



PULASKI COUNTY MEDICAL SOCIETY News

January 2024

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When you think professional, ethical, quality healthcare,
think physicians of Pulaski County Medical Society.

PCMS Presidents Message

Dear Members,

I have had the privilege of serving on the Board of Directors since 2020 and am honored to have the opportunity to serve as President of the Pulaski County Medical Society this year.

I am proud of the Society's accomplishments in 2023. We have continued to partner with the Harmony Health Clinic and the 12th Street Health and Wellness Center over the past year, helping them to provide health services to underserved patients in our community. Our local medical students have not only helped to provide care in these clinics but have also worked to expand the services offered. I look forward to continuing our support of these student-driven projects over the coming year and hope to expand our involvement with and mentorship of these future physicians.

We were able to gather in person again this year for our annual meeting, where we recognized Dr. Lawrence Mendelsohn with the President's Award for a lifetime of outstanding contributions to medicine and Dr. Aleobe Eruemulor with the Outstanding Young Physician Award. Dr. Kay Chandler, past PCMS President and current Arkansas Surgeon General, was our guest speaker. These physicians exemplify the values of service to our patients and our communities that we, as a Society, strive to achieve. Thank you to all the members, guests, and sponsors that contributed to another successful annual meeting.

I thank all of you for your continued care for and service to the patients of Pulaski County and look forward to serving the Society in 2024.

Kelly Burks, MD



Kelly Burks, MD

Risk Matters: M.E.D.I.C.

JEFFREY A. WOODS, JD, DIRECTOR OF RISK EDUCATION, SVMIC; REPRINTED FROM THE SVMIC SENTINEL

A few years ago, nationally recognized trial consultant, Dr. Jill Huntley-Taylor, was a contributor to SVMIC's live seminar program outlined juror expectations in a medical malpractice trial. To identify these expectations, she uses the acronym "MEDIC" which stands for:



Medicine:

whether or not the standard of care was met in a dispute

Education:

education is really about communication - communication to the patient about their medical condition and treatment plan, and communication within a medical practice

Documentation:

jurors look for evidence of both communication and medical care in the medical documentation and tend to rely heavily on what was documented contemporaneously

Informed Consent:

one specific aspect of communication to which jurors pay very close attention is the informed consent process and they want the patient to be informed about what the medical treatment entails and what to expect, including potential side effects and complications - an informed patient is an empowered patient

Caring:

jurors take all the information that they can gather about that professional and determine, "is this someone that I would want caring for me?"

For a more in-depth discussion, read Dr. Huntley-Taylor's Sentinel article: Addressing Juror Expectations in Everyday Practice: MEDIC or listen to Your Practice Made Perfect Episode 51: Keeping Calm in the Courtroom during which Dr. Huntley-Taylor breaks down the process of preparing medical professionals for trial. Both are available on the Resources section of www.svmic.com.

For more information about SVMIC, please contact our Arkansas representative, Sharon Theriot.

UAMS Performs First Kidney-Pancreas Transplant in Arkansas

The University of Arkansas for Medical Sciences (UAMS), which is the only hospital in the state performing adult liver and kidney transplants, now offers pancreas transplants.

Raj Patel, M.D., surgical director of pancreas transplantation at UAMS, successfully completed the first combined kidney-pancreas transplant in Arkansas on Sept. 1.

The 27-year-old patient was an insulin-dependent Type 1 diabetic on dialysis for kidney failure who had been fighting for survival since her early teens. She is now free of both insulin and dialysis and has returned to her normal activities, Patel said.

Arkansans in need of pancreas transplants previously had to leave Arkansas to have the procedure and to receive follow-up care, with the closest transplant centers located in Memphis, Dallas or St. Louis. Now, UAMS surgeons perform the transplant on the main Little Rock campus and provide preliminary and follow-up care in Little Rock and at a growing network of satellite clinics in Fayetteville, Jonesboro, Texarkana, Pine Bluff, Fort Smith and Helena-West Helena.

"UAMS is dedicated to meeting the needs of our patients and communities," said Lyle Burdine, M.D., director of solid organ transplants. "Whenever patients have to leave the state for treatment, it creates a hardship for them and their families. We are grateful to be able to expand our services to include pancreas transplants."

Patel said many Arkansas patients needing pancreas transplants are on Medicaid or Medicare, both of which cover the procedure. Still, he said, UAMS expects to perform only "a handful" of the procedures. Such transplants are rare because the pancreas is "a finicky organ," the donor criteria is very precise, and the procedure is delicate, which can lead to complications, he said. In addition, constant improvements in insulin pumps make pancreas transplants less necessary by giving diabetics better sugar control, which lessens the need for insulin and helps their kidneys last longer.

"Right now, we are only doing kidney-pancreas transplants," Patel said, noting that dual-organ transplants from the same donor have been shown to benefit patients more than pancreas transplants by themselves.

The primary recipients will be Type 1 diabetics, though Patel said the transplants might eventually become available for Type 2 diabetics as well.

The process generally takes four to five hours and includes removing the donor organs, implanting them separately in the recipient through a single incision and restoring blood flow to the area. That was the case for the recipient of the first kidney-pancreas transplant, who was discharged a week later and whose lab results during follow-up outpatient visits "look really good," Patel said.

He said that because the waiting list is shorter for people who need both a kidney and a pancreas transplant, as opposed to a kidney transplant alone, UAMS' decision to start doing pancreas transplants is also helping kidney patients move more quickly up a long waiting list. The first transplant patient was on a waiting list for about a month.

Before performing pancreas transplants, UAMS had to meet stringent certification requirements by the United Network for Organ Sharing (UNOS), which administers the country's organ procurement and transplantation network. Among the requirements are that a medical center have in place both a transplant surgeon and a nephrologist who have performed a pancreas transplant within one year.

The requirement was met with the hiring in late 2022 of Martha Michelle Estrada, M.D., a board-certified transplant/hepatobiliary surgeon. Patel, a fellowship-trained transplant surgeon who specializes in treating diseases of the kidney, liver and pancreas, said he also refreshed his training by recently assisting with a pancreas transplant.

The Scientific Registry for Transplant Recipients (SRTR), which evaluates transplant programs

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for the U.S. Department of Health and Human Services, recently ranked UAMS' kidney and liver transplant programs among the highest in the nation in categories that have the largest impact on patients' survival.

The kidney transplant program ranked third among 256 programs, while the liver transplant program ranked fourth among 149 programs.

Both received five out of five bars for the speed at which patients obtain transplants after being listed. In addition, the kidney transplant program received five bars for patient survivability one year after transplant, while the liver transplant program scored four bars for survivability one year after transplant.

PCMS Updated Directory Available Online

Instead of using that outdated paper directory from 2016, or older, click on the link below and see the ONLINE version that is updated constantly.

<https://www.pulaskicms.org/membership/directory/>

CHI St. Vincent Announces the Opening of CHI St. Vincent Heart Clinic-Pine Bluff

[CHI St. Vincent](#), a leading regional health network serving Central and Southwest Arkansas, announces the opening of [CHI St. Vincent Heart Clinic-Pine Bluff](#), a new satellite cardiology clinic led by CHI St. Vincent cardiologist Dr. Stephen Broughton. The new clinic is located within the [Little Rock Allergy & Asthma Clinic](#) in Pine Bluff and will offer appointments weekly on Wednesdays to help provide greater access to cardiology services in an underserved region of the state.

"This clinic will help bridge the divide and expand access to cardiology services for rural and minority patients," CHI St. Vincent Heart Institute President Marcia Atkinson said. "We look forward to serving more patients in Pine Bluff as part of our mission to ensure that every individual, regardless of race or geography, has access to quality healthcare."

The cardiology clinic will focus on diagnosing and developing personalized treatment plans for heart disease and conditions of the vascular system. The addition of the Pine Bluff clinic will allow for greater

opportunities to receive cardiology services in its predominantly African-American population. According to the U.S. Department of Health and Human Services, African Americans are 30 percent more likely to die from heart disease or to experience high blood pressure than non-Hispanic whites.

After attending medical school at the University of Arkansas for Medical Sciences in Little Rock, Dr. Broughton completed his residency in internal medicine at Wake Forest Baptist Medical Center in Winston-Salem, North Carolina. Most recently, Dr. Broughton completed his interventional cardiology fellowship training immediately following his cardiology fellowship program at the University of Pittsburgh Medical Center in Pittsburgh, Pennsylvania. Dr. Broughton is certified in cardiovascular medicine and interventional cardiology by the American Board of Internal Medicine and is a member of the National Medical Association, the American Heart Association and the Association of Black Cardiologists.

UAMS Receives Top Honors for Stroke Care and Outcomes



The University of Arkansas for Medical Sciences (UAMS) has again been recognized by the American Heart Association and American Stroke Association for using the most up-to-date, evidence-based treatment guidelines to improve patient care and outcomes for stroke patients.

The highest honor awarded was the Get With the Guidelines Stroke Gold Plus Award, which UAMS received for the ninth consecutive year. It signifies that stroke patients at UAMS receive the most appropriate treatment, which translates into more lives saved and reduced disability.

UAMS also received Honor Roll Elite recognition in the Target: Stroke category, for the third consecutive year, signifying that crucial medication was administered to stroke patients within an hour of their arrival, at least 85% of the time.

In addition, The American Heart Association placed UAMS on its Target: Type 2 Diabetes Honor Roll for ensuring that Type 2 diabetes patients, who might be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke.

In 2018, UAMS became the first health provider in Arkansas to be certified as a Comprehensive Stroke Center by The Joint Commission, an independent organization that evaluates and accredits more than 20,000 health care organizations and programs in the United States. The certification is the most demanding accreditation. It is awarded to hospitals that can receive and treat the most complex stroke cases around the clock while also being able to

provide endovascular procedures and post-procedural care and having an Emergency Department with a dedicated stroke-focused program.

Get With The Guidelines is the American Heart Association and American Stroke Association's hospital-based quality improvement program. It helps ensure that patient care aligns with the latest research- and evidence-based guidelines, in furtherance of the goal of saving lives and hastening recovery.

"This recurring achievement highlights our dedication to excellence in caring for stroke patients," said Paige Womack, BSN, RN, director of the UAMS stroke program. "The continued commitment of our UAMS stroke team and health care professionals to improve care by following the latest treatment guidelines and optimizing processes ensures timely and proper care for patients with stroke."

She added, "Through the Get With The Guidelines program, our stroke team applies proven knowledge and guidelines to the care of Arkansans on a daily basis, providing the highest likelihood of survival and optimal chance for improved functional outcomes following a stroke."

"We are pleased to recognize UAMS for its commitment to caring for those in their community who need stroke care," said John Warner, M.D., past president of the American Heart Association and CEO of The Ohio State University Wexner Medical Center.

Stroke is the leading cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel in the brain clots or bursts, depriving the brain of adequate blood and oxygen. Stroke detection and treatment are key to improving survival, minimizing disability and accelerating recovery times.

Early stroke detection and treatment are essential, and studies show that patients can recover better when providers consistently follow treatment guidelines, according to the American Heart Association.

UAMS Researchers to Develop, Test PTSD Treatments for Incarcerated Individuals with Opioid Use Disorder

A research team from the University of Arkansas for Medical Sciences (UAMS) will develop and test new approaches to post-traumatic stress disorder (PTSD) screening and treatment among incarcerated individuals who are eligible for opioid use disorder (OUD) services.

The study, "Developing and Testing Innovative Care Pathways for Screening and Treatment of OUD/PTSD in Jails," will be the first trial to test an integrated model of screening and treatment for PTSD and opioid use disorder. The trial will take place in the Pulaski County Regional Detention Facility, the largest jail in the state of Arkansas. The first phase of the research will engage community partners, including detention facility staff, in designing an appropriate, integrated treatment model to be tested during a second phase of the research.

Leading the project are Melissa Zielinski, Ph.D., associate professor and clinical psychologist in the UAMS Department of Psychiatry and Behavioral Sciences, and Nick Zaller, Ph.D., professor in the UAMS Fay W. Boozman College of Public Health's Department of Health Behavior and Health Education.

The National Institute of Health (NIH) is providing \$915,000 for the first phase of the multiphase study, which began in September and will continue through August 2025. The study, which is part of the NIH's HEAL Initiative, is exclusive to Pulaski County. It is a collaborative effort between UAMS, the Pulaski County Regional Detention Facility and Central Arkansas community members.

"The project provides an unprecedented opportunity to bring evidenced-based treatments for PTSD and OUD to a setting where people very often lack access despite there being a great need," Zielinski stated.

Opioid use disorder occurs when the use of opioids causes significant impairment and distress to a person's life and is common among people who become incarcerated. PTSD, which is a mental health condition that can result from exposure to trauma and results in symptoms like reexperiencing

the event through flashbacks and nightmares, is also common for incarcerated individuals. Past research has shown that the two disorders often co-occur, but there is limited research on how to effectively identify and treat them in jails.

"Overdose is the leading cause of death among people recently released from incarceration," Zielinski said. "Our goal with this study is to find ways to avoid that outcome."

Among the primary goals of the study is to develop collaborative research between academia and community members to create and test solutions that differ from what is currently the norm. "That's how we'll ultimately develop what's tested in the trial in regard to screening and treatment services," Zielinski said. "The opportunity to co-develop ideas with the community is exciting and necessary." Zaller noted that community-engaged research embodies the all-hands-on-deck approach that is needed to address behavioral health issues among individuals experiencing incarceration. "Partnering with community members creates a holistic effort for support and treatment," he said. "We need to avoid silos in our public health approaches. People coming together to solve public health problems will result in more meaningful and sustainable solutions."

"Anyone with a substance use disorder is likely to encounter law enforcement," he added. "Without treatment, people are at much greater risk of continued involvement in the criminal justice system. Therefore, if we can develop better, more integrated behavioral health care systems for individuals who are experiencing incarceration that could have broader implications throughout our state and region."

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Join Baptist Health Community Outreach For Free 12-Week Weight Loss Program Aimed At Women Ages 40-60

Baptist Health Community Outreach invites women between the ages of 40 and 60 to participate in Weight-Wise, a 12-week weight loss program.

Sessions will be held on Tuesdays between Feb. 6 and April 23 from 5:30 to 7 p.m. at Baptist Health Community Outreach, 10117 Kanis Road in Little Rock.

This free program is facilitated by a registered dietitian nutritionist and focuses on changing lifestyle behaviors to promote weight loss. Participants learn to set achievable goals, increase confidence, solve problems and build group social support.

In the first phase of the program, participants will meet once a week for four weeks. In the second phase, they will meet every other week for four weeks.

Rather than just giving information or advice, these group meetings help participants decide on and plan for lifestyle changes they wish to make. Weight-Wise encourages:

- Eating more fruits and vegetables.
- Eating less saturated fat.
- Medium calorie restrictions (for 1–2 pounds per week of weight loss).
- 150 minutes per week of physical activity.

Door prizes and dinner will be provided.

Space is limited, so make sure to register. To sign-up, visit bit.ly/BHweightwise or call (501) 202-1540. Please email Sam Stadter at samantha.stadter@baptist-health.org if you have any questions.

UAMS Opens Satellite Transplant Clinic in Helena-West Helena

Community health providers and members of the public gathered today in Helena-West Helena to celebrate the recent opening of the newest University of Arkansas for Medical Sciences (UAMS) transplant clinic.

Located inside the UAMS East Family Medical Center at 1393 Arkansas 242 South in Helena-West Helena, the clinic is the sixth satellite center statewide in which UAMS provides monthly follow-up care for transplant patients.

UAMS has long been the home of Arkansas' only adult kidney and liver transplant programs, having performed more than 1,800 kidney transplants since 1964 and more than 400 liver transplants since 2005.

The transplants themselves are done at UAMS' main campus in Little Rock, while preliminary, ongoing and follow-up care is provided in Little Rock as well as at satellite clinics sprinkled across the state. In addition to the newest clinic, the other five satellite

clinics are located in existing UAMS Family Medicine Clinics in Fayetteville, Jonesboro, Texarkana, Fort Smith and Pine Bluff.

"We want to have the whole state covered, to make it easy for our transplant patients to obtain necessary care without having to travel long distances," said Lyle Burdine, M.D., Ph.D., a board-certified transplant surgeon and director of solid organ transplants at UAMS.

Phillips County, where the clinic is located, is the birthplace of Samuel Lee Kountz Jr. M.D., a physician and pioneer in organ transplantation who in 1961 helped perform the first kidney transplant between a recipient and a donor who were not identical twins. Kountz received his medical degree from UAMS in 1958 and was a surgical resident at Stanford Service, a San Francisco hospital, at the time. He died in late 1981.

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Baptist Health College Little Rock Recognizes Graduates During Fall 2023 Commencement

Baptist Health College Little Rock honored more than 150 graduates during its fall commencement on Monday, Dec. 11, at the Robinson Center in downtown Little Rock. Graduates earned Associates of Applied Science in Nursing, Associates of Applied Science, practical nursing diplomas and patient care technician certificates.

This year's commencement address was delivered by Miss Arkansas 2023, Cori Keller. Personally impacted by the nurses at Baptist Health, Keller encouraged students to remember it is not about what job they have in the health care field, but rather how they make others feel.

"When thinking of every person I came in contact with while my dad was admitted at Baptist Health, I thought of the quote by Maya Angelou, 'I've learned that people will forget what you said, people will forget what you do, but people will never forget how you made them feel,'" Keller said.

Candidates for graduation were presented by Dr. Karen James, PhD, OTR/L, CAPS, interim



chancellor. The invocation, traditional light of unity ceremony and benediction was delivered by Dr. Hope Coleman, PhD, academic and spiritual counselor. Mike Perkins, president of Baptist Health Medical Center-Little Rock, gave the presiding and welcome.

Of the 140 graduates, three students achieved High Honors – a cumulative GPA of 3.75 to 4.00 for nursing and 3.90 to 4.0 for allied health programs. Fifteen students graduated with Honors – a 3.00 to 3.74 for the School of Nursing and 3.75 to 3.89 for allied health programs.

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"We hope that this clinic in a small way honors his Arkansas legacy," Burdine said.

The December 4th event gave providers and the public a chance to tour the inside of the newest transplant satellite clinic, as well as to listen to a 15-minute presentation by Burdine about the current state of transplantation in Arkansas.

The types of care provided at the satellite clinics include dialysis access evaluation; liver, pancreatic and cancer evaluation and care; management of disorders of the bile ducts; and care for liver failure and liver dysfunction.

UAMS physicians travel to the outlying clinics once a month, on a regular schedule.