“CONGRATULATIONS.”

With that one word, the crowd gathered in the Their Conference Room on May 6 celebrated with a standing ovation. It was official – the MGH had once again been redesignated as a Magnet organization, the highest available honor for nursing excellence. The American Nurses Credentialing Center (ANCC) designation recognizes health care organizations for quality patient care, nursing excellence and innovations in professional nursing practice. In 2003, the MGH became the first hospital in the state to earn Magnet status. To date, fewer than 7 percent of all U.S. hospitals have received this recognition. Research demonstrates that Magnet hospitals have better patient outcomes, patient satisfaction and nursing satisfaction, as well as lower RN turnover.

“While the Magnet Recognition Program recognizes health care organizations that provide the best in nursing care, this honor truly acknowledges the MGH community as a whole. It is the depth and breadth of our community of caring, combined with our (Continued on page 3)

Cancer Center names 
the one hundred honorees

SPRING IS FINALLY IN THE AIR, and with it comes the announcement of the MGH Cancer Center’s the one hundred honorees for 2013, recognizing outstanding individuals or groups who have made or are making a significant difference in the fight against cancer.

During a May 7 ceremony under the Bulfinch Tent, Daniel Haber, MD, PhD, director of the Cancer Center, welcomed a large group that included some of the honorees, their family members and Cancer Center staff.

All recipients – including clinicians, caregivers, philanthropists and volunteers from all walks of life – also will be honored during an upcoming gala fundraiser on June 5 at the Westin Boston Waterfront. This sixth annual event supports vital research and patient care initiatives. This year’s special guest will be actor John Krasinski, who stars in the television series “The Office.” Krasinski is a Newton native and longtime supporter of the MGH.

A number of nominators spoke during the ceremony. Karen Waldstein, (Continued on page 2)
Study finds relaxation response triggers genomic changes

MEDITATION, yoga, deep breathing and prayer are all ways to evoke a physiologic state of deep rest known as the relaxation response. New research published in the journal PLOS ONE finds that eliciting this response triggers immediate changes in gene expression that can affect the body’s immune function, energy metabolism and insulin secretion. The study was a joint effort between the Benson-Henry Institute for Mind Body Medicine at the MGH and Beth Israel Deaconess Medical Center.

“The relaxation response is like the opposite of the fight-or-flight response, which is the body’s natural reaction to stress,” says Herbert Benson, MD, director emeritus of the Benson-Henry Institute and co-senior author of the report. “Previous studies have shown that people experience beneficial changes to their brain while eliciting the relaxation response. And now – for the first time – this study identifies key physiological hubs through which these benefits might be induced.”

The study analyzed the gene profiles of 26 healthy adults who had no experience with the relaxation response. After being taught the relaxation response and following the routine for eight weeks, their profiles were analyzed again. Researchers found significant changes in the expression of several important groups of genes within as little as one relaxation response session. They also found more pronounced changes in those who practiced the response over longer periods of time.

“When you elicit the relaxation response, your energy usage is lowered, your heart beats slower, your muscles relax and your blood pressure decreases. If practiced regularly, it can have lasting effects,” Benson says. “People have been engaging in these practices for thousands of years, and our finding of this unity of function on a basic-science, genomic level gives greater credibility to what some have called ‘new age medicine.’”

For more information about this study or about the Benson-Henry Institute for Mind Body Medicine at the MGH, visit massgeneral.org/BHI.

Thousands help to heal ‘invisible wounds of war’ at Home Base event

SOME 2,000 RUNNERS AND WALKERS – including hundreds of active duty military members – gathered at Fenway Park on May 4 to support clinical care, education and research to help Iraq and Afghanistan veterans and their families heal from post-traumatic stress and traumatic brain injury.

The fourth annual Run-Walk to Home Base presented by New Balance raised $1.9 million for the Red Sox Foundation and the MGH Home Base Program, bringing its total to more than $9 million. The 9K run and three-mile walk started and ended in Fenway Park, with all participants having a timed finish at the iconic Green Monster and a “photo finish” at home plate, where they also are greeted by military, Red Sox and MGH leaders. As part of the opening ceremonies, a dozen members of the Massachusetts National Guard were recognized for their efforts as first responders at the scene of the Boston Marathon attacks on Patriots Day.

“This year’s run was even more meaningful in the wake of last month’s Boston Marathon and the senseless violence that followed,” said Red Sox Chairman Tom Werner. “Our service men and women sacrifice so much so we can be safe at home. Sadly, the traumas they experience are now the same ones affecting many of those who were injured during the Marathon bombings. It only heightens the urgency for the groundbreaking research that brilliant physicians and researchers are working on right now at Mass General.”

During the past three years, Home Base has provided clinical care and support services to more than 500 Iraq and Afghanistan veterans and families and educated some 6,000 clinicians throughout the U.S. about post-traumatic stress, traumatic brain injury and the challenges faced by military families. Home Base also is engaged in cutting-edge research to improve treatment for these conditions.

“Fewer than 1 percent of Americans serve in the military, but in the wake of the terrible Patriots Day bombing, all Bostonians have a better understanding of the dangers and challenges our Iraq and Afghanistan veterans face every day on the battlefield as well as the anxiety our military families feel when a loved one is in harm’s way,” said MGH President Peter L. Slavin, MD. “The need to heal these ‘invisible wounds’ of war, which affect one in every three veterans, is more urgent than ever.”

For more information, visit www.homebaseprogram.org.

— the one hundred
(Continued from page 1)

a stem cell donor who gave the gift of life to her brother with leukemia, nominated Donald Francis, RN, BSN, of the Blood Transfusion Service, who “patiently and compassionately guided her through the process of her lifesaving donation.”

Lori Wirth, MD – medical director of the Center for Head and Neck Cancers and herself an honoree this year – provided an overview of the Sailing Heals program, which provides respite sailing adventures for patients and their caregivers by giving them a day at sea to forget the burdens of cancer.

And, hematologist-oncologist Amy Comander, MD, introduced the crowd to more than 20 young men dressed in pink T-shirts. As members of the St. Mary’s School baseball team in Westfield, Mass., they have been fundraising for the Cancer Center since their coach’s mother-in-law became a patient with breast cancer.

For more information about all of the 2013 the one hundred honorees, visit www.theonehundred.org.
interdisciplinary, patient- and family-centered practice that sets us apart,” says Jeanette Ives Erickson, RN, DNP, FAAN, senior vice president for Patient Care Services and chief nurse. “I thank each and every member of the MGH community for their hard work and commitment to excellence every single day. It is a true honor to work alongside such a talented and dedicated group.”

The redesignation process included a comprehensive assessment of evidence to support the hospital’s claim to Magnet status, resulting in 5,024 pages describing individual and collective efforts that illustrate Magnet standards. In March, a four-person ANCC appraisal team conducted a site visit to meet with staff, patients and their families and observe what they had read about in the written evidence – reviewing every location where nurses practice. “The evidence reflected the environment of care and nursing practice throughout the MGH community, looking through the lens of the Magnet criteria,” says Marianne Ditomassi, RN, DNP, MBA, executive director of Patient Care and Magnet Recognition at the MGH. “It is the staff who bring this to life every day.”

MGH President Peter L. Slavin, MD, expressed his gratitude to the MGH nursing staff and congratulated them on the prestigious honor. “This recognition is a wonderful testament to what we at the MGH already know – that MGH nurses represent the heart and soul of patient care, day in and day out, providing the highest quality of care to patients.”

Cancer survivor gives back to nurses

TIM QUINN puts his hands on his hips and smiles as he surveys the Lawrence House conference room, his pink dress shirt matching the bright magenta scarves and ties of the 12 professional makeup artists busy at work. Brushes of all sizes spills from black leather bags, and tubes of foundation, eye shadows and an array of lipsticks and glosses are spread across every surface in the room. Amid it all, MGH nurses hold mirrors watching as the stylists paint, brush and swipe color across their faces.

“All of these artists volunteer to come and do this,” says the celebrity makeup artist and national director of Creative Artistry for Giorgio Armani Beauty. “They are so happy to be able to come here – we all love it. This really just makes us feel good to give nurses a fun afternoon.”

More than 60 MGH Cancer Center nurses took part in this year’s May 8 makeover event, the second one Quinn has hosted as a way to thank the oncology staff for the care he received while undergoing treatment for testicular cancer in 2007. “The nurses I had were these amazing people, and it’s great that we can do this to take them away for just a moment,” he says. “I could never do that job. It’s just incredible what they do here every single day.”

Quinn slides his arm around Kathleen Donahue, RN, of Radiation-Oncology, one of his former nurses – and now friend – and they share a laugh, as an artist applies a dash of blush to her cheeks. “I think it’s a great opportunity for nurses to be slightly indulged,” Donahue says. “It’s always a wonderful treat to be here.”

Photographs are taken of each attendee before and after their 30-minute pampering session, and each walks away with a bag of Giorgio Armani products. Quinn says he looks forward to hosting future makeover events at the MGH. “I travel all over the world, and there is always this connection between people,” he says. “Every time I mention Mass General, someone knows someone who has been here. It’s really just unbelievable what this hospital does.”

MGH celebrates Nurses Recognition Week

THE MGH CELEBRATED national Nurses Recognition Week May 2-8 with a series of celebratory events, special presentations and receptions. Here, Jeanette Ives Erickson, RN, DNP, FAAN, senior vice president for Patient Care Services and chief nurse, at left, joins new graduate Melissa Conklin, RN – who will work on the new Ellison 12 Medicine Unit – during a Staff Nurse Reception and Military Cake Cutting Ceremony May 2 in the Trustees Room. The pair used a vintage Army saber to cut a cake in honor of the 112th anniversary of the Army Nurse Corps.
Partners eCare validation sessions underway

KATHLEEN STACKES, RN, clinical nurse specialist, at left, was one of more than 280 participants representing the MGH during a recent Partners eCare Enterprise Validation Session at the Boston Sheraton Hotel. During enterprise validation, representatives from Epic — the vendor for the new Partners HealthCare electronic health record system — demonstrate how the Epic system will support clinical workflows and processes both at the MGH and across Partners. Representatives from each Partners institution are then asked to vote on each point of workflow. Partners eCare validation sessions are taking place now and will continue through June 2013. For more information, visit the Partners eCare website at https://partnersecare.partners.org/.

MGHers honored with Caring for Dependent(s) Travel Awards

RECOGNIZING that faculty who care for dependent family members may have difficulty traveling to meetings and conferences, the MGH Center for Faculty Development established the Caring For Dependent(s) Awards. The award is intended to help defray additional costs — extended day care, elder care and caregiver travel — while faculty members, at the instructor or assistant professor rank, are traveling to academic or society meetings directly related to their academic advancement.

“The applications for the first call reflected the many challenges that our faculty face while balancing the demands of family life with a robust academic career. We are happy to be able to provide support to our faculty from across the institution to help defray the cost of care during their academic travel time,” says Anne Klibanski, MD, director of the Center for Faculty Development.

The inaugural Caring For Dependent(s) Award winners are:

Patricia Bachiller, MD, of the Department of Anesthesia, Critical Care and Pain Medicine
Pouneh Fazeli, MD, of the Neuroendocrine Unit
Phoebe Freer, MD, of the Imaging Department
Deborah Kwolek, MD, of the Primary Care Division
Sara Lazar, PhD, of MGH Psychiatry
Nicte Mejia, MD, MPH, of the Department of Neurology
Jenny Tam, PhD, of the Infectious Disease Unit
Eve Valera, PhD, of the Department of Psychiatry
Robert Yeh, MD, of the Cardiology Division
Elaine Yu, MD, of the Endocrinology Unit

SBHC celebrates 10th anniversary

THE MGH REVERE SCHOOL BASED HEALTH CENTER (SBHC) hosted its 10th anniversary with a celebration April 24 at the Revere High School Library. For the past decade, the SBHC has provided health care services to students, teachers, administrators and parents, including the management of acute illness, sports physicals, gynecological care and mental health counseling. The clinic sees some 1,400 patients on an annual basis. “After looking back on everything we have done, it is hard to imagine Revere High School without the School Based Health Center,” says Anna Berrian, nurse practitioner at the Revere Health Center.