

Teamwork and Initiative in Improving Patient Care

Every day, researchers at MHIF work closely with physicians from the Minneapolis Heart Institute and staff from Abbott Northwestern hospital to improve the quality of care for cardiovascular patients. Recently, this close relationship ensured that a life was saved.

On the afternoon of June 3rd, a patient was scheduled to see Minneapolis Heart Institute Vascular Surgeon, Alexander Tretinyak, MD. Knowing that the patient had severe iliac stenosis, which is more commonly known as obstruction of the iliac arteries which are located in the pelvis, MHIF Research Section Manager, JoAnne Goldman, RT was also planning to observe the patient to determine whether or not he would be a good candidate for a research study looking at the condition.

After running up a flight of stairs to make his appointment in time, the patient arrived in clinic looking ashen grey and perspiring profusely. Recognizing the patient's symptoms, Minneapolis Heart Institute outpatient staff quickly initiated tests and determined that the patient had severe ST elevation, which indicated that he was having an acute heart attack.

The patient was immediately rushed to the emergency department at Abbott Northwestern Hospital using the Level One protocol developed by the Minneapolis Heart Institute Foundation, which has cut the mortality rate in half from heart attacks by decreasing treatment times.

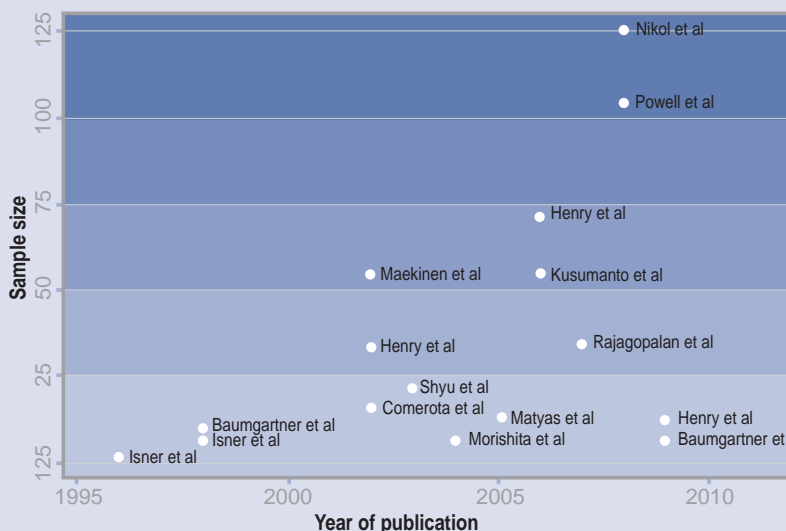


JoAnne Goldman (second from left) and Minneapolis Heart Institute outpatient staff were rewarded for their initiative in saving a patient's life.

In less than twenty minutes, Minneapolis Heart Institute cardiologist, Anil Poulouse, MD, FACC was able to complete an angiogram and place two stents in the patient's artery. Because Goldman was aware of the patient's previous conditions that may have complicated traditional cath lab procedures, she was integral in ensuring that Poulouse was armed with the appropriate information about the patient in case there were any complications during his treatment.

The patient continues to do well after this life-saving event. Goldman and the rest of the team were recently awarded for their initiative, team work, and quick thinking on this case by Abbott Northwestern Hospital.

Innovative Therapies for Patients Suffering from Critical Limb Ischemia



Critical limb ischemia (CLI) is the most severe form of peripheral artery disease in the lower extremities. CLI is associated with high rates of mortality and limb amputation. Early research is showing that angiogenesis, or stem cell therapy, may be an effective treatment for patients who are not good candidates for other therapies. This graph depicts the rapid increase in the number of research studies and sample sizes looking at angiogenesis as a therapy for CLI. The first author is used as the study title for each point displayed.

Keo, H., Hirsch, A., Baumgartner, I., Nikol, S. & Henry, T. (2009). Gene therapy in critical limb ischemia. *Vascular Disease Management*, 6 (4), 122.



Physician's Corner

Robert S. Schwartz, MD, FACC is MHIF's Director of Pre-Clinical Research and a Cardiologist for the Minneapolis Heart Institute. Schwartz specializes in interventional cardiology, coronary CT angiography, and research.



Q: How does research affect the work you do? Why is research important?

A: The practice of medicine, and especially Cardiology, evolves quite rapidly, and requires a vast knowledge of many diverse topics. Studying research, and more importantly, doing research allows us to stay on the leading edge of our practice. This in turn provides the capability of giving our patients the best care possible.

MHIF Supporters Toast Women's Heart Health at 2nd Annual Wine Dinner

120 people lifted their wine glass in support of women's heart health research and education at MHIF's 2nd Annual Wine Dinner on July 30 at Spill the Wine Restaurant in Minneapolis.

The event raised approximately \$25,000 in support of MHIF's work in women's heart health and featured a six-course dinner with wine pairings, live and silent auctions and an informative speech from Minneapolis Heart Institute cardiologist, Scott W. Sharkey, MD, FACC, on Broken Heart Syndrome, a condition that overwhelmingly affects women.

Heart disease is the number one cause of death for women in the United States, though many women do not know they are at risk or do not recognize that the symptoms of heart disease in women may be different from those in men. This is why MHIF's multi-pronged approach to improving women's heart health through clinical care, education, prevention and exciting new research studies is so important. For more information on the Women's Heart Health Program at MHIF, contact Denise Windenburg at 612-863-3816 or at denise.c.windenburg@allina.com



Did you know?

Doctors have found that vitamins A, C, and E might help prevent coronary artery disease by deterring plaque from forming on artery walls. Plaque forms through the combination of oxygen and LDL ("bad") cholesterol through a process called oxidation. Vitamins A, C, and E are called "antioxidants" because they slow or stop the plaque-forming process. Can you incorporate more of these plaque fighters in to your diet?

2ND ANNUAL
5K
KEN ROME
WALK RUN
FOR CARDIOVASCULAR RESEARCH

**MCCULLOUGH PARK
SHOREVIEW, MN**

**SATURDAY SEPTEMBER 26, 2009
9:00 AM**

**TO REGISTER ONLINE PLEASE VISIT
WWW.ACTIVE.COM
OR
WWW.KENROME5K.WORDPRESS.COM**

PROCEEDS BENEFIT THE KEN ROME FOUNDATION
AND THE MINNEAPOLIS HEART INSTITUTE FOUNDATION
IN SUPPORT OF THE MARATHON STUDY



Linking Research and Care

Improving patient care is a key goal of MHIF. Under the guidance of Minneapolis Heart Institute cardiologist, Wesley R. Pedersen, MHIF research staff and Abbott Northwestern physician coordinators and clinic nurses have created a seamless experience for patients referred to the valve clinic at Abbott Northwestern Hospital.

With an increasing number of valve patients and research being conducted, starting a valve clinic at Abbott Northwestern Hospital was an excellent way to link ongoing research with quality care. With over twenty years of nursing experience each, MHIF's Peg Demmer, RN, BSN, CCRC and Sara Olson, RN, BSN have made it their mission to create an environment where all parties can collaborate and work as a team.

"When the valve clinic first opened, there were growing pains. It was trial and error. We had to learn who the key players were, such as the physician coordinators and what communication tools worked best so that everyone was on the same page," Demmer said.

One issue that the team overcame was that patients who were referred to Abbott Northwestern often drove long distances from outstate Minnesota and would arrive in clinic without having completed necessary tests and procedures resulting in rescheduled or even canceled appointments.

In the new system, Demmer and Olson review each patient's file before they arrive to make sure all necessary tests have been either completed or scheduled to ensure that the physician is armed with the best information. This way, a patient can start and finish in one day, rather than scheduling multiple procedures on different days or in different places.

Olson said, "We provide a whole menu of options for patients, and because we are familiar with their stories and backgrounds, we can help them work with their physician to determine what the best course of action is for their specific situation."

"Another benefit of the valve clinic is that Sara and I also have access to the best in valve research at MHIF. Because we have already spoken with the patient, we can also direct them to research studies that may be beneficial to them. For us, this is the icing on the cake and completes the circle for our patients," Demmer said.

Is Your Heart Healthier than a Fifth Grader's? MHIF Educates Nursing Professionals on the Latest in Cardiovascular Care

Staying true to our commitment of educating medical professionals in the latest in



cardiovascular care innovations, MHIF presented the ninth annual cardiovascular nursing conference: *Is Your Heart Healthier Than a Fifth Grader's?* on September 10.

MHIF welcomed nurses, nurse practitioners, clinical nurse specialists, cardiac rehab professionals, educators and other health care professionals from across the Twin Cities to learn more about current concepts in heart health and recent advancements in care for patients with cardiovascular disease.

Conference committee member, Sue Sendelbach, RN, Clinical Nurse Researcher and Clinical Nurse Specialist at Abbott Northwestern Hospital said, "Every year the cardiovascular nursing conference goal is to meet the needs and interest of staff nurses. This year the focus was health promotion within our own lives and innovations within cardiovascular diseases for those patients we provide care for."

Dan Buettner, author of *THE BLUE ZONES: Lessons for Living Longer from the People Who've Lived the Longest*, shared with the group the secrets to living longer describing four of the world's longest-lived cultures and offered nine habits for people to add extra years to their life. Buettner will also speak at MHIF's Spirit of the Heart Gala on September 26.

Some of the other highlights of the conference included presentations by a number of Minneapolis Heart Institute Cardiologists including Durand E. Burns, MD, FACC, Timothy D. Henry, MD, FACC, Daniel P. Melby, MD, and Michael R. Mooney, MD, FACC on topics ranging from atrial fibrillation to diastolic dysfunction.

"Abbott Northwestern Hospital and the Minneapolis Heart Institute Foundation are fortunate to have nationally and internationally known experts in cardiovascular diseases that help us to provide the latest and best in evidence based care," Stendelbach said.



The Face of Heart Disease

Name: Mike

Age: 63

Status: Feeling great after receiving three innovative therapies developed at MHIF. Enjoying a healthier lifestyle with his wife, Pamela.

Subscription Information

Stay up-to-date with the latest heart healthy news. For a subscription to *Heart Matters*, or for information on making a financial contribution, contact Meghan Bethke at 612-863-5410 or mbethke@mhif.org.

Individual Salsa Meat Loaves

2 large egg whites
1/3 cup quick-cooking oats
1/2 cup plus 2 tbsp chipotle salsa, divided

1/4 cup ketchup, divided
1 pound ground beef, extra lean
Cooking spray

Preheat oven to 350°. Whisk egg whites in large bowl. Stir in oats, 1/2 cup salsa, and 2 tbsp ketchup. Add beef; mix well. Divide beef mixture into 4 equal portions, shaping each into an oval-shaped loaf. Coat a foil-lined rimmed baking sheet with cooking spray. Place loaves on prepared pan. Bake for 30 minutes or until done. Combine remaining 2 tbsp salsa and remaining 2 tbsp ketchup in a small bowl; spread mixture evenly over loaves.

Yield: 4 servings

Nutrition information: 190 calories, 6g fat, 25g protein, 10.9g carbohydrates, 1.7g dietary fiber

Upcoming Events

Spirit of the Heart Annual MHIF Dinner and Gala

Saturday, September 26 at the Depot Minneapolis. Contact Toni Knorr at tknorr@mhif.org or 612-863-3844.

2nd Annual 5k Ken Rome Walk/Run for Cardiovascular Research

9:00 a.m. Saturday, September 26 at McCollough Park in Shoreview. Proceeds benefit the Ken Rome Foundation and MHIF in support of the Marathon Study. Register online at www.active.com. Search for Ken Rome 5k.

Diagnosis and Management of Hypertrophic Cardiomyopathy and Prevention of Sudden Death: The Next 50 Years International Summit IV

Friday, Oct. 16-Sunday, Oct. 18 at the Hyatt Regency Minneapolis. Dr. Barry Maron hosts international experts in the management of HCM. Health care professionals interested in HCM are encouraged to register by October 1. Contact Deanna Bulthuis at HCMSummitt@mhif.org or 612-863-3839 for more information.

Women's Only Cardiac Support Group

6:30-8:00 p.m. Mondays in the Minneapolis Heart Institute lobby, 920 E 28th St. Weekly program for women to provide support, encouragement and helpful information on improving heart health. Everyone is welcome and parking is validated. Contact Denise Windenburg at denise.c.windenburg@allina.com or 612-863-3816.