice RW, Stein A, Wu CC, Arteaga VA, Borstelmann S, Gaddikeri R, Galperin-Aizenberg M, **Gill RR**, Godoy MC, Hobbs SB, Joudy J, Lakhani PC, Laroia A, Nayak SM, Parekh MR, Prasanna P, Shah P, Yumgindi D, Yaddanapudi K, Shih G. **Crowdsourcing pneumothorax annotations using machine learning annotations on the NIH chest X-ray dataset**. *J Digit Imaging*. 2020 Apr.

Freedman JD, Ellis DJ, Lusich H, Varma G, **Grant AK**, Lakin BA, Snyder BD, Grinstaff MW. **dGEMRIC and CECT Comparison of Cationic and Anionic Contrast Agents in Cadaveric Human Metacarpal Cartilage**. *J Orthop Res*. 2020 Apr.

Slanetz PJ, **Gupta S**, Shaffer K, Oates ME. **Building Resilience One Moment at a Time**. *J Am Coll Radiol*. 2020 Apr.

Nguyen DN, **Qureshi JM**, Singh H, Tran CD, Cuthron K. **Large Invasive Pheochromocytoma Causing Cardiac Failure and Metastasis: A Case Report With Review of Literature**. *Curr Probl Diagn Radiol*. 2020 Apr 8.

### In Case You Missed It

- To help our hospitalized patients connect with their families and friends, BIDMC has launched an iPad donation program. [Learn more here](#).
- BIDMC has expanded its ambulatory COVID-19 testing locations with the addition of sites at [Bowdoin Street Health Center](#) and [Beth Israel Deaconess HealthCare-Chelsea](#).
- The [Employee Health Management hotline](#) (617-632-0710) is available to answer your questions about COVID-19.
- Food Services has a selection of groceries available for purchase in both the East and West Campus cafeterias. If you're interested in purchasing other grocery items, [email suggestions to Donna Spina](#).
- Down Under School of Yoga is offering two weeks of unlimited livestream classes for free as a thank you to health care workers. [Learn more and register for the classes here](#).

### Twitter Update: We have just reached 400+ followers! Click the icon below to follow us and email Lindsay with content and ideas.



Read / Download Past Newsletters >>

Submit Newsletter Stories and Ideas >>

Thank you for reading!

The Inside View is brought to you by the Department of Radiology at Beth Israel Deaconess Medical Center

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### Coronavirus Central

#### Daily BIDMC COVID-19 Update

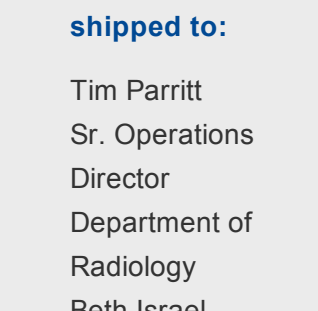
New tools are available to help you stay up to date on COVID-19 metrics. Visit the [Performance Manager](#) to view the COVID Dashboard.

For daily video updates from BIDMC leadership, [click here](#).

#### Have Your BIDMC ID Badge Ready to Enter the Medical Center

Any person entering facilities on our East and West Campus is being screened, and employees must show their BIDMC ID badge to enter the medical center.

#### Infection Control Resources



PPE Guidelines

Workspace Tips

Employee Health

Patient Resources

Symptom Reporting

Safeguarding Family

#### Face mask resources:

[NYT: How to Make a Face Mask](#)

[YouTube: Face Mask Sewing Tutorial](#)

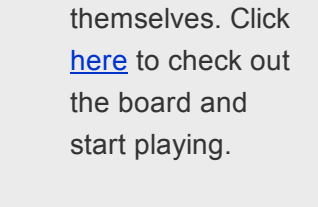
[NYT: How NOT to Wear a Face Mask](#)

#### Masks for BIDMC/BILH can be dropped off with or shipped to:

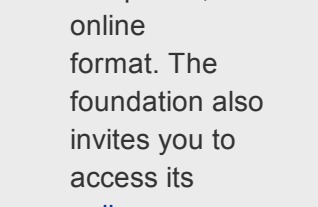
Tim Parritt  
Sr. Operations Director

Department of Radiology  
Beth Israel Deaconess Medical Center  
Boston, MA 02215

#### Child Care Resources



#### Delivery & Curbside Ideas



[Whole Foods](#)

[Peapod](#)

[Wegmans](#)

[Mercato](#)

[Wilson Farm](#)

[Russo's](#)

[Allium Market](#)

[Brezka International Food](#)

[Curds and Co.](#)

[Dave's Fresh Pasta](#)

[Outdoor Grocery Shopping with Appointments](#)

[Red's Best](#)

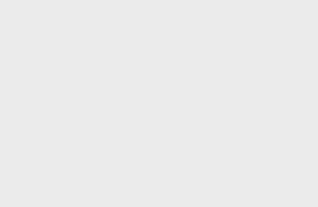
[Savonar Butcher Shop](#)

[Walden Local](#)

[Boston Magazine's List of Local Stores](#)

[Eater Boston's Grocery Guide](#)

#### Your Health & Wellness



#### Self-Care Bingo

Erica Fontes, RN, a nurse in the Critical Care unit, created "Self-Care Bingo" as a way for staff to take care of themselves. Click [here](#) to check out the board and start playing.

#### Free Breathing Practices

The Art of Living foundation is offering [free breathing practices](#) in a self-paced, online format. The foundation also invites you to access its [online group practices](#).

#### Mindful Mini-Meditation: 60 Seconds

Here is a technique that can help you fall asleep, reduce stress, or manage pain. You can do this anywhere, anytime.

Start by inhaling slowly to the count of one-two-three-four... then pause.

Exhale slowly and longer, to the count of one-two-three-four-five-six-seven-eight.

Continue for 10 or more breaths and feel the freedom of a more healthful, quieter state.

*Variation: Instead of counting, you can inhale while thinking of the words "calm flows in..." and exhale while thinking, "peace flows out." Or use other calming phrases that make sense to you.*

For other wellness ideas, click the links below:

Emotional Health

Meditation Tools

Physical Fitness